

general nutrition recommendations

Asthma

Though there is no one food or diet that will cure asthma, there are eating patterns that may improve asthma symptoms and help aid lung function. Follow the tips below for ideas on how to eat better with asthma.

Nutrition Recommendations	
<p>Eat a Well-Balanced Diet</p> <p>Choose a diet that includes fruits, vegetables, low-fat dairy foods, lean protein and whole grains.</p>	<p>Choose Antioxidant-Rich Colorful Plant Foods</p> <p>Select a variety of colorful foods, like blueberries, spinach, cauliflower, tomatoes and oranges to get an array of antioxidants to help protect cells from damage.</p>
<p>Lower Inflammation with Healthy Fats</p> <p>Include healthy monounsaturated fats and omega-3 fatty acids in your diet. Good sources include almonds, walnuts, olives, olive oil, canola oil, salmon, albacore tuna, chia seeds, flax seeds and avocado.</p>	<p>Fill Up on Fiber</p> <p>To improve your gut health, lower inflammation and keep you full for longer, make sure you're eating fiber-rich foods. Sources of fiber include fruits, vegetables, nuts, seeds and whole grains.</p>
<p>Get Your Vitamin D</p> <p>Vitamin D may help to lower inflammation and boost the immune system. Choose vitamin D-rich foods like eggs, fish and fortified dairy products. If considering a vitamin D supplement, talk with a pharmacist or registered dietitian for the dosage that may be right for you.</p>	<p>Don't Forget the Vitamin E</p> <p>Vitamin E is an antioxidant and may lower the risk of some asthma symptoms like wheezing or coughing. Vitamin E-rich foods include green leafy vegetables, nuts, seeds and vegetable oils.</p>

For some people, certain types of foods or ingredients may make asthma symptoms worse. See below for more details:

Sulfites

Sulfites are primarily used as preservatives in food and drinks, like dried fruit, shrimp and vegetable juice. They also help to prevent microbial growth in fermented beverages, like wine. For a detailed list of sulfite-containing foods, see the **Avoiding Sulfites and Salicylates** handout.

Salicylates

Salicylates are naturally occurring chemicals found in many fruits and vegetables as well as several health and beauty products, like aspirin. For a detailed list of salicylate-containing products, see the **Avoiding Sulfites and Salicylates** handout.

Gas Causing Foods

Foods that cause gas or bloating may make breathing more difficult. Trouble breathing could cause chest tightness and lead to asthma flares. Foods that cause gas include beans, carbonated drinks, cruciferous vegetables (broccoli, cauliflower, cabbage, etc.), fried foods, garlic and onions.

Common Food Allergens

Those with asthma are at higher risk for having food allergies. Food allergies can also cause asthma symptoms. Common food allergens include milk, eggs, fish, shellfish, peanuts, tree nuts, wheat and soy.

Inflammatory Foods

Skip out on foods that may promote inflammation in the body. These foods include red and processed meats, white flour products, high salt and sugar foods, fried foods and alcohol.