**CHAPTERS INCLUDE:** Eye Anatomy and Vision; Taking Care of Your Eyes, Decade by Decade; Common Eye Conditions and Diseases; Eye Nutrients; Eyefoods; Lifestyle and General Health; Following the Eyefoods Plan; Integrating Eyefoods into Your Diet; and Recipes for Healthy Eyes (Including Breakfasts, Smoothies and Juices, Salads and Dressings, Starters, Side Dishes and Sauces, Main Courses, and **Healthy Snacks and Desserts)** 

DR. LAURIE CAPOGNA is a Doctor of Optometry and the founder of Eye Wellness. She coauthored the bestselling books EYEFOODS: A Food Plan for Healthy Eyes and EYEFOODS FOR KIDS: A Tasty Guide to Nutrition and Eye Health. She regularly lectures and has written many articles on the topics of nutrition and eye health. She lives in Ontario, Canada, and can be found at www.eyefoods.com. Make room on the plate, carrots! This groundbreaking plan for good vision and good health embraces a wide variety of nutrient-rich foods.

We use our eyes all day, every day, and rely on them for just about everything. But we also abuse them by staring at screens, squinting in bright sunlight and making unhealthy lifestyle choices. As we age, our eyes become prone to common eye diseases, including macular degeneration, cataracts and glaucoma. Thankfully, there's a lot we can do to moderate this damage. In *Eyefoods*, respected optometrist Dr. Laurie Capogna offers expert advice and over 100 tasty and nourishing recipes that will help you improve your eye health and slow or prevent eye disease.

- A comprehensive and easy-to-understand guide to eye anatomy and health, based on over 25 years of optometric experience and recent scientific research
- Features expert lifestyle and nutritional advice, meal ideas and weekly meal plans, pantry and freezer lists, and more than 100 recipes for optimal eye health
- Delicious recipes include Orange Pepper, Spinach and Sun-Dried Tomato Frittata, Melon Mint Green Smoothie, Mediterranean-Style Kale Salad, Turkey and Orange Pepper Chili with Lime, Grilled Scallop and Pineapple Skewers, Chicken and Almond Lettuce Wraps, Beef and Broccoli with Barley, and Pumpkin Mousse

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