There are so many "fad" diets flying around the Internet for weight loss, but while cutting and limiting certain food groups, taking in all the nutrients your body needs can be easily overlooked. Eyes are one of the most important parts of the body to keep healthy. In honor of National Eye Health Week from Sept. 21 to Sept. 27, Dr. Roger B. Ethington, OD, of Southwestern Eye Center, gives his tips for following an eye-healthy diet.

- Apples provide the body with a source of nutrients called polyphenols, which helps blood flow to the retina and fights against ultraviolet sunlight damage.
- Opt for fruits that are vibrant in color; they contain the nutrients lutein and zeaxanthin that are important for eye growth and development.
- Collard greens, spinach and eggs are also high in nutrients that are beneficial to the eyes.
- The combination of taking vitamins and eating a small amount of healthy fats works to help your body absorb the nutrients more efficiently.

According to Ethington, one of the most common misconceptions about eating right for your eyes is that carrots will help and prevent any issues related to the eyes, and it isn't even true. Carrots are beneficial—but only for those who have a vitamin A deficiency, which he said that most Americans do not.

Currently more than 10 million Americans are affected by age-related macular degeneration, which is the leading cause of vision loss. These numbers are only expected to increase as baby boomers age. Although this disease cannot be cured, eating right for your eyes can slow down the progression and reduce the risk of vision loss as a result.

Ethington says that often times, patients don't come in to get their eyes checked until something seems wrong, and sometimes this is too late. Catching issues early is the best way to prevent them from progressively getting worse.

"National Eye Health Week is a great time to encourage you to go in and get your eyes checked," Ethington says.

Don't let you or your loved ones wait until it's too late. In honor of National Eye Health Week, make your eyes a priority.