

# Healthy Eating for Productivity

## Vision Issues Can Keep You From Performing Your Best

Vision problems can negatively impact productivity, and can cause the following to occur:

- Trouble seeing up close / missing important information<sup>1</sup>
- Headaches from light and glare<sup>1</sup>
- Eyestrain and fatigue<sup>2</sup>
- Presenteeism / absenteeism<sup>3</sup>



## Eating the Right Food Is a Great Way To Get Eye-Healthy Nutrients

Leafy greens and cold-water fish are good for your eyes because they contain lutein and zeaxanthin which can help prevent macular degeneration and cataracts. Citrus fruits, almonds, and carrots are also good because they contain vitamins C, E, and beta-carotene which can help protect against night blindness, dry eyes, and age-related macular degeneration.<sup>4</sup>

## Eating Well Also Boosts Productivity at Work

Diets low in key nutrients are associated with lower productivity while diets – filled with whole grains, fruits, and vegetables – can boost productivity. Other health factors like smoking, lack of exercise, and stress also tend to decrease productivity in the workplace. A healthy diet can result from group efforts, slow transitions, a focus on fruits and veggies.<sup>5</sup>

## Adding these to your diet may boost productivity!



### Omega-3 fatty acids

Salmon  
Tuna  
Sardines  
Trout



### Lutein and zeaxanthin

Spinach  
Collard greens  
Broccoli  
Eggs



### Vitamin A

Carrots  
Sweet potatoes  
Cantaloupe  
Apricots



### Vitamin C

Citrus  
Peaches  
Red bell peppers  
Tomatoes



### Zinc

Beans  
Lean red meat  
Poultry  
Fortified cereals



### Vitamin E

Avocados  
Almonds  
Sunflower seeds



Our eyes are vascular, meaning that it is important to have a heart-healthy diet to keep the blood vessels that service our eyes healthy. Tiny capillaries provide your retina with nutrients and oxygen; because these vessels are so small, fatty deposits can easily cause blocked veins.<sup>6</sup> Try to limit or avoid the following:

- Condiments, toppings and dressings
- Fatty meats
- Saturated fats
- White or plain colored foods
- Margarine



## Schedule an Eye Exam

Visit your eye doctor on a regular basis to help keep your vision – and yourself – in good shape!

To learn more, visit  
[versanthealth.com](https://www.versanthealth.com)

1. WebMD (2023). Understanding Vision Problems - Symptoms. <https://bit.ly/3BevxXb>  
2. WebMD (2023). Eye Fatigue: Causes, Symptoms, Treatment. <https://bit.ly/3LVHdTE>  
3. Society for Human Resource Management (2023). Vision Problems Can Cut Productivity. <https://bit.ly/3pB3L8G>  
4. American Academy of Ophthalmology (2022). Fabulous Foods for Your Eyes. <https://bit.ly/3l4MVkZ>  
5. Business News Daily (2023). Want to Get More Done at Work? Eat Better. <https://bit.ly/42PMfbc>  
6. Healthline (2019). How to Unclog Arteries: Tips for Heart Health. <https://bit.ly/3pDV5Ks>