Dietary Flavonoids That Protect Retinal Cells From Injury and Death

Macular Degeneration

Luteolin
Spinach, wild greens, hot peppers, celery, herbs-thyme, parsley, mint.

Quercetin
Onion (esp. yellow), cranberries, cocoa, wild greens, capers, fennel, spinach, chives, celery, cherries, blueberries, apples, kale, red wine.

Eriodictyol
Peppermint, citrus juices (lemon, lime, sour orange).

Fisetin
Strawberries, tomatoes, onion, oranges, apples, peaches, grapes, kiwi, persimmons.