

Short Communication**Nutrition And Diabetic Retinopathy****S.Varthini, Dr.A.N.Uma***

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INTRODUCTION

Diabetic retinopathy (DR) is one of the important causes of visual impairment. It is due to damage to the blood vessels of the retina. The abnormal blood vessels associated with Diabetic Retinopathy stimulate the growth of scar tissue, which can pull the retina away from the back of the eye. According to the UK National diabetic retinopathy screening service, the prevalence of DR in Type 1 diabetes was 56.0% and 30.3% in type 2 diabetes.

Proposed interventions

In order to assess the nutritional role on diabetic retinopathy, a review of all previously published articles was referred to analyze the improvement in diabetic retinopathy patients through nutrition role. Evidence of studies shows that the Mediterranean diet, high fruit, vegetable and fish intake can protect against the development of retinopathy. Although evidence is limited, studies suggest that higher fruit, vegetables or plant-based diets have protective role in progression of type 2 diabetes, the evidence of fish and diabetic retinopathy were less clear.

CONCLUSION

Fish shows its protective effect by omega -3 or vitamin D, fruits and vegetables by antioxidant. So, a Mediterranean diet, which is mainly composed of fruits, vegetables, fish was found to be beneficial in the prevention of diabetes, offering a promising path for prevention of diabetic retinopathy.

Keywords: Vitamin A, Mediterranean diet, vitamin c, omega 3-fatty acids.

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