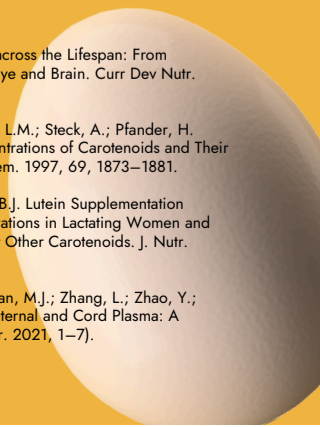


Are you missing these key nutrients in your diet?



GETTING ENOUGH LUTEIN & ZEAXANTHIN

in the diet during fetal development, infancy, childhood, and through adulthood is important for a lifetime of eye and brain health.



Science has shown that 20 mg Lutein/4 mg Zeaxanthin for adults and 10 mg of Lutein/2 mg Zeaxanthin for children and in pregnancy are safe and beneficial amounts.



Since our bodies cannot produce Lutein and Zeaxanthin, we must get them through our diets. Foods rich in Lutein and Zeaxanthin include...

FOODS	SERVINGS	L&Z* MG
Spinach: frozen, cooked	1 cup	29.8
Kale: frozen, cooked	1 cup	25.6
Summer squash: cooked	1 cup	4.0
Peas: frozen, cooked	1 cup	3.8
Pumpkin: cooked	1 cup	2.5
Brussel sprouts: frozen, cooked	1 cup	2.4
Broccoli: frozen, cooked	1 cup	2.0
Sweet yellow corn: boiled	1 cup	1.5
Avocado: raw	1 medium	0.4
Egg yolk: raw	1 large	0.2



In addition to being present in the diet, Lutein has been found in breast milk throughout the breastfeeding period.



For those individuals who may not be achieving the recommended fruit and vegetable servings per day, supplementation may be an option.



Want to learn more about the importance of Lutein and Zeaxanthin? Read more now and save this informative patient resource!



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This educational message is brought to you by the Lutein For Every Age awareness initiative, which is dedicated to spreading the word on the importance of lutein and zeaxanthin for all ages.

*L&Z: Lutein and Zeaxanthin

The content herein is for guidance purposes only. Before starting any nutrition, diet, supplementation, exercise, fitness, medical, or wellness program, you should always consult your healthcare provider.