Contents

SECTION 1: ESSENTIAL NUTRIENTS TO A HEALTHY EYE

1. Vitamins 3
2. Carotenoids 37
3. Proteins 43
4. Fatty Acids 46
5. Carbohydrates 54
6. Glutathione 57
7. Minerals 59

SECTION 2: IMPACT OF NUTRITION ON OCULAR DISORDERS

8. Supplements and the Eye 81
9. Role of Dietary Supplements in the Prevention and Progression of AMD 90
10. Manganese Deficiency and Retina 111
11. Antioxidant Deficiency and Retinitis Pigmentosa 113
12. Can Antioxidants Rescue Photoreceptors in Retinitis Pigmentosa? 116
13. Diet and Diabetic Retinopathy 119
14. Effect of Diet on Cataract Formation 128
15. Glutathione: A Vital Lens Antioxidant 145
16. Dietary Fatty Acids and Dry Eye Syndrome 148
17. Selenium: Correlation with Glaucoma 151
18. Effects of Dietary Fatty Acids and Antioxidants on Glaucoma 154

Bibliography *163*

Index *167*