

Special Issue

Interdependence of Nutrition, Lifestyle, and Eye Health

Message from the Guest Editor

Eye diseases are globally on the rise, leading to significant impacts on our quality of life. Considering the expensive treatments available for prevalent and serious eye conditions, using natural compounds found in our daily diet to treat these diseases or prevent refractive errors could be a highly beneficial approach. Therefore, our goal was to explore the connection between lifestyle modification and the risk of more common eye diseases. There is strong evidence that nutrition has a great impact on eye diseases such as dry eye disease, myopia, glaucoma, cataract, age-related macular degeneration, thyroid eye disease, uveitis, retinal vessel changes and occlusions or diabetic retinopathy. Moreover, the link between obesity and eye health is well-established. By adopting a holistic approach that integrates proper nutrition and a healthy lifestyle, individuals can significantly reduce the risk of eye-related diseases and maintain optimal eye health throughout their lives, which also reduces the need for pharmacological treatment.

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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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