

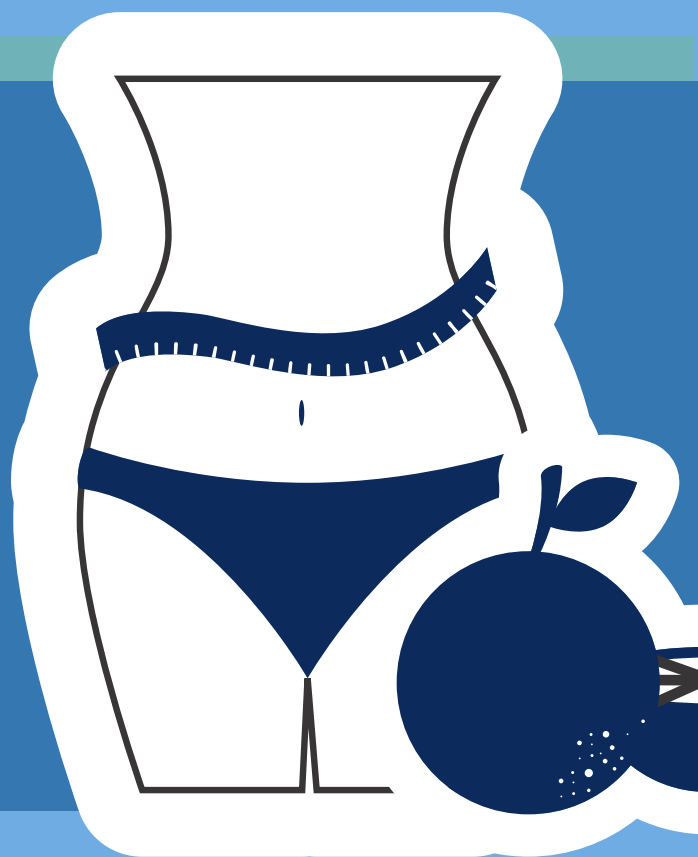


CAROLINAS CENTERS FOR SIGHT, P.C.

AMD & GLYCEMIC INDEX

Abnormalities in AMD more than doubled for women who consumed diets with the highest glycemic index, regardless of other factors already known or suspected to increase the risk of AMD, such as age, high blood pressure, cigarette smoking, and obesity.

Source: The Laboratory for Nutrition and Vision Research at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University



GOOD VS BAD CARBOHYDRATES

It is important to know what foods are considered healthy carbs and which foods are considered bad carbohydrates.

Foods that cause our blood sugar to spike, which then results in an increased secretion of insulin, are harmful to our health and to our vision.

By eliminating grains that are high glycemic as well as foods with sugar, you can start to reduce inflammation that leads to many degenerative conditions.

High Glycemic Carbs



- Whole Wheat and White Flour
- White Potatoes
- White Rice
- White Pasta
- Instant Oatmeal and Processed Cold Cereals
- Rice Cakes
- Pretzels
- French Fries
- Pizza
- Watermelon

Low Glycemic Carbs



- Sweet Potatoes
- Brown or Wild Rice
- Oatmeal - regular, slow cooked
- Vegetables - asparagus, red, green and orange peppers, squash, broccoli, cabbage and brussels sprouts
- Beans - chick peas, black beans, kidney beans, lima beans and butter beans
- Fruit - Cherries, grapefruit, tomatoes, apricots
- Raw Nuts

Anywhere glucose goes, which is virtually everywhere in the body, advanced glycation end products, or AGEs, will follow. This includes our eyes, from the lens to the retina. In fact, no structure in the eye escapes the damaging effects of AGEs, including the retina (macular degeneration), the vitreous (the gel-like liquid filling the eyeball), and the cornea