

**Viewpoint****Fact Or Fiction: Carrot Improve Your Vision****S. Arjun, K.Fasilathunnisa, Dr.A.N.Uma\***

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Carrots are a multi-nutritional food source. The edible carrot, *Daucus carota*, is the most important root vegetable plant grown worldwide and it is a part of apiaceae family. The four types of phytochemicals are found in carrots, namely phenolics, carotenoids, polyacetylenes, and ascorbic acid. High contents of  $\alpha$  and  $\beta$ -carotene are present in orange carrots, lutein in yellow carrots, lycopene in red carrots, anthocyanins in the root of purple carrots, and phenolic compounds abound in black carrots. The major carotenoids in carrot roots are  $\beta$ -carotene (75%);  $\alpha$ -carotene (23%); lutein (1.9%); and  $\beta$ -cryptoxanthin, lycopene, and zeaxanthin. We need to analyze and prove that carrots are helpful in improving eyesight. For that, reviewed literature was done to analyze the association between carrot intake, vision improvement and eye health. Evidence showed that 20 mg of beta-carotene given on daily basis has improved the visual acuity of 1,200 males and has also reduced cataract formation. According to the Journal of Agricultural and Food Chemistry, carrots provide more antioxidants when boiled or steamed than when eaten raw. Researchers have also found that boiling carrots until tender increased the concentration of carotenoids by 14 %. And yes! Eating carrots can improve your eyesight, but only if your diet lacks in vitamin A. Carrots have in them a chemical compound called beta-carotene, and our body converts beta carotene into vitamin A and that vitamin A turns into retinol. While these healthy nutrients do support eye health, it should be noted that we should not rely on carrots only to improve our vision prescription or consider eating them as a remedy for eye problems, since various research supports that eating more fruits and vegetables can help good vision, especially foods rich in vitamins and minerals containing antioxidants

**Keywords:** nutrition, retinol, vision, eye health, beta- carotene

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