

Eating For Stereopsis

The Diet For Your **ULTIMATE** Vision



Keep It Simple

What you eat directly impacts how well your visual system functions. Few things effect vision as much as food.

Over the last three years, through research, trial and error, I have found a sustainable system for eating that has helped improve clarity, increase eye control, relax the visual system, and deepen stereo vision. Follow the 3 easy steps below and use the chart on page two to pick super brain foods that will fuel your ultimate vision!

1

EAT SALAD EVERYDAY

A salad with a variety of raw veggies, fruit, nuts, and beans is nature's best medicine.

2

ELIMINATE SUGAR

Sugar increases inflammation of the brain wreaking havoc on the visual system

3

FOCUS ON THE GOOD

Eating as much nutrient dense food as possible leaves no room for the junk that harms vision.



Kale

Contains countless nutrients that strengthen the visual system!



Blueberries

Improve brain function and reduce inflammation.



Walnuts

Supply Omega 3s which are vital for healthy brain and nerve development.

What To Eat	How They Help	How To Eat
Leafy Greens (Especially Kale)	Leafy greens contain high amounts of most vitamins, flavonoids, carotenoids, lutein and zeaxanthin which are antioxidants that protect the eyes. They are the super food!	Smoothies and salads are the easiest ways to get these nutrient dense foods! Try to eat at least one large salad every day. I shoot for 2-3 cups of greens.
Berries (Especially Blueberries)	As flavonoids, these reduce inflammation and increase blood flow to the retina all while increasing memory and brain function.	Throw them in oatmeal, a smoothie or simply eat them for dessert! Frozen are almost just as good as fresh and WAY easier!
Carrots, sweet potatoes, broccoli, squash, cabbage	High in Vitamin A and Beta Carotene which can help memory, neural plasticity and reduce inflammation.	Raw, soups, stir fries, and roasted. There are benefits that come from both raw and cooked versions!
Beans	Beans are high in fiber and stabilize blood sugar which can blunt the desire for sweets and they keep you full.	Try to eat ½-1 cup every day. I love to eat them on my daily salad!
Seeds and Nuts (Especially Walnuts and Flaxseed)	These essential fatty acids are important for brain health, especially cognitive function and memory.	Sprinkle nuts on salads or add 1 tablespoon of ground flax seed to oatmeal or smoothies.
Oranges, bell peppers, most fruits, cauliflower, cabbage	Rich in vitamin C (among many others) which is a powerful antioxidant that help stabilize brain function.	Include at least 3 fruits and plenty of raw and cooked, colorful veggies everyday to support eye and brain health.

EVERY DAY WORK TO GET:

- 1 large salad or smoothie packed with dark greens
- 1 large serving cooked vegetables
- 3 fruits including berries
- ½-1 cup beans
- 1 oz nuts/seeds

LIMIT:

Dairy, red meat, salt

AVOID LIKE YOUR VISION DEPENDS ON IT (IT DOES):

SUGAR, candy, dessert, processed or refined grains, packaged junk food, etc

