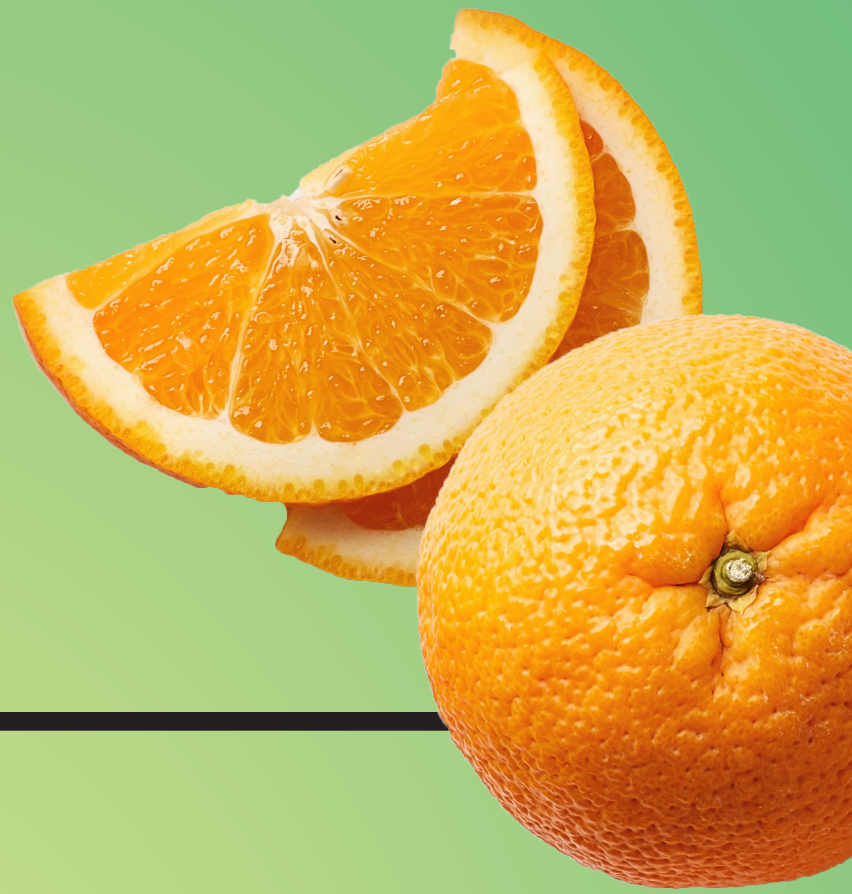


# Reasons to... **EAT HEALTHILY**

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No.42

It could reduce  
the risk of  
developing cataracts



How many  
reasons do  
you need?

Eating healthily and a diet rich in green leafy vegetables and fruit may delay the progress of cataracts and age related macular degeneration.

[kab.org.uk/love-your-eyes](http://kab.org.uk/love-your-eyes)

#LoveYourEyes

love your  eyes



Kent  
Association  
for the  
Blind

Registered charity number: 1062354