

Eating for Eye Health

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The Macular Degeneration Cookbook



Ita Buttrose & Vanessa Jones



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Macular Degeneration is the leading cause of blindness and severe vision loss in the Western world. Nearly two out of three people will eventually develop age-related MD, and one in four of them will eventually lose their sight. The Macular Degeneration Foundation and Patron, Ita Buttrose, have worked in conjunction with Vanessa Jones to package the best possible recipes to combat MD. Classic, crisp and stylish, "Eating for Eye Health" is a modern, practical guide to cooking for nutrition and wellbeing. It contains over 90 recipes carefully selected and tested by medical professionals to ensure good health comes with good taste.

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