

Maintain Eye Health

1. Have a Comprehensive Eye Exam

2. Eat for Good Vision

2.1. Vegetables

2.2. Oily fish

2.3. Non-meat protein sources

2.4. Orange and other citrus fruits or juices



3. Protect Eyes from UV Light

4. Protect against Eye Strain

Take breaks when reading,
4.1. using computers or TV



4.2. Ensure sufficient light

4.3. Don't lie down to read

4.4. Keep screens at a distance

5. Treat Contacts with Care

5.1. Remove lenses before naps

5.2. Keep contacts bacteria-free

6. Quit Smoking or Never Smoke

7. Exercise More Frequently

