



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.

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.

\$24.95 USA
 \$27.95 CAN

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PRINTED IN CANADA

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