



# ASTHMA

&

# NUTRITION



Community Health  
Partnerships  
Indiana Clinical and Translational  
Sciences Institute



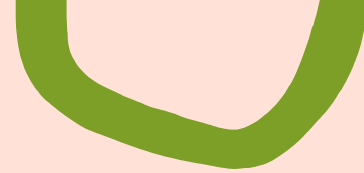
**There is**

**NO ASTHMA  
DIET**

**that could eliminate  
your symptoms.**

**But this information might help!**





Work to maintain a healthy weight

Being overweight can worsen asthma.



Sometimes, even losing a little weight when necessary can help to improve your symptoms.





EAT PLENTY OF FRUITS AND VEGETABLES

They are a good source of antioxidants such as beta carotene and vitamins C and E, which may help reduce lung swelling and irritation (inflammation).





## Vitamin E

*Vitamin E may also help decrease the risk of some asthma symptoms like coughing or wheezing.*



Sources of vitamin E include almonds, raw seeds, swiss chard, mustard greens, kale, broccoli, and hazelnuts.

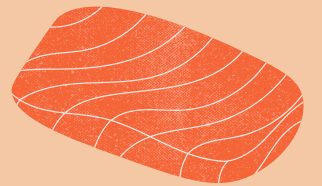
FOOD SOURCES OF VITAMIN D INCLUDE: FORTIFIED MILK, SALMON, ORANGE JUICE AND EGGS.

# Vitamin D

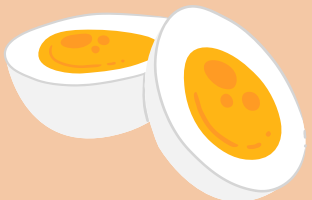
Vitamin D plays an important role in boosting immune system responses and helps to reduce airway inflammation.



meat



salmon



egg



milk



orange juice

# Some foods that you might want to avoid..

- Avoid foods that cause gas or bloating, which often make breathing more difficult. This may cause chest tightness and trigger asthma flare-ups.
  - Some examples: beans, carbonated drinks, onions, garlic, and fried foods.



- **Avoid foods that contain sulfites**

- Sulfites appear in many dried fruits, some pickled food, shrimp, maraschino cherries, bottled lemon or lime juices, and alcohol. Sulfites can cause an adverse reaction or even worsen asthma symptoms for some.

- **Avoid foods that contain salicylates**

- Salicylates are naturally occurring chemical compounds and, although it's rare, some people with asthma may be sensitive to salicylates found in tea, coffee, some herbs or spices, and even aspirin.



The background features a light yellow color with a faint, sketchy illustration of a large wedge of Swiss cheese. In the foreground, there are several 3D-style illustrations of different types of cheese: a wedge of Swiss cheese with holes, a wedge of cheddar, a wedge of brie, and a wedge of Gruyère. To the right, there is a grey bowl filled with white, ridged pasta, with a single piece of pasta resting on the edge. The text is centered in a bold, orange, sans-serif font.

**Food Allergies might also  
trigger your asthma**

# COMMON FOOD ALLERGENS

**Milk**

**Soy beans**

**Wheat**

**Shellfish**

**Fish**

**Sesame**

**Tree nuts**

**Peanuts**

**Eggs**

**FOOD LABELS COULD  
HELP YOU  
RECOGNIZE FOOD  
ALLERGENS TO  
BETTER AVOID THEM!**





Allergen information:  
Contains: gluten (wheat, oat, soy)  
May contain: almonds, pecan nuts, hazelnuts  
Kosher-Parve Under supervision  
of the Rabbinat, Arad

## LOOK FOR THE MAY CONTAIN STATEMENT

It is a statement that reminds customers that a food product might be cross-contaminated by some food allergens during the manufacturing or packaging process.



**This statement is not mandatory for food companies to have.**

# THANK YOU FOR YOUR INTEREST!

For any questions & more information visit our website:

<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>



## Resources:

1. James T C Li, M. D. (2022, January 6). Asthma diet: Does what you eat make a difference? Mayo Clinic. Retrieved July 5, 2022, from <https://www.mayoclinic.org/diseases-conditions/asthma/expert-answers/asthma-diet/faq-20058105>
2. Editorial Staff | July 10, 2018 T. A. H. & W. (n.d.).  
Asthma and nutrition: How food affects your lungs. American Lung Association. Retrieved July 5, 2022, from <https://www.lung.org/blog/asthma-and-nutrition>
3. Commissioner, O. of the. (n.d.). Have food allergies? read the label. U.S. Food and Drug Administration. Retrieved July 5, 2022, from <https://www.fda.gov/consumers/consumer-updates/have-food-allergies-read-label>

