

How Can I Improve My Eye Health?

If you are wondering how to improve eye health, the answer is a handful of steady habits: eat a colorful diet, get regular eye exams, give your eyes breaks from screens, keep your prescription current and protect your eyes from damage.

What you can't do, according to the sources I read, is fix a needed prescription with food, exercises or supplements.

So the useful question is not "how do I throw away my glasses?" but "how do I keep my eyes healthy and my vision as good as it can be?"

This guide covers how to improve eyesight in the ways that are realistic, which foods and vitamins matter, what eye exercises do and don't do, what to know about screens and blue light, and 10 practical ways to take care of your eyes.

It is general information, not medical advice.

The Short Answer

Question	What the sources say
Can I improve my eyesight naturally?	You can support eye health; I found no good evidence you can reverse a refractive error
Do eye exercises remove glasses?	No strong evidence they do
Which foods help?	Leafy greens, orange and yellow produce, citrus, nuts, seeds, oily fish, eggs
Which vitamin is good for eyes?	Vitamin A is key for vision; vitamins C and E and zinc also help
Biggest habit	Regular eye exams, because many eye diseases have no early symptoms

Can I Improve My Eyesight? What Is Realistic

People ask "can i improve my eyesight," "can i improve my eyesight naturally" and "can you make your vision better," and the answer depends on what is wrong.

The National Eye Institute (page last updated November 15, 2023) explains that [refractive errors](#) such as nearsightedness come from an eyeball that is too long or too short, problems with the shape of the cornea, or aging of the lens.

It calls glasses the simplest and safest correction, with contact lenses and laser surgery as other options, and it does not mention diet or eye exercises.

So how to get better vision usually means the right correction for your eye, plus caring for the eye itself.

If you ask how can i improve my eyesight, or how do you get better eyesight, start there.

If your vision has changed, the first step is an exam, not a supplement. Vision improvement through surgery or lenses is a conversation for an eye doctor.

How to Improve Eyesight Naturally: What Helps and What Doesn't

When people search how to improve eyesight naturally or how to increase eyesight, they often want a method that works without glasses.

A brand-run page on how to [improve eyesight naturally](#) is one place readers compare ideas. As with any seller's content, check each claim against a medical source before you act on it.

Here is a fair summary of what helps improve eyesight, or at least protect it, from the sources in this guide: a nutritious diet, breaks from screens, adequate lighting, treating dry eyes, and keeping up with exams.

What doesn't help is any method that promises to reverse a refractive error, strengthen eyes like a muscle, or let you skip your prescription.

If you want to know how to strengthen eyesight in a way that's supported, protect the health of your eyes and see a professional about the rest.

Foods for Eye Health: What to Eat

Foods are the most reliable natural lever. The American Academy of Ophthalmology's diet guidance lists these foods and nutrients as helpful:

- **Lutein and zeaxanthin:** leafy greens such as kale, spinach, collard greens and Swiss chard, plus broccoli, asparagus, raspberries, papaya, peaches and mangoes
- **Vitamin C:** oranges, grapefruit, kiwifruit, strawberries, tomatoes, red and green peppers and broccoli
- **Vitamin E:** almonds, sunflower seeds, olive oil and avocados
- **Zinc:** legumes, seeds, meat and seafood, dairy and eggs
- **Omega-3 fats:** oily fish such as salmon, trout and sardines

If you search for eyesight improvement food, eye sight improvement food, eye vision improvement food or eye power increase food, this is the list you want.

It's also a good answer if you wonder how to increase eye power or eye power increase food: these foods support eye health, but I found no source saying any food changes your glasses prescription.

The same goes for foods to improve eyesight without glasses.

Foods for eye health protect the eye's tissues over time; they don't reshape the eyeball.

Which Vitamin Is Good for Eyes? Vitamins for Vision

If you're asking what vitamin is good for the eyes, the first answer is vitamin A.

The NIH Office of Dietary Supplements (fact sheet updated March 10, 2025) says vitamin A is important for normal vision.

The most common sign of deficiency is trouble seeing in low light, which can lead to blindness if untreated.

Good sources include sweet potatoes, carrots, spinach, cantaloupe, mangoes, salmon, eggs, dairy and liver.

Recommended daily intake is 900 mcg RAE for adult men and 700 mcg for adult women. More is not better: the upper limit for preformed vitamin A is 3,000 mcg a day for adults, too much can cause headache, blurred vision and nausea, and excess during pregnancy can cause birth defects.

There is no upper limit for beta-carotene from food.

When people ask which vitamin is good for eyes, vitamins C and E and zinc also appear on the AAO list. Vitamins for vision work best from food first.

The AAO says a specific formula, AREDS2, has been shown to slow progression of intermediate age-related macular degeneration, but that supplements are not a cure and cannot restore lost vision.

Ask an ophthalmologist before taking them.

Do Eye Exercises Work? Eye Exercises for Myopia and to Remove Glasses

Eye exercises to remove glasses, eye exercises for myopia and eye exercises to improve vision naturally are all popular searches.

The evidence is not encouraging. [Columbia University's Go Ask Alice](#) (last edited September 21, 2026) says eye exercises can't prevent myopic progression or reverse vision loss, though they may help with digital eye strain.

A Popular Science piece by an ophthalmology professor (June 7, 2024) says no study to date shows strong evidence that exercises eliminate the need for glasses, including for myopia, farsightedness and presbyopia.

What exercises can do is ease strain.

The Columbia page lists the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds), quick blinking and near-and-far focusing.

It also says glasses or contacts don't weaken the eyes. Vision therapy may help certain conditions, such as eye misalignment and trouble focusing on nearby objects, but the Popular Science author says those are unrelated to needing glasses and belong with an eye doctor.

If you're concerned about myopia, especially in a child, the Columbia page lists non-surgical ways to slow progression: atropine eye drops, special myopia-control lenses, overnight orthokeratology lenses, repeated low-level red-light therapy and time outdoors.

These need an eye doctor's advice.

Screens and Eye Strain: How to Heal Tired Eyes

People searching how to heal your eyes often mean tired, dry, achy eyes after screens.

The [American Academy of Ophthalmology's](#) page on computer use (published June 27, 2024, last modified March 5, 2025) lists digital eye strain symptoms as blurred vision, achy or uncomfortable eyes, and dryness with tearing or stinging.

It says long screen use won't permanently damage your eyes. Its tips:

- **Blink often.** People normally blink about 15 times a minute but only about 5 to 7 times a minute at screens.
- **Take visual breaks.** Look up and focus on a distant object.
- **Fix lighting and glare.** Match screen brightness to the room, increase contrast and use a matte filter.
- **Mind your distance.** Sit about 25 inches (arm's length) from the screen, with your gaze slightly downward.
- **Add moisture.** Use artificial tears for dryness and consider a humidifier in dry rooms.
- **Consider computer glasses.** Prescription computer glasses can help with screen-distance focus.
- **Care for contacts.** Take breaks with glasses and don't sleep in contact lenses.

See an ophthalmologist if your eyes are consistently red, blurry or watery, or if they become painful or light-sensitive.

Blue Light and Your Eyes

Blue light gets blamed for a lot.

A page on [blue light symptoms](#) is typical of the content that circulates, so compare whatever it says with medical sources.

The AAO page above does not say blue light damages the eyes, and it notes that computer glasses for eye strain are not the same as blue-light-blocking glasses.

The Popular Science article cites a large randomized controlled trial in which blue-blocking lenses did not change eye strain symptoms.

That doesn't mean your eyes can't feel worn out.

Symptoms like dryness and blurred vision after long screen sessions are real, and they respond to the habits above.

If symptoms persist, an exam can check for dry eye or an uncorrected prescription.

Eye Health Tips: 10 Ways to Take Care of Your Eyes

If you want to know how to take care of eyes day to day, here are 10 ways to take care of your eyes, based on the sources I read.

Treat them as practical eye care tips, not a promise of better vision.

1. **Eat colorful, varied foods**, as listed above, instead of relying on pills.
2. **Get regular eye exams**. The National Eye Institute (page last updated May 19, 2021) says a [dilated eye exam](#) is the only way to catch eye diseases early, and many have no symptoms.
3. **Know your risk**. Higher-risk groups include adults over 60, African American adults over 40, people with a family history of glaucoma and people with diabetes or high blood pressure.
4. **Use the right correction**. Wear your glasses or contacts as prescribed.
5. **Blink and take breaks** during screen time, using the 20-20-20 rule if it helps.
6. **Adjust lighting, glare and distance** at your screen.
7. **Treat dry eyes** with artificial tears or a humidifier.
8. **Look after contact lenses**. Don't sleep in them, and take breaks.
9. **Wear UV-protective sunglasses**. The Columbia page lists this among healthy habits.
10. **Don't ignore changes**. Call an eye doctor for blurred vision, pain, redness or light sensitivity.

On the NEI exam page, the recommended schedule depends on your risk.

For higher-risk people it suggests an exam every 1 to 2 years, and people with diabetes or high blood pressure usually need one at least once a year.

Ask your doctor what's right for you.

This is the heart of eye care: catching problems early.

Eye Supplements: What to Check Before Buying

If you consider a supplement, run through a checklist.

A [multi-ingredient eye health supplement](#) is one example of what's marketed for vision. Look for:

1. **Clear amounts** for every ingredient
2. **Realistic claims.** According to the AAO, supplements cannot restore lost vision.
3. **Evidence for the finished formula**, not just single ingredients
4. **Safe vitamin A levels**, under the 3,000 mcg upper limit for preformed vitamin A
5. **Interactions.** Ask your ophthalmologist or pharmacist, especially if you take medicine or are pregnant.
6. **Honest labeling.** Supplements aren't approved by the FDA before sale.

Compare any such product with the cost of the foods above, which supply the same nutrients along with fiber and other benefits.

When to See an Eye Doctor

Book an exam if your vision changes, if you have trouble seeing in low light, if your eyes are consistently red, blurry or watery, or if you have a family history of eye disease.

Get urgent help for sudden vision loss, flashes of light, a curtain over your vision, severe eye pain or an injury.

Ask your ophthalmologist before starting any supplement.

Frequently Asked Questions

How can I improve my eye health?

Eat a varied, colorful diet, get regular eye exams, take screen breaks, use the right prescription and protect your eyes from damage. These steps support health; they won't replace a needed correction.

Can I improve my eyesight naturally?

You can support eye health naturally, but I found no authoritative source showing that food, exercises or supplements reverse nearsightedness or other refractive errors.

Do eye exercises for myopia work?

Not according to the sources I read. Columbia's Go Ask Alice says exercises can't prevent myopic progression or reverse vision loss, though they may ease digital eye strain.

Which vitamin is good for eyes?

Vitamin A is important for normal vision, per the NIH. Vitamins C and E, zinc, lutein, zeaxanthin and omega-3 fats are also on the American Academy of Ophthalmology's list.

Does blue light damage your eyes?

The AAO page I read does not say blue light damages eyes, and says long screen use won't permanently damage them. Screen use can still cause strain, dryness and blurred vision.

How often should I get an eye exam?

It depends on your risk. The National Eye Institute suggests every 1 to 2 years for higher-risk people, and at least yearly for people with diabetes or high blood pressure.

Sources

- National Eye Institute, Refractive Errors (last updated November 15, 2023).
- National Eye Institute, Get a Dilated Eye Exam (last updated May 19, 2021).
- American Academy of Ophthalmology, Diet and Nutrition (page date not shown).
- American Academy of Ophthalmology, Computer Use and Eye Strain (published June 27, 2024; last modified March 5, 2025).
- NIH Office of Dietary Supplements, Vitamin A and Carotenoids fact sheet for consumers (updated March 10, 2025).
- Columbia University, Go Ask Alice: Are There Eye Exercises That Improve Vision? (last edited September 21, 2026).
- Popular Science, There Is No Science Behind Eye Exercises to Improve Sight (June 7, 2024).
- The visifluora.com pages could not be read in this session, because the site's robots file blocked access. They are linked without any description of their contents, and none of their claims were verified.

This article is for general information only and does not replace advice from an eye doctor, dietitian or pharmacist.