



DIET TIPS FOR **OPTIC NERVE HYPOPLASIA PATIENTS**



CONTACT FOR FREE CONSULTATION

+91 8743024344, +91 7838223336

 WWW.STEMCELLCAREINDIA.COM

 INFO@STEMCELLCAREINDIA.COM



Diet Tips To Optic Nerve Hypoplasia Patient

A congenital disorder called optic nerve hypoplasia (ONH) affects the development of the optic nerves in children, negatively impacting their vision in either one or both eyes. It is also recurrently seen along with other abnormalities within the central nervous system, causing repercussions on the overall health of the child.

There is no permanent cure for ONH, but if your condition is severe opt for optic nerve hypoplasia stem cell treatment in India from Stem Cell Care India can give you some hope to reduce the progression of symptoms. Although according to experts a healthy and balanced diet can contribute to maintaining eye health and lead to a feeling of greater well-being.

Consuming a well-balanced diet that is high in nutrients, minerals, and fiber can help in controlling the signs and symptoms of optic nerve hypoplasia.

But do you ever think about **how a diet can help?** Let's understand below.

- It helps in reducing inflammation
- Supports maintaining a healthy weight
- Supports your overall eye health



❖ What to Eat When You Have Optic Nerve Hypoplasia?

It is essential for individuals living with optic nerve hypoplasia to follow a balanced diet that looks after overall eye health and delivers necessary nutrients. Although diet alone cannot treat the condition, specific foods can help to enhance eye health and overall wellness you should consider taking help from the experts.

It may be beneficial to include the following foods in your diet plan:

Antioxidants-rich fruits and vegetables: Eating certain foods may be beneficial for eye health as they contain properties that can protect our eyes from harmful oxidative stress. Incorporating these kinds of foods into our diet could help improve our eyesight and reduce our risk of eye problems in the future. Such foods could include:

- Carrots
- Sweet potatoes
- Spinach
- Kale
- Broccoli
- Red bell peppers
- Blueberries
- Oranges

Omega-3 fatty acids: Foods that are rich in omega-3 fatty acids are necessary for overall well-being, particularly when it comes to eye health. Omega-3 fatty acids help reduce inflammation, which-

may combat the onset of various eye conditions including ONH. Studies have also suggested its benefits attacking the onset and reducing discomfort from existing eye ailments. Include sources like:

- Fatty fish: salmon, trout, sardines, mackerel
- Chia seeds
- Flaxseeds
- Walnuts

Vitamin A-rich foods: Vitamin A is essential for maintaining good eye health. It can be obtained from foods such as

- Sweet potatoes
- Spinach
- Kale
- Apricots
- Eggs

Lutein and Zeaxanthin: Carotenoids are believed to be beneficial in maintaining healthy vision, as they accumulate in the retina of the eye. This can help support eye function and protect against age-related eye health issues. Foods rich in these nutrients include:

- Eggs and especially egg yolk
- Spinach
- Kale
- Broccoli

Vitamin C-Rich Foods: Vitamin C is an essential nutrient that helps to maintain good health. It is known for its antioxidant properties which can protect the body from free radical damage. Additionally, its antioxidant properties can help to protect the eyes from age-related problems such as macular degeneration. Vitamin C is important for eye health and may help to prevent some vision-related problems. Some examples of vitamin C-rich foods are:

- Citrus fruits: oranges, grapefruits, lemons
- Strawberries
- Kiwi
- Bell peppers



**For more info
Scan this QR**



Stem Cell Care
India



<https://www.stemcellcareindia.com>



**ABUL FAZAL ENCLAVE, JAMIA NAGAR
NEW DELHI - 110025, INDIA**



info@stemcellcareindia.com



International Patients : +918743024344

Indian Patients : +91 7838223336



/StemCellCareIndia



**+91 8743024344
+91 7838223336**



/company/stem-cell-care



/StemCellCare



/StemCellCareIndia



/StemCellCareIndia