

Bartlett Surgery & Specialty Clinic

3225 HOSPITAL DRIVE, SUITE 101A JUNEAU, AK 99801 • 907-796-8700 • FAX 907-796-8710

Macular Degeneration - Diet and Vitamin

It is important to note that cigarette smoking, sun exposure, high blood pressure and high cholesterol are risk factors for macular degeneration. If you are a cigarette smoker, you should not take Beta Carotene. There is a smoker's formula made by OcuVite.

In contrast, antioxidant-containing foods are thought to be beneficial for patients with macular degeneration. The most popular antioxidants – carotenoids – are the pigments which give fruits and vegetables their color. Two such carotenoids are found in the macula: Lutein and Zeaxanthin.

Natural source of carotenoids:

Vegetable (100 grams or 1/2 cup)	Lutein or Zeaxanthin
Kale	21,900
Collard greens	16,300
Spinach	10,200
Parsley	10,200
Mustard greens	9,900
Dill	6,700
Celery	3,600
Scallions	2,100
Leek	1,900
Broccoli	1,900
Leaf lettuce	1,800
Lettuce	1,800
Green peas	1,700
Pumpkin	1,500
Brussel sprouts	1,300
Summer squash	1,200
Corn	790
Green beans	740
Green pepper	700
Cucumber pickle	510
Green olive	510
Tomatoes	100

If you have any questions or concerns, please call us at 907-796-8700.