



January 18, 2016 – Grand Rapids, MI

## Green Leafy Veggies and Glaucoma

Vegetables and fruits led the health news last week. You know my mantra: Eat less. Eat better. Move more. Research reported this past week provides some insight into the benefits of eating better. Let's start with vegetables.

Researchers analyzed data from the Nurses Health Study and Health Professionals Follow-up Study. They were interested in the relationship between dietary nitrates and glaucoma; as the nitrate intake increased, the risk of glaucoma decreased when compared to the lowest intake. This is a longitudinal study and used Food Frequency Questionnaires as the source of the food intake. I've ranted about those enough, but while this study cannot show cause and effect, it's another study that shows the potential health benefits of eating your vegetables—especially green leafy vegetables.

Spinach, kale, and even iceberg lettuce are great sources of nitrates. And it isn't like you have to eat 10 servings per day; about one and a half servings per day reduced the risk of glaucoma.



We'll take a look at the benefits of eating fruit on Thursday; men, this one will interest you. Don't miss it.

You still have a chance to sign up for the [High Blood Pressure: Getting It Down](#) webinar tomorrow night. Part of that process involves the role that nitrates may have in lowering blood pressure. You don't want to miss this webinar, but if you absolutely must miss it, order the CD.

What are you prepared to do today?

**Dr. Chet**

**Reference:** AMA Ophthalmol. doi:10.1001/jamaophthalmol.2015.5601.

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