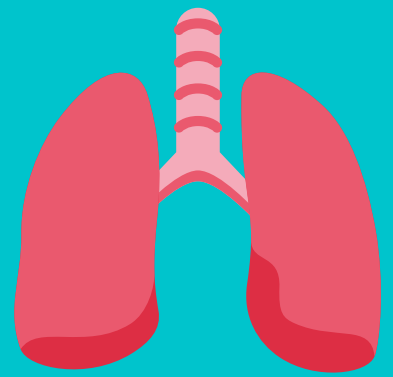


Asthma Nutrition Stoplight



EAT A BALANCED DIET



- Fruits and vegetables are good sources of vitamins and minerals
- Vitamins and minerals lower lung swelling and irritation
- Less swelling and irritation lowers chances of asthma attacks

DRINK PLENTY OF WATER



- Drink 10 cups a water every day
- Hydrated lungs will help to lower chances of asthma attacks

KEEP A HEALTHY WEIGHT



- Keeping a healthy weight for your age and height will:
- Help your daily medications work properly
 - Improve lung function
 - Lower breathing problems
 - Improve your overall health

GET 30-60 MINUTES OF EXERCISE EACH DAY



- Exercise will:
- Help you to keep a healthy weight
 - Lower swelling
 - Create strong lung muscles
 - Boost endurance

STAY AWAY FROM FOODS YOU'RE ALLERGIC TO



- Common food allergies include egg, fish, milk, peanut, tree nuts, sesame, shellfish, soy, & wheat.
- If you have any food allergies, avoiding them can lower your chance of having an asthma attack.
- To learn more about food allergies visit www.foodallergy.org

FOODS YOU CAN EAT EVERYDAY

THESE FOODS WILL NOT TRIGGER YOUR ASTHMA AND WILL LOWER YOUR CHANCES OF AN ASTHMA ATTACK. THERE ARE WIDE VARIETIES OF FRUITS, VEGETABLES, MEATS, AND SNACKS THAT CAN BE EATEN EVERYDAY

HEALTHY FRUITS:



Fruits such as fresh apples, pears, peaches, apricots, berries, watermelon, & other fresh melons are great options for daily fruit intake

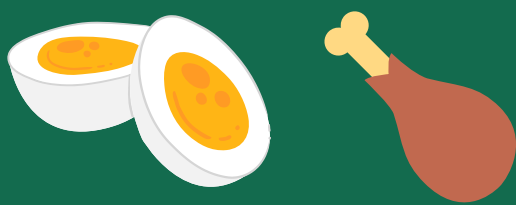
- Asparagus
- Cabbage
- Lettuce
- Green beans
- Onion
- Pepper
- Radish
- Turnip
- Peas



HEALTHY VEGGIES:

HEALTHY MEATS & PROTEINS:

- Beef
- Chicken & Turkey without skin
- cooked eggs
- unsalted meats



HEALTHY GRAINS:

- Bread without preservatives
- Oat cereals
- Sweet potato
- Rice
- Spaghetti
- Colored pasta (with spinach, carrot, etc.)

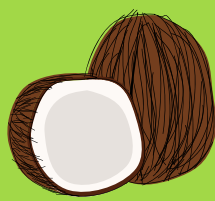


WHY ARE THESE FOODS GOOD FOR SOMEONE WITH ASTHMA?

- Boost immune system
- Lower swelling
- Have vitamins & minerals
- Low in salt
- Help you keep a healthy weight
- Easy to cook at home
- People are not often allergic to these foods



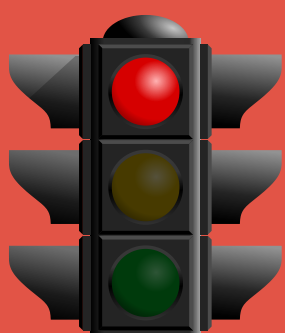
HEALTHY SNACKS & MORE:



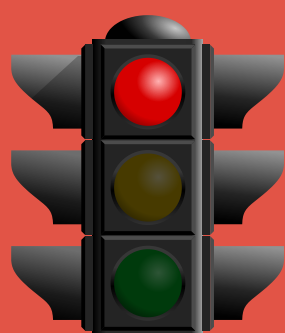
- Sunflower seeds
- Coconuts
- Dairy free versions of cream cheese, yogurt, butter & milk
- Olive & coconut oils
- Dark chocolate
- Granola bars
- Fruit muffins

HOW YOU CAN COOK HEALTHY MEALS:

- Buy fresh foods as often as possible
- Use olive & coconut oils instead of canola or vegetable oils
- Eat all unfrozen meat within 2 days
- Wash all fruits and vegetables
- Add no more than 1 teaspoon of salt to any meal
- Use a meat thermometer
- Visit <https://www.health.state.mn.us/> to verify proper meat temperatures



FOODS THAT CAN TRIGGER ASTHMA SYMPTOMS



HOW TO KNOW IF YOU HAVE A FOOD ALLERGY:

If you experience any of the following after eating,
you may have a food allergy:

- Tingling or itching in or around your mouth
- Rash or hives
- Swelling of your face, tongue, or throat
- Trouble swallowing or breathing
- Feeling dizzy



If you think you have a food allergy,
see your nurse/doctor
for more advice

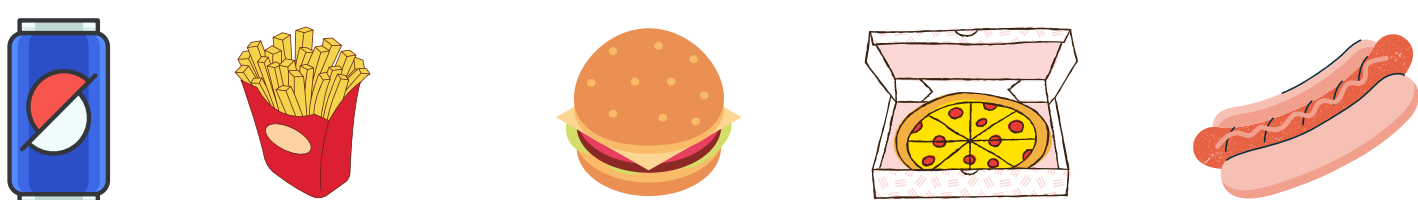


Allergies do not cause asthma, but
they can worsen your asthma

Foods that have dairy do not
cause asthma, but if you have a
dairy allergy, eating foods like milk,
cheese, yogurt, and ice cream
may make asthma worse

Sulfites can make asthma worse and
some people can also be allergic to
sulfites. Foods with sulfites are:

- Dried fruit
- Pickled foods
- Shrimp
- Bottled lemon/lime juices
- Alcohol, especially red wine



-Limit fast food/fried food to no more than 1-2 times per week

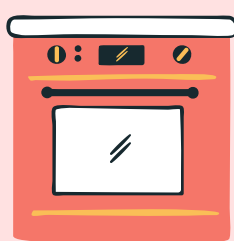
-Fast food tends to have high amounts of salt, sugar, cholesterol, and fat

-Eating these on a regular basis can worsen asthma and will make it harder to
manage a healthy weight



-Salt can cause swelling that can make
asthma worse

-Eat less than 2,300 mg or 1 teaspoon of
salt per day to lower chances of swelling



home-cooked meals are a
much better option with
healthier ingredients.

Resources from more information:

<https://health.ri.gov/healthyweight/for/peoplewith/asthma/>

<https://www.webmd.com/asthma/guide/food-allergies-and-asthma>

<https://www.healthline.com/health/asthma/exercise-for-asthma#exercise-and-asthma>

<https://www.freedrinkingwater.com/water-education/medical-water-allergie-page2.htm>

<https://www.mayoclinic.org/diseases-conditions/asthma/expert-answers/asthma-diet/faq-20058105>

<https://www.healthline.com/health/allergies/dairy-and-asthma>

<https://www.ajmc.com/view/study-links-fast-food-consumption-to-severe-asthma>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7035450/>

<https://www.lung.org/blog/asthma-and-nutrition>

<https://www.webmd.com/asthma/guide/asthma-diet-what-you-should-know>

<https://www.mayoclinic.org/diseases-conditions/asthma/expert-answers/asthma-diet/faq-20058105>

<https://www.lung.org/blog/asthma-and-nutrition>

<https://www.mayoclinic.org/diseases-conditions/asthma/expert-answers/asthma-diet/faq-20058105>

<https://www.webmd.com/asthma/ss/slideshow-asthma-and-your-diet>

<https://www.drmayankshukla.com/anti-asthma-diet-10-food-tips-control-childs-asthma/>

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