



AGE-RELATED MACULAR DEGENERATION (AMD) & DIET

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Awareness of Macular Disease (AMD) Week 2021

NUTRITION FOR AMD

Studies do show that diet is important to reduce the risk of AMD and slow its progression. The following advice includes:

1. More Fruits & Vegetables

Incorporate daily fruits & vegetables

2. Consume Fish

Eat omega-3 rich fishes 2-3 times per week

3. Nuts

Eat a handful of nuts a week

4. Red/Processed Meat & Refined Grains

Limit your consumption of red/processed meat & refined grains

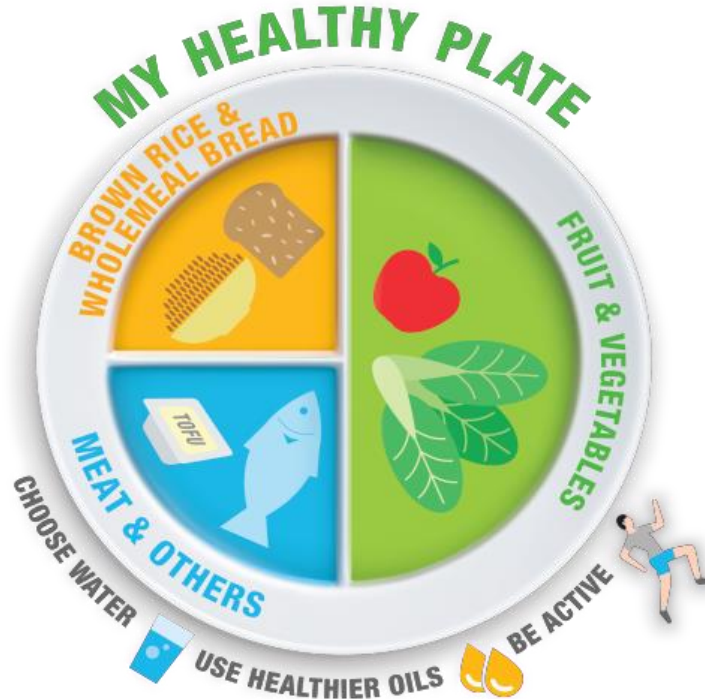


HEALTHY PLATE CONCEPT

GO
WHOLEGRAIN

OPT
MEATLESS, FISH & NUTS

- Eat oily fish 2-3 times per week
- Eat a handful of nuts per week
- Reduce red & processed meats and opt for meatless options



2+2
FRUITS AND VEGETABLES

- Aim for 2 servings of fruits and vegetables daily
 - Include a variety of vegetables including dark green, red and orange fruit and vegetables

KTPH NUTRITION & DIETETICS TAGLINE



1. QUALITY

Improve the quality of your meals first – wholegrain, low fat, low sugar and more fibre



2. QUANTITY

Control the quantity of your intake



3. FREQUENCY

Reduce the frequency of the foods that are less healthy. Everyday is a new day!

CONTACT US & REFERENCES



WEBSITE:

<https://www.ktph.com.sg/services/clinical-support/nutrition-and-dietetics>

INSTAGRAM: @ktph.dietitians

CALL-A-DIETITIAN: 983 22 983

Chapman et al. (2019), Role of Diet and Food Intake in Age-Related Macular Degeneration: A Systematic Review, Clin Exp Ophthalmol
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