

eyefoods®

A Tasty Guide to Nutrition and Eye Health



DR. LAURIE CAPOGNA, OD & DR. BARBARA PELLETIER, OD



Dr. Laurie



Dr. Barbara

Eyefoods for Kids is a visual system book like no other. Using the unique eyefoods® nutrition and health format, young readers are encouraged to learn how the foods they eat contribute to eye health. Featuring detailed full-color illustrations, close-up photography, and easy-to-understand information on diet and nutrition, *Eyefoods for Kids* unravels the power and mysteries of the visual system. Written by optometrists and eye food and health experts Dr. Laurie Capogna and Dr. Barbara Pelletier, *Eyefoods for Kids* is a fascinating guide to the wonders of one of our most important information-gathering systems.

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