



Asthma

nutrition tool kit

 **meijer**
specialty pharmacy

about asthma

Living with a chronic condition like asthma, can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.

For more information on the role of nutrition in managing asthma, please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

Our dietitian-tested recipe section includes:

- Food substitutions based on common food allergens and intolerances
- Helpful nourishment notes calling out the benefits of certain foods for asthma
- Downloadable recipes

And don't miss the *Empower Your Well-Being* section focusing on sleep, stress management and movement.

Find all of this and more at meijerspecialtypharmacy.com

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shopping list

Asthma

Navigating the grocery aisles may seem overwhelming, especially when you're feeling fatigued, but we're here to help. Below are healthy, asthma-friendly foods, no matter what section you're shopping in. Certain problematic food categories are color-coded below to help best meet your needs.

May Contain Sulfites	May Contain Salicylates	Contains Gluten	Contains Dairy	Contains Nuts
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Produce	
— Vegetables —	
Artichoke	Mushrooms
Arugula	Okra
Asparagus	Onion
Beets	Parsnips
Bell Pepper	Pattypan Squash
Bok Choy	Peas
Broccoli/Broccoli Rabe	Peppers
Brussels Sprouts	Potato
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Celery	Spaghetti Squash
Eggplant	Spinach
Garlic	Sugar Snap Peas
Green Beans	Summer Squash
Green Onion	Sweet Corn
Green Peas	Sweet Potato
Hominy	Swiss Chard
Jicama	Tomato
Lettuce Greens	Zucchini

Produce	
— Fruits —	
Apples	Lemon
Apricots	Lime
Avocado	Mango
Bananas	Oranges
Blackberries	Papaya
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Pineapple
Dates	Plums
Figs	Pomegranates
Grapes - may contain salicylates	Raspberries
Honeydew	Strawberries
Kiwi	Watermelon

Frozen Foods
100% Juice Bars
Frozen Fish Fillets
Frozen Fruit (without added sugar)
Frozen Vegetables (without added salt or sauces)

shopping list

Asthma

May Contain Sulfites	May Contain Salicylates	Contains Gluten	Contains Dairy	Contains Nuts
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Dairy
Low-Fat Milk (1% or skim)
Low-Fat Cheese (1% or skim)
Low-Fat or Fat-Free Yogurt (1%)
Low-Fat Cottage Cheese
Low-Fat Ricotta Cheese
Kefir
Plant-Based Milk (nut varieties, soy, rice, oat) may contain sulfites, may contain nuts
Plant-Based Yogurt (nut varieties, soy, rice, oat) may contain sulfites, may contain nuts
Plant-Based Cheese (nut varieties, soy) may contain sulfites, may contain nuts
Plant-Based Kefir (nut varieties) may contain sulfites, may contain nuts

Canned Goods
Canned Beans and Legumes (low-sodium)
Canned Fruit (packed in water)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Canned Vegetables (no added salt)
Diced Tomatoes
Sauerkraut
Tomato Paste - may contain sulfites
Tomato Sauce - may contain sulfites

Grains & Starches
Barley
Bean-Based Pasta
Brown Rice
Cornmeal
Old Fashioned Oatmeal
Quinoa
Sprouted Bread
Wheat Berries
Whole Grain Bread
Whole Grain Pasta
Whole Grain Waffles
100% Whole Wheat Breads (buns, muffins, bagels)
100% Whole Wheat Flour
100% Whole Wheat Pizza Crust
Gluten-Free Breads

Fish/Shellfish
Lake Trout
Mackerel
Salmon
Shrimp
Tuna

foods to stock your pantry

Asthma

Keeping a few key ingredients on hand can help make cooking a meal or grabbing a snack even easier, especially on days when energy is low. Items included on this list are not only nutritious but can be easily prepared to help dedicate more time to doing things that matter most to you.

Grains	
Bean-Based Pastas	Instant Brown Rice
Cream of Wheat®	Cream of Rice®
Old Fashioned Oats	Polenta
Quick-Cooking Barley	Quinoa
Low-Sugar, Whole Grain Cereal, such as Cheerios®	
Whole Grain Crackers	
Whole Grain Pastas	

Protein	
Beef Stock	Chicken Stock
Chicken (cans or pouches)	Salmon (cans or pouches)
Tuna (cans or pouches)	Nut or Seed Butters
Raw or Roasted Nuts or Seeds	
Canned or Dried Beans and Legumes	

Herbs & Spices (Dried or Powdered)		
Basil	Garlic Powder	Oregano
Chili Powder	Ginger	Rosemary
Cinnamon	Ground Pepper	Sage
Cumin	Italian Seasoning	Thyme
Curry Powder	Onion Powder	Turmeric

Fruits
Canned Fruit (packed in water)
Dried Fruit (avoid if sulfite sensitive)

Vegetables
Dried or Canned Beans and Legumes
Canned, Reduced-Sodium Vegetables (avoid if sulfite sensitive)
Onions
Pasta/Marinara Sauce
Potatoes (avoid dried potatoes if sulfite sensitive)
Vegetable Stock

Oils
Avocado Oil
Canola Oil
Coconut Oil
Extra Virgin Olive Oil
Vegetable Oil

foods to stock your pantry

Asthma

Liquids/Beverages
100% Fruit Juice (cherry, cranberry, pomegranate, orange, apple) (avoid grape juice if sulfite sensitive)
100% Vegetable Juice (avoid if sulfite sensitive)
Coffee (decaf or regular)
Tea, Regular or Decaf (avoid if sulfite sensitive)
Water (plain or sparkling)

Baking Essentials
Baking Soda
Baking Powder
Flour or Gluten-Free Flour, if gluten-free
Sugar

eat this, not that

Asthma

* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That		
Fruits	<ul style="list-style-type: none"> • Canned fruit, packed in water • Dried fruit, no added sugar • Fresh fruit, except those that contain sulfites or salicylates, if problematic • Frozen fruit, no sugar added 	<ul style="list-style-type: none"> • Canned or frozen fruit, packed in syrup • Dried fruit, with added sugar 		
		<p>Salicylate-containing fruits, if problematic:</p> <ul style="list-style-type: none"> • Apples • Apricots • Avocados • Blackberries • Blueberries • Cantaloupe • Cherries • Dates • Grapes • Honeydew • Kiwi • Lemons • Oranges • Papaya • Peaches • Pineapple • Plums • Pomegranates • Raspberries • Strawberries • Watermelon 	<p>Sulfite-containing fruits, if problematic:</p> <ul style="list-style-type: none"> • Dried fruits • Grapes 	
Vegetables	<ul style="list-style-type: none"> • Beans and peas • Canned vegetables • Dark green vegetables • Frozen vegetables • Red and orange vegetables • Starchy vegetables (corn, white potatoes, sweet potato, peas) • Other (cauliflower, celery, cucumber, green beans, mushrooms, onions, squash) 	<ul style="list-style-type: none"> • Deep fried vegetables • Frozen vegetables, packed in heavy sauces 		
		<p>Salicylate-containing vegetables, if problematic:</p> <ul style="list-style-type: none"> • Asparagus • Beets • Bell peppers • Broccoli/broccoli rabe • Peppers • Radishes • Tomatoes • Zucchini 	<p>Sulfite-containing vegetables, if problematic:</p> <ul style="list-style-type: none"> • Canned vegetables 	
Grains/Starches	<ul style="list-style-type: none"> • Amaranth • Barley* • Bean-based pastas • Brown rice • Buckwheat • Oatmeal • Quinoa 	<ul style="list-style-type: none"> • Sorghum • Wheat berries* • Whole grain bread* • Whole grain pasta* • Whole grain, high-fiber cereals* • Wild rice 	<ul style="list-style-type: none"> • White rice • Refined white flour products (breads, bagels, rolls, crackers, cereals, pastas)* • Gluten-containing foods, if gluten intolerant 	

eat this, not that

Asthma

* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That
Protein	<ul style="list-style-type: none"> • Beans (avoid if cause too much gas) • Eggs • Fish • Poultry • Shellfish • Tempeh • Tofu 	<ul style="list-style-type: none"> • Fried meats • High-fat meats • Processed and smoked meats (deli meats, jerky, hot dogs, sausages, bratwursts)
		<p>Sulfite-containing protein, if problematic:</p> <ul style="list-style-type: none"> • Edamame (soy bean) • Tofu • Tempeh
Dairy	<ul style="list-style-type: none"> • Low-fat dairy (milk, yogurt, cheese, kefir)∞ • Plant-based milk alternatives (almond, cashew, soy, coconut) • Plant-based yogurt alternatives (almond, cashew, soy, coconut) 	<ul style="list-style-type: none"> • Lactose-containing foods, if lactose intolerant
		<p>Sulfite-containing dairy, if problematic:</p> <ul style="list-style-type: none"> • Plant-based milk, yogurt, cheese, and kefir
Nuts/Seeds/Oils	<ul style="list-style-type: none"> • Avocado oil • Canola oil • Extra virgin olive oil • Nut and seed butters • Plain nuts • Plain seeds • Walnut oil 	<ul style="list-style-type: none"> • Butter • Lard • Salted or sugar-coated nuts and seeds
		<p>Nuts, seeds or oils that contain salicylates, if problematic:</p> <ul style="list-style-type: none"> • Almond • Almond butter • Avocado oil • Extra virgin olive oil • Peanuts • Peanut butter • Pine nuts • Pistachios
Beverages	<ul style="list-style-type: none"> • Coffee, regular or decaf • Kombucha (fermented tea) • Kvass (fermented beverage)* • Tea, regular or decaf • Water, plain or sparkling 	<ul style="list-style-type: none"> • Alcohol • Energy drinks • Sugar-sweetened beverages
		<table border="0"> <tr> <td> <p>Beverages that contain salicylates, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Coffee • Green tea • Herbal tea • Kombucha </td> <td> <p>Beverages that contain sulfites, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Green tea • 100% Vegetable juice </td> </tr> </table>
<p>Beverages that contain salicylates, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Coffee • Green tea • Herbal tea • Kombucha 	<p>Beverages that contain sulfites, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Green tea • 100% Vegetable juice 	
Snack Foods	<ul style="list-style-type: none"> • Air-popped popcorn • Fruit and nut bars • Trail mix • Whole grain crackers* 	<ul style="list-style-type: none"> • Salty snacks (crackers, chips, pork rinds, pizza rolls, etc.)* • Sugary snacks (cookies, cakes, pastries, pie, frozen treats, etc.)*

Lunch | Dinner

Grown-Up Grilled Cheese

15 Mins
Prep Time

6 Mins
Cook Time

4
Servings

 **429** Calories **19g** Fat **52g** Carbs **19g** Protein



Ingredients

 **4 Servings** • **1 Sandwich** Serving Size

 **21 Mins** Total Time

 **Allergens:** Gluten, Dairy

1 Medium Red Onion, thinly sliced

1 Garlic Clove, minced

½ Tsp Extra Virgin Olive Oil

4 oz Shredded Sharp Cheddar Cheese

8 Slices Hearty White Bread

2 Cups Fresh Spinach Leaves 

1 Tomato, sliced into 8 thin slices 

2 Tbsp Butter, softened and divided

Allergen Swap

Gluten Swap traditional bread for gluten-free bread.

Dairy Use a dairy-free cheese.

Nourishment Note



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation that can be associated with asthma.



Tomatoes

Tomatoes are a great source of lycopene. Lycopene may help reduce inflammation within the body and help protect the immune system.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Onion & Garlic

Spray skillet with cooking spray and heat over medium-low heat. Add ½ Tsp olive oil. When oil shimmers, add the onion and garlic. Cook for 10 minutes or until onions are golden brown, stirring occasionally. When onions are finished cooking, place in a bowl.

3. Add Bread, Cheese & Toppings to Skillet

Continue to heat skillet over medium-high heat. Lightly butter 4 slices of bread and lay butter side down in the hot skillet. Working quickly, top each slice with 1 oz shredded cheese (about 2 Tbsp), ½ cup spinach, 2 tomato slices, and 2 Tbsp onion mixture.

4. Finish Cooking Sandwiches

While cheese melts, butter the remaining 4 slices of bread and top sandwiches, butter side up. Once the bottom bread slice is toasted and the cheese has begun to melt, about three minutes, flip each sandwich and toast the remaining bread slice. Serve immediately.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [myrecipes.com](https://www.myrecipes.com)

What You'll Need



Cutting Board



Knife



Bowl



Cheese Grater



Large Non-Stick Skillet



Cooking Spray



Butter Knife

Breathe Better Food Tip

- Heartburn/GERD: Onions have the potential to cause heartburn. If you find you're sensitive to onions, omit.
- Salicylates: Tomatoes and spinach can be high in salicylates. If you find you're sensitive to salicylates, omit these ingredients.

Lunch | Dinner

Soothing Ginger Turmeric Chicken Soup

15 Mins
Prep Time

20 Mins
Cook Time

4
Servings

 **146 Calories** **8g Fat** **20g Carbs** **12g Protein**



Ingredients

 **4 Servings**  **35 Mins Total Time**  **Allergens: Gluten**

1 Tbsp Extra Virgin Olive Oil

1 Clove Garlic, thinly sliced

¼ Tsp Turmeric 

1 Tsp Ginger Paste 

6 Cups Reduced-Sodium Chicken Broth

1 Large Handful (3oz) Angel Hair Pasta, broken in half

1 Cup Rotisserie Chicken, shredded 

½ Lemon, juiced

Green Onions, thinly sliced for topping

Salt and Pepper, to taste

Allergen Swap

Gluten Replace the regular pasta with a gluten-free version

Nourishment Note



Turmeric

Turmeric is a powerful anti-inflammatory spice. A compound found in turmeric, curcumin, has been shown to reduce inflammation. When paired with ground pepper, the absorption of curcumin increases.



Ginger

Ginger is loaded with powerful antioxidants and may help to lower the inflammation associated with asthma.



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté Spices

In a stock pot, sauté garlic, turmeric and ginger in olive oil until fragrant, about 30 seconds.

3. Add Chicken Broth & Pasta

Add the chicken broth and bring to a simmer, about 10 minutes. Add the pasta and cook one minute less than the package instructions.

4. Add Chicken

Add the chicken and heat through, about 1 minute.

5. Add Lemon Juice & Serve

Remove the pot from heat. Stir in lemon juice. Serve with thinly sliced green onions and salt and pepper, to taste, if desired.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from marthastewart.com

What You'll Need



Cutting Board



Knife



Large Pot



Measuring Cups



Measuring Spoons



Ladle



Wooden Spoon

Breathe Better Food Tip

- Bring your chopping and cutting projects for this recipe to the kitchen table and sit while you prepare the food to help preserve energy.
- Many people feel short of breath when their stomach is full. Try eating smaller, frequent meals to help stay comfortable.
- Using prepared food, such as shredded rotisserie chicken, helps to save both time and energy in the kitchen.

Side | Lunch

Apple Farro Salad

10 Mins
Prep Time

20 Mins
Cook Time

8
Servings

 **318** Calories **18g** Fat **32g** Carbs **9g** Protein



Ingredients

 **8 Servings**  **30 Mins Total Time**  **Allergens: Gluten, Dairy, Nuts**

1 Cup Farro 

1 ½ Tbsp Apple Cider Vinegar

1 ½ Tbsp Honey

1 Tbsp Grainy Mustard

¼ Cup + 1 Tbsp Extra Virgin Olive Oil

3 Green Onions, thinly sliced

1 Large Apple, diced 

½ Cup Crumbled Feta Cheese

½ Cup Dried Cherries

½ Cup Toasted Walnuts*, chopped 

*Toast walnuts in a dry skillet over medium heat. Cook, tossing frequently, until toasted in aroma.

Allergen Swap

Gluten Replace farro with a gluten-free grain, like quinoa.

Dairy Omit feta cheese.

Nuts Omit toasted walnuts, replace with roasted sunflower seeds.

Nourishment Note



Farro

Farro is a whole grain, rich in antioxidants and fiber. The antioxidants in farro can help protect healthy cells in the body from damaging free radicals.



Apple

Apples are filled with antioxidants, which may help protect the cells in the lungs from oxidative damage.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for reducing inflammation within the body.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Farro

Prepare farro according to package directions.

3. Whisk Together Dressing

In a large bowl, whisk together the vinegar, honey, mustard, salt and pepper. Slowly drizzle in the oil, while whisking, until all the oil is combined.

4. Toss Salad

Add onions, apple, cheese, cherries, walnuts and farro to the bowl. Toss until well combined.

5. Serve & Enjoy

Serve immediately or serve cold. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from michiganapples.com

What You'll Need



Sauce Pan



Spoon



Measuring Cups



Measuring Spoons



Large Bowl



Whisk



Knife



Cutting board

Breathe Better Food Tip

- Salicylates: Apple can be high in salicylates, try a lower salicylate variety, such as golden delicious; Omit dried cherries.
- Sulfites: Omit dried cherries.

Side

Lemony Collard Greens

10 Mins
Prep Time

8 Mins
Cook Time

4
Servings

 **86 Calories** **5g Fat** **8g Carbs** **4g Protein**



Ingredients

 **4 Servings**  **18 Mins Total Time**  **Allergens: None**

1 Bunch Fresh Collard Greens 

1 ½ Tbsp Extra Virgin Olive Oil

2 Cloves Garlic, minced

¼ Tsp Red Pepper Flakes

½ Lemon, juiced

Salt and Pepper, to taste

Nourishment Note



Collard Greens

Collard greens are rich in many nutrients, including vitamin A, vitamin C and calcium. In a 2018 study, children with asthma with higher vitamin A levels had better lung function than those with lower vitamin A levels. The many antioxidants in collard greens may also help to reduce inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Wash & Cut Collard Greens

Wash collard greens and remove center ribs with a sharp knife. Layer the rib-less greens and roll them tightly into a cigar-like shape. Slice the “cigar” perpendicularly so you get long strands of collard greens. Shake out and set aside.

3. Add Greens to Skillet

In a large, heavy skillet, heat the olive oil over medium heat. When hot, add the collard green strands and toss with tongs to evenly coat with oil. Toss with a pinch of salt.

4. Cook & Toss Greens

Let greens cook for about 30 seconds before tossing again. Continue tossing in 30-second intervals until the greens are bright in color and slightly wilted, 3-6 minutes.

5. Season & Serve

Before removing from the heat, add the minced garlic and red pepper flakes. Allow to cook until fragrant, about 30 seconds. Remove from heat and pour lemon juice over greens. Season with salt and pepper and toss to combine. Enjoy immediately.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Cutting Board



Knife



Heavy Skillet



Measuring Spoons



Tongs

Breathe Better Food Tip

- Heartburn/GERD: Omit garlic and/or red pepper flakes, if bothersome.
- Sulfites: Use fresh lemon juice. Bottled lemon juice may contain sulfites.