

Contents

<i>List of Abbreviations</i>	<i>ix</i>
Chapter 1: Food, Energy, and Nutrients in Human and Ocular Health.....	1
<i>Souvik Chattopadhyay</i>	
Chapter 2: Nutrition Deficiency and Ocular Disease	26
<i>Antara Chakraborty</i>	
Chapter 3: Nutrition in Ageing and Ocular Disorders.....	64
<i>Om Shankar Kamat</i>	
Chapter 4: Nutrition and Dry Eye Disorders.....	90
<i>Aritri Mal</i>	
Chapter 5: Nutrition and Glaucoma	118
<i>Neha Mohanty</i>	
Chapter 6: Nutrition and Cataract	144
<i>Mahesh Mudi</i>	
Chapter 7: Nutrition and Age-Related Macular Degeneration (AMD).....	174
<i>Madhumita Poria</i>	
Chapter 8: Nutrition for Ocular Aging	199
<i>Prajukta Saha</i>	
Chapter 9: Ocular Nutritional Interventions.....	222
<i>Ankit Sharma</i>	
Chapter 10: Recent Advances in Nutrition and Eye Health	249
<i>Shailesh Kumar</i>	