

Study	Date Published	Type of Study	Sample Size	Measure	Results
<i>Vitamin C</i>					
Beaver Dam Eye Study	1999	Prospective cohort	1,354	Total dietary intake	No association
Blue Mountains Eye Study	2000	Cross-sectional	2,900	Total dietary intake	No association
National Health and Nutrition Examination Survey II	2000	Cross-sectional	4,001	Serum level	Reduced risk of cataracts
Nurses Health Study	1992	Prospective cohort	50,828	Supplement use	Reduced risk of cataract extraction with 10 years or less use
Nurses Health Study	1997	Prospective cohort	247	Supplement use	Reduced risk of cataract extraction with more than 10 years use
Physicians Health Study	1994	Prospective cohort	3,553	Supplement use	No association
<i>Vitamin C, E, and Beta Carotene</i>					
Age-Related Eye Disease Study	2001	Randomized placebo-controlled	4,629	Supplement use	No effect of treatment on the development or progression of cataracts
Antioxidants in Prevention of Cataracts Study	2006	Randomized placebo-controlled	798	Supplement use	No effect of treatment on progression of cataracts
Roche European American Cataract Trial	2002	Randomized placebo-controlled	297	Supplement use	No effect of treatment on the progression of cataracts in the UK group; small positive treatment effect in US participant
<i>Fruit and Vegetable Intake</i>					
Women's Health Study	2005	Prospective cohort	35,724	Dietary intake	Reduced risk of cataracts associated with higher intakes of fruits and vegetables