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Grapes are good for our eyesight – 19th October 2023

Level 0

Carrots are good for our eyes. A new study says grapes are also good. A few grapes a day can help our vision. A researcher said eating grapes was good for people who are getting older. She added that we can easily buy grapes. The study is good news for people who don't like carrots.

Many people took part in the testing. Half of them ate grapes every day; the other half ate a placebo snack. The people who ate the grapes had better muscle strength in the retina their eyes. The retina protects our eyes from blue light. A lot of blue light comes from computer screens. It damages our eyes.

Level 1

Carrots are good for our eyes. A new study from the National University of Singapore says grapes are also good. It says eating a few grapes a day can help our vision. A researcher said: "Grape consumption beneficially impacts eye health in humans. She said this was good as more people are getting older. She added that we can easily buy grapes. This research is good news for people who don't like carrots.

Thirty-four adults took part in the testing. Half of them ate grapes every day; the other half ate a placebo snack. None of them knew if the tests were on the grapes or the snack. This gave better test results. The people who ate the grapes had better muscle strength around the retina. The retina sends information about light to the brain. It protects the eyes from blue light, which damages the eye. A lot of blue light comes from computer screens.

Level 2

We all know carrots are good for our eyesight. A new study says grapes are also good for our eyes. The National University of Singapore found that eating just a few grapes a day can help our vision. This is good for older people. The lead researcher said: "Our study...shows that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." She added that we can easily buy grapes, and they have a "beneficial impact" on our eyesight". This is good news for people who dislike like carrots.

Thirty-four adults took part in experiments over 16 weeks. Half of them ate one-and-a-half cups of grapes every day; the other half ate a placebo snack. The participants and the researchers did not know if the tests were on the grapes or the snack. This gave better test results. Researchers found that people who ate the grapes had better muscle strength around the retina. The retina passes information about light to the brain. It protects the eyes from damaging blue light. A lot of blue light comes from computer screens and LED lights.

Level 3

Everybody knows that eating carrots is good for our eyesight. A new study suggests that grapes are also good for our eyes. Researchers from the National University of Singapore have found that eating just a few grapes a day can improve our vision. This is especially so for people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." Dr Kim added that, "grapes are an easily accessible fruit that studies have shown can have a beneficial impact" on our eyesight. This is good news for people who don't really like carrots.

The study is published in the journal "Food & Function". Thirty-four adults took part in a series of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes per day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers whether she was testing the grapes or the snack. She thought that not revealing this information would give better test results. She found that people who ate the grapes had improved muscle strength around the retina. The retina passes information about light to the brain via electrical signals. It protects the eyes from damaging blue light. A lot of blue light comes from computer and smartphone screens, and from LED lights.