

# Special Issue

## Foods That Boost Eye Health

### Message from the Guest Editor

Visual impairment and blindness remain major global health challenges, often driven by age-related and metabolic eye diseases such as macular degeneration, diabetic retinopathy, and glaucoma. With the increasing prevalence of these conditions, there is a need for preventive strategies that go beyond clinical treatment and address modifiable lifestyle factors, like diet. Emerging research highlights that certain foods and bioactive nutrients, such as antioxidants, carotenoids, omega-3 fatty acids, vitamins, and trace minerals, play an important role in protecting the eyes from oxidative stress, supporting retinal function, and reducing disease risk. This Special Issue, entitled “Foods That Boost Eye Health”, seeks high-quality original research, systematic reviews, and clinical studies that investigate the role of nutrition and dietary patterns in promoting ocular health. Studies that provide translational insights, explore mechanisms of action, or evaluate food-based interventions for disease prevention and management are particularly welcome.

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### Guest Editor

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### Deadline for manuscript submissions

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## Nutrients

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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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