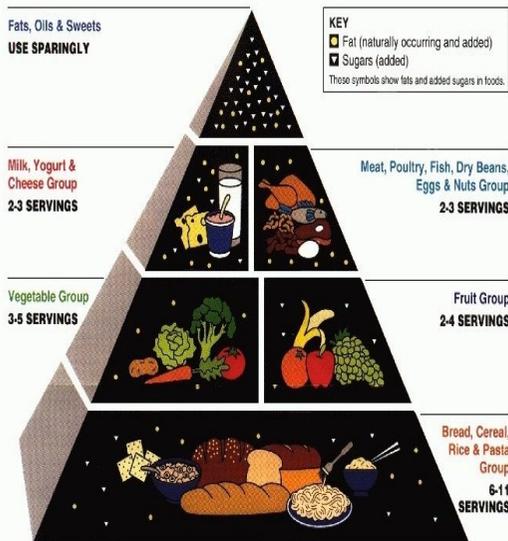


# Diet

People with AMD have been shown to not eat enough food in general.

Remember to eat around 2000 calories every day.

Lutein and zeaxanthin are beneficial nutrients for AMD.



Lutein and zeaxanthin are found in certain fruits and vegetables — eggs, kale and spinach have the most.

Either 2 eggs OR 1 cup of cooked spinach OR 1 cup of cooked kale will provide you with 10mg of lutein and 2 mg of zeaxanthin.



**Nutrition and supplementation advice for people with AMD**



## Supplementation

Certain nutrients help to slow down the progression of age-related macular degeneration (AMD). The largest clinical study into supplementing these nutrients was the Age Related Eye Disease Study (AREDS 1+2).



The AREDS 2 formula can help if your AMD is at a certain stage.

**How do I know if taking a supplement would be beneficial for me?**

Ask your optometrist or ophthalmologist the following questions:

- 1. Do I have drusen at my macula?**
- 2. Are my drusen larger than my central retinal artery?**
- 3. In my other eye, do I have drusen larger than the central retinal artery, or geographic atrophy not involving the central macula?**
- 4. Do I have geographic atrophy at the macular or wet AMD in both eyes?**



If your eye professional answered 'yes' to questions 1-3, and you are aged over 50 years, then an AREDS 2 supplement would be beneficial.

If your eye professional answers yes to question 4, then you are not likely to benefit from taking an AREDS supplement. Please ask about local support groups in your area.

Look for the following ingredients on the bottle:

**Vitamin C 500mg,**

**Vitamin E 500IU,**

**Lutein 10mg, Zeaxanthin 2mg, Zinc 25mg, Copper 2mg.**

