STUDY SHOWS

200%

greater chance of hearing loss among young adults undernourished in early life.

Malnutrition: A Modifiable Risk Factor

How are nutrition and hearing connected?
Whether contributing to strong cell development, curbing free radicals, or boosting infection control, nutrients play an important role in hearing health.

What's the urgency in addressing nutrition and hearing loss?
With hearing loss affecting over 1.5 billion worldwide, prevention is critical. One study of 2,200+ young adults cites malnutrition early in life as a modifiable risk factor for later hearing loss.

Why refer to a hearing care professional?
Our experts evaluate, diagnose, and create personalized treatment plans for all levels of hearing loss and can educate on ear-positive strategies to protect hearing health.

6 vitamins & minerals tied to hearing or tinnitus health

Carotenoids
Carrots, pumpkin, corn, grapefruit, sweet potato

Potassium
Lentils, tomatoes, cashews, spinach, butternut squash

Vitamin C
Tomatoes, cauliflower, broccoli, oranges, bell peppers

Folate
Kale, eggs, navy beans, Brussels sprouts, strawberries

Vitamin B12
Liver, chicken, cheese, red meat, enriched rice milk

Zinc
Beef, pork, oysters, kidney beans, bulgur

FAST FACTS

Omega-3 fats, essential in cell and hormone development, may help lower the risk of heart disease, high blood pressure, and age-related hearing loss.

Diets focused more on fruits and vegetables containing minerals such as folate, potassium, and zinc may curb the risk of hearing loss.

Young adults who received inadequate nutrition in their early years had a doubled risk of hearing loss over their peers.

Johns Hopkins Bloomberg School of Health. *Hearing Loss Linked to Poor Nutrition in Early Childhood, Study Finds.* ***Healthy Hearing.*** *Vitamins, Minerals and Supplements for Hearing Problems: Which Help With Hearing Loss and Tinnitus? Which Harm? A Look at the Research.* ***World Health Organization.*** *Deafness and Hearing Loss.* ***National Cancer Institute.*** *Carotenoid.* ***Mayo Clinic.*** *Healthy Lifestyle: Antioxidants.* ***University of Georgia.*** *Food for Thought: Flavonoids & Carotenoids.* ***Harvard T.H. Chan School of Public Health.*** *The Nutrition Source | Folate (Folic Acid) – Vitamin B9.* ***Harvard T.H. Chan School of Public Health.*** *The Nutrition Source | Omega-3 Fatty Acids: An Essential Contribution.* ***The American Journal of Clinical Nutrition.*** *Consumption of Omega-3 Fatty Acids and Fish and Risk of Age-Related Hearing Loss.* ***The American Journal of Clinical Nutrition.*** *Cleveland Clinic. Omega-3 Fatty Acids.* ***Harvard T.H. Chan School of Public Health.*** *The Nutrition Source | Potassium.* ***Harvard T.H. Chan School of Public Health.*** *The Nutrition Source | Vitamin B12.* ***Harvard T.H. Chan School of Public Health.*** *The Nutrition Source | Vitamin C.* ***National Library of Medicine****. Free Radical Scavengers, Vitamins A, C, and E, Plus Magnesium Reduces Noise Trauma. Free Radical Biology and Medicine.* ***Otology & Neurotology.*** *The Role of Zinc in the Treatment of Tinnitus.* ***Harvard T.H. Chan School of Public Health.*** *The Nutrition Source: Zinc. Access information available on request.*

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