

AGE-RELATED MACULAR DEGENERATION



PATIENT DIET

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▶ **DIETARY MANAGEMENT FOR MACULAR DEGENERATION PATIENTS**

It is essential to eat a healthy, well-balanced diet to maintain your ocular health, in order to reduce the risk of age-related macular degeneration (AMD) and slow its progression. Eye-friendly foods are particularly beneficial, and a dietary supplement may be advisable if necessary due to inadequate intake of such foods. Optimal nutrition has the potential to optimize macular health.

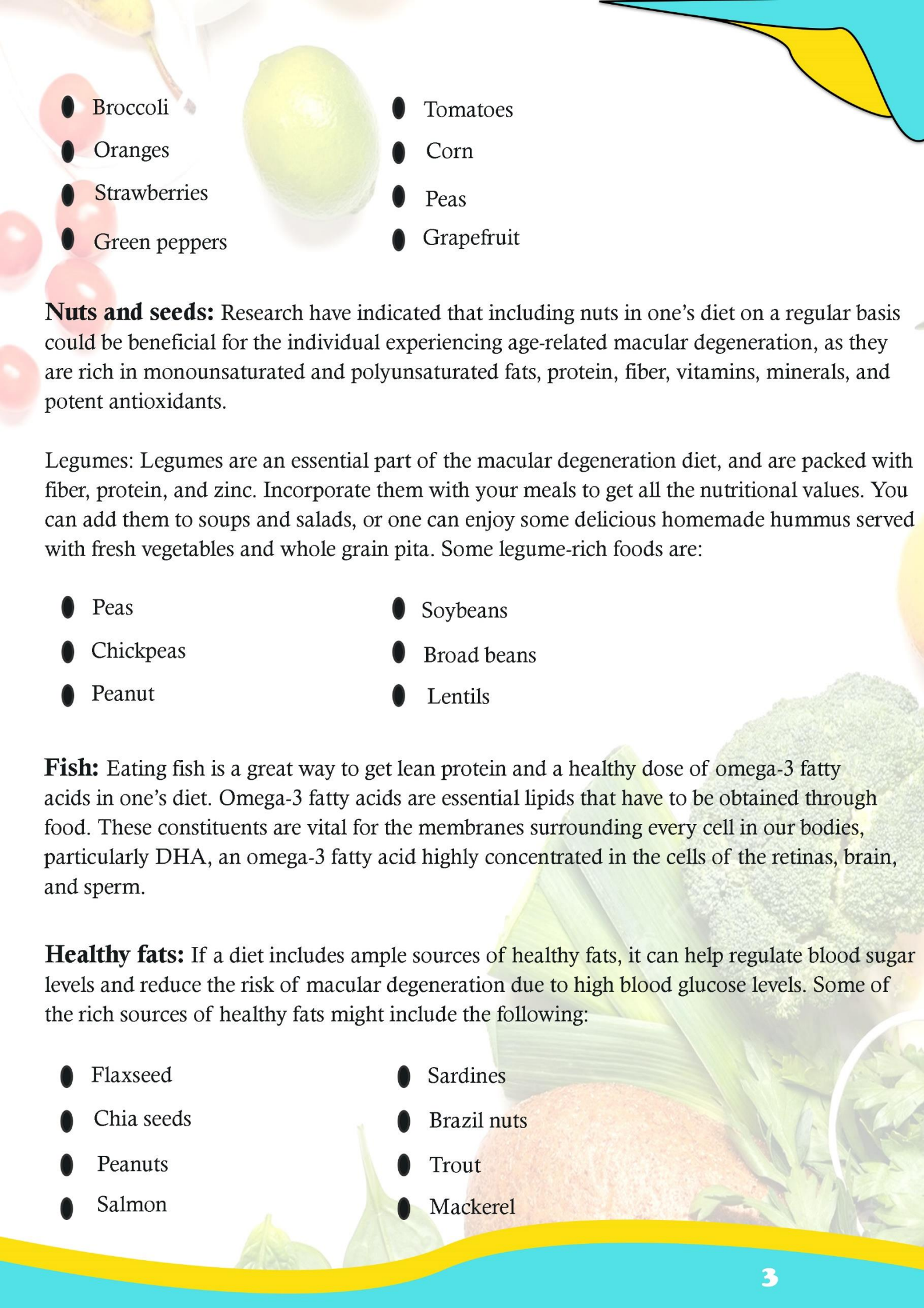
Research suggests that eating a diet rich in certain foods is helpful for improving eye health, as well as maintaining a healthy weight, exercising, quitting smoking, and reducing exposure to UV light. Here, investigate some ways to incorporate dietary changes and supplementing with certain vitamins and minerals into your lifestyle.

If you're suffering from age-related macular degeneration (AMD) and seeking a non-surgical treatment, a certain combination of medications, minerals and vitamins, and stem cell therapy for AMD in Delhi may reduce the progression of the disease. Stem Cell treatment for AMD could be a viable option to consider in the pursuit of a cure.

Get in touch with the experts at ASCCI, as our team will be delighted to assist you through the entire procedure and provide you with top-tier treatment at a reasonable cost.

▶ **WHAT TO EAT WHEN YOU ARE SUFFERING FROM AMD?**

Fruits and Vegetables: To maintain overall health it is important to include a variety of fruits and vegetables, especially those high in vitamin C, β -Carotene, lutein and zeaxanthin in your diet. A great way to start is to include one serving of fruit or vegetable at each meal. Make sure to fill half of your plate with vegetables and use grains, starches, and protein sources as side dishes. Eating plenty of fruits and vegetables also provides fiber, which helps to keep your cholesterol levels healthy and keeps you feeling full. Some of the vegetables and fruits include:

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- Broccoli
 - Oranges
 - Strawberries
 - Green peppers
 - Tomatoes
 - Corn
 - Peas
 - Grapefruit

Nuts and seeds: Research have indicated that including nuts in one's diet on a regular basis could be beneficial for the individual experiencing age-related macular degeneration, as they are rich in monounsaturated and polyunsaturated fats, protein, fiber, vitamins, minerals, and potent antioxidants.

Legumes: Legumes are an essential part of the macular degeneration diet, and are packed with fiber, protein, and zinc. Incorporate them with your meals to get all the nutritional values. You can add them to soups and salads, or one can enjoy some delicious homemade hummus served with fresh vegetables and whole grain pita. Some legume-rich foods are:

- Peas
- Chickpeas
- Peanut
- Soybeans
- Broad beans
- Lentils

Fish: Eating fish is a great way to get lean protein and a healthy dose of omega-3 fatty acids in one's diet. Omega-3 fatty acids are essential lipids that have to be obtained through food. These constituents are vital for the membranes surrounding every cell in our bodies, particularly DHA, an omega-3 fatty acid highly concentrated in the cells of the retinas, brain, and sperm.

Healthy fats: If a diet includes ample sources of healthy fats, it can help regulate blood sugar levels and reduce the risk of macular degeneration due to high blood glucose levels. Some of the rich sources of healthy fats might include the following:

- Flaxseed
- Chia seeds
- Peanuts
- Salmon
- Sardines
- Brazil nuts
- Trout
- Mackerel

Herbs and spices: For a flavorful, nutritious, colorful meal, herbs, and spices can't be beaten. Whether you opt for fresh or dried, the options are endless, you can add them to grain dishes, salads, eggs, fish, and also vegetables. Not only will your plate look and smell amazing, but the extra micronutrients, flavor, and texture also come with virtually no calories or fat.

Whole grains: Include more whole grains in your diet for better health! Whole grains provide an abundance of essential nutrients, including B vitamins, vitamin E, magnesium, iron, fiber, and antioxidants. Not to mention, they are filling which helps regulate blood sugar and keep energy levels steady. Plus, they are incredibly versatile, so there is no shortage of wonderful whole grains to explore, like:

- Brown rice
- Oats
- Whole grain bread
- Wheat pasta
- Muesli
- Quinoa
- Whole grain popcorn

Eating a healthy diet that is full of fruits, vegetables, good fats, whole grains, and other strongly associated nutrients can help to provide protection from AMD symptoms. There have been proven links between these specific nutrients and eye health, so including them in a regular diet is a great way to take benefits.

► FOODS TO AVOID

Along with the foods that can improve the symptoms of AMD, there are some foods and drinks that can increase the risk of worsening the condition. Those foods might include the following:

Saturated and trans fats: To reduce the risk of AMD progression, individuals should strive to limit the amount of saturated and trans fats in their diet. This may include avoiding fatty meats, full-fat dairy products, fried foods, packaged snacks, and commercially baked goods.





Fast foods: All fast-food snacks are high in salt, oil, and sugar. Rather than snacks high in salt, sugar, or unhealthy fats, you should opt for healthier options like fruits, vegetables, nuts, and seeds to avoid weight gain and reduce the risk of AMD progression.

Processed and refined foods: It is advisable to limit your intake of processed and refined foods like fast food, sugary cereals, pastries, and processed meats as they typically lack essential nutrients and may contribute to inflammation.

Limit the intake of alcohol: If you want to maintain optimum health, it's important to regulate your alcohol consumption or even abstain from drinking. Your healthcare provider can help you determine the right amount of alcohol, if any, for your individual circumstances.

Sodium: To reduce your risk of AMD progression, it is important to limit your sodium intake. Avoid processed foods, canned soups, fast food, and salty snacks as much as possible.

High glycemic index foods: It is advised to limit or avoid the consumption of refined carbohydrates, sugary drinks, white bread, white rice, and sweets, as these foods have a high glycemic index, which can result in blood sugar spikes and may lead to inflammation.

Advanced glycation end products (AGEs): To reduce the risk of consuming harmful AGEs, opt for cooking methods such as steaming, boiling, or baking instead of frying, grilling, or roasting, which can raise temperatures high enough to create AGEs that can contribute to oxidative stress and inflammation.

Overall, a diet that includes anti-inflammatory and anti-oxidant-rich foods, such as fruits, vegetables, whole grains, nuts, seeds, fatty fish, and oils, has been linked to reducing the risk and progression of age-related macular degeneration.

It is vital to seek the counsel of a healthcare professional or registered dietitian who can offer tailored dietary guidance based on your individual requirements and medical condition.

However, if your condition is severe and you want a non-surgical alternative treatment then you can opt for stem cell age related macular degeneration treatment from **Stem Cell Care India**. Our experts are always here to give you guidance about various conditions at an affordable cost.



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