

Special Issue

Effects of Dietary Intake and Lifestyle on Eye Health and Ophthalmic Diseases

Message from the Guest Editor

The connection between diet and eye health is a growing area of interest, with significant implications for preventing and managing ophthalmic diseases. Among the hundreds of carotenoids identified in nature, only three—lutein, zeaxanthin, and meso-zeaxanthin—are known to accumulate in the macula of the human eye, where they act as powerful antioxidants and protective pigments. These macular pigment carotenoids are critical for neutralizing oxidative stress, reducing light-induced damage, and improving visual function.

This Special Issue invites contributions exploring the biochemical, clinical, and therapeutic implications of dietary components in promoting ocular health. Submissions can include original research, reviews, and clinical studies investigating the impacts of dietary factors on macular health and the progression of ophthalmic diseases. To advance our understanding of these topics, we encourage the development of evidence-based dietary recommendations and interventions for protecting vision and improving quality of life.

We welcome your valuable contributions to this Special Issue and look forward to receiving your submissions.

Guest Editor

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About the Journal

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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