

# Can Diet Prevent Cataracts?



Cataracts are the leading cause of blindness and vision loss, so it's no surprise that cataract surgery is one of the most common surgeries performed today. There are several factors associated with the development of cataracts, including what type of diet we eat.

Dr. Michael Greger's video clip [points to a study](#) that concluded, "Vegetarians and vegans had a significantly lower risk of cataracts than did meat eaters, with a progressive decrease in risk parallel with the amount of meat and other animal products in the diet."

This is good news for those that consume a whole-food, nutrient-dense, Starch-Smart<sup>®</sup> Diet, and should also encourage others to make the transition as well.

by **Linda Carney MD** in Sept 2013

Dr. Carney helps patients prevent and reverse disease through balanced lifestyle changes, including implementing an anti-inflammatory, high fiber, nutrient dense plant-based, Starch-Smart diet.

There are three other common causes of vision loss besides cataracts.

Fortunately they can all be prevented with whole food plant based nutrition.

The other common causes of visual loss are [diabetes](#), [glaucoma](#) and [macular degeneration](#).

Information is now becoming widespread regarding the link between [nutrition and the eye](#).

(1) [Reduce Cataract Risk With Dietary Antioxidants](#)

(2) [How Loading Up on Nutrients From Plant Foods Can Help Your Eyes](#)

(3) [Dr. Carney's Eye Health Seminar References](#)

Michael Greger MD Links

[DrGreger.org](#) | [NutritionFacts.org](#) | [Wikipedia](#) | [Twitter](#) | [VegSource](#)