




DIET TIPS FOR RETINITIS PIGMENTOSA PATIENTS



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Diet Tips To Retinitis Pigmentosa Patient

Having a nutritious and balanced diet is essential to ensuring healthy eyes and preventing certain diseases such as Retinitis Pigmentosa. Now you might be thinking about how and what kind of diet should you follow to ensure optimal protection of your eyes from such illness. Don't worry we are here to guide you.



Experts and research papers have indicated that people with the condition who take a nutritious diet may experience slower advancement of disease symptoms.

Apart from dietary changes, there is some non-surgical retinitis pigmentosa stem cell treatment in Delhi, which can help manage the condition. Stem Cell Care India, a leading health consultant in Delhi, provides the best quality healthcare service at an affordable price to assist those with retinitis pigmentosa.

But, is it possible to use a diet consisting of food to reduce the progression of Retinitis Pigmentosa?

Although there is no permanent cure for this condition, those experiencing retinitis pigmentosa may find some relief by incorporating a diet high in essential vitamins, minerals, and proteins into their lifestyle. This dietary choice may reduce the rate of vision loss linked to the disease.

❖ What Food You Should Include in Your Diet Management Plan?

- **Green and dark leafy veggies and bright-colored fruits:** Vegetables such as spinach, kale, broccoli, collards, green peas, and parsley are very beneficial for eyesight due to their lutein and zeaxanthin content, powerful antioxidants which protect the eye cells from free radical-induced damage. Furthermore, brightly colored fruits like honeydew melon, orange juice, squash, and grapes are also high in these two carotenoids, even though their pigmentation is usually overshadowed by the green hue of chlorophyll.
- **Beef liver and fish oil:** In order to slow down the progression of retinitis pigmentosa, including Vitamin A palmitate in your diet is a must. Great sources to obtain this essential nutrient are beef liver and fish oils.
- **Nut and seeds:** When searching for a nourishing breakfast, throwing together a mix of different nuts, such as almonds, pine nuts, walnuts, peanuts, pecans, pistachios, and cashew nuts, can make a great meal. In addition to being scrumptious, these nuts are packed with minerals including magnesium, calcium, zinc, and vitamins B1, B2, B3, and Vitamin E.

- **Dairy food products:** Both Vitamin A and its form Vitamin-A palmitate also known as retinoid, boast beneficial properties for immune system strengthening and eye health. In particular, Vitamin A palmitate is particularly useful for individuals suffering from Retinitis Pigmentosa, since it is more easily absorbed and metabolized in comparison to other forms of Vitamin A. This key nutrient can be obtained from several dairy products, such as milk, eggs, and especially egg yolks, cheese, and yoghurt.
- **Incorporate omega-3 fatty acids:** Consuming fish and seafood is an excellent way to obtain essential omega-3 fatty acids. Salmon, mackerel, anchovies, oysters, crab, trout, and tuna are especially healthy and tasty! Research has demonstrated that these acids encourage visual development and help maintain retinal health. Additionally, inadequate intake of omega-3 fatty acids can lead to dry eye syndrome.

For optimal health and success, incorporate these items into your diet for long-term rewards. However, apart from the must-include food items, there are also certain food products that an individual must not take listed below are some of them. But if your condition is more severe, and if you want to discard the possibility of surgery in lieu of a more natural form of treatment, consider consulting with the best stem cell center for Retinitis Pigmentosa in Delhi.

❖ Foods You Should Avoid

- **Avoid consuming sugary drinks:** Although consuming chilled cold drinks can make meals more enjoyable, they, unfortunately, come with the risk of high sugar content. This can lead to greater chances of type-2 diabetes, heart disease, obesity, high blood pressure, high cholesterol, and eye problem due to increased eye pressure, and all of these health issues can have a detrimental effect on overall eye health.
- **Cut out fried foods:** When looking for a yummy snack, fried foods may be an option, but bear in mind their potentially detrimental consequences on your health. These delectably crunchy and flavorful meals may be pleasant to eat, however, they can cause a rise in bad cholesterol and hypertension, potentially compromising your vision in the long term.



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