



Protect Your Vision This Thanksgiving

Empowering You to See Clearly for Life

As your eye doctor, I'm committed to helping you keep your eyes healthy and your vision clear. This Thanksgiving, let's take steps to avoid foods that can harm your eyes, especially if you have diabetes, glaucoma, macular degeneration, or other vision-related conditions. Here's a guide to navigate the holiday feast while keeping your eyes in mind!

Top 5 Foods That Can Harm Your Vision

Certain foods can impact blood sugar levels, leading to complications that harm your eyes:

1. **Sweetened Dessert:** Pies, cakes, and cookies are often packed with sugar. High blood sugar spikes can damage the tiny blood vessels in your eyes, worsening conditions like diabetic retinopathy.
2. **Candied Yams:** Yams are healthy on their own, but when coated in sugar and marshmallows, they can contribute to blood sugar surges.
3. **Cranberry Sauce:** Store-bought varieties are loaded with added sugars. Opt for a sugar-free or homemade version to protect your eyes.
4. **White Bread and Rolls:** These refined carbs convert quickly to sugar in your body, impacting your blood sugar and potentially worsening conditions like cataracts.
5. **Sugary Beverages:** Sodas, sweet teas, and even some holiday punches can sneak in harmful levels of sugar. Stick to water, unsweetened tea, or sparkling water with lemon.

Foods with Hidden Sugars

Be mindful of these surprising sources of sugar:

1. **Gravy Mixes:** Pre-made gravies can contain hidden sugars. Make your own to keep it healthy.
2. **Canned Soups:** Some soups include added sugars to enhance flavor. Read the labels!
3. **Salad Dressings:** Opt for oil and vinegar instead of sugary dressings.
4. **Dried Fruits:** While they seem healthy, they often contain added sugars. Enjoy fresh fruits instead.
5. **Honey-Glazed Meats:** These festive dishes can be high in sugar—go for savory seasonings instead.

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Your Vision Matters

This Thanksgiving, let's protect what matters most—your sight. By making simple, mindful food choices, you can keep your vision sharp and your eyes healthy. Happy Thanksgiving from my family to yours! 🍂

For more tips scan the QR code for empowering insights and strategies for healthy eyes and vision for life.



You have the power to change your life—and protect your sight!

Harmful Foods vs. Eye-Healthy Alternatives

Harmful Foods	Eye-Healthy Alternatives
Sweetened Desserts	Fresh Fruit Salad: Sweet, natural, and full of antioxidants.
Candied Yams	Roasted Sweet Potatoes: Plain, lightly seasoned with cinnamon or herbs.
Cranberry Sauce (Store-Bought)	Homemade Cranberry Relish: Made with minimal or no added sugar.
White Bread and Rolls	Whole Grain Bread: Provides fiber and keeps blood sugar steady.
Sugary Beverages	Infused Water: Add slices of lemon, cucumber, or berries for flavor.
Gravy Mixes	Homemade Gravy: Use fresh ingredients without added sugars.
Honey-Glazed Meats	Herb-Rubbed Turkey: Season with garlic, rosemary, and olive oil.