



ASTHMA & DIET

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Coalition
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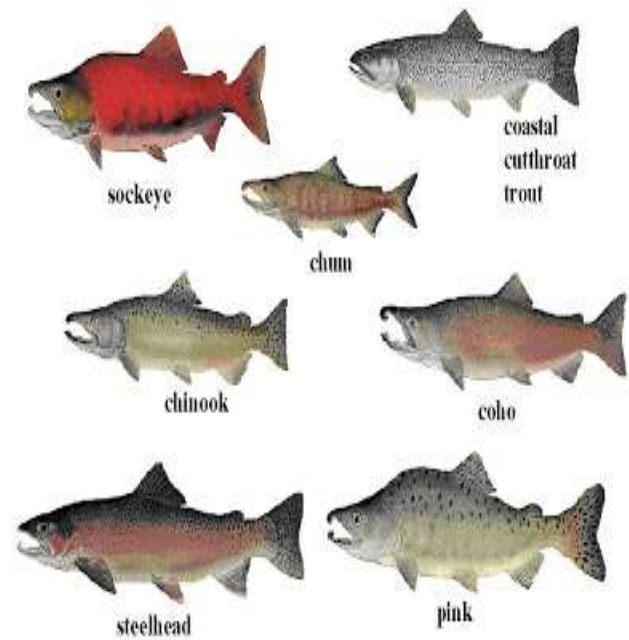
- There is no special asthma diet
- There are no known foods that reduce the airway inflammation of asthma
- However, a good diet is an important part of your overall asthma treatment plan

- Regular exercise and a healthy diet is good for everyone
- Obesity is associated with more severe asthma....so a healthy weight is important
- Further research needs to be done before we understand the connection between asthma and diet

- Incidence of asthma has risen in the U.S. in the past 3 decades
- Researchers believe that our diet may have something to do with this
- As our diets turn to more processed foods and less fruits and vegetables, are we increasing our risk of developing asthma?

- Some research done!
- Evidence shows diets higher in Vitamin C and E, beta-carotene, flavonoids, magnesium, selenium and omega-3 fatty acids have lower rates of asthma
- These substances are antioxidants, which protect cells from damage

What food contain Anti-Oxidants?



Foods High in Vitamin C

- Citrus fruits
- Dark leafy greens
- Kiwi
- Peas
- Bell Peppers
- Broccoli
- Berries
- Tomatoes



Foods High in Vitamin E

- Wheat germ oil
- Sunflower seeds
- Almonds
- Hazelnuts
- Peanuts
- Peanut Butter
- Spinach
- Broccoli
- Kiwi
- Mango
- Tomato



Beta Carotene – a carotenoid compound responsible for giving fruit & vegetables their color

- Sweet potato
- Carrots
- Dark leafy greens
- Butternut Squash
- Cantaloupe
- Sweet Red peppers
- Dried apricots
- Peas & Broccoli



Flavonoids

- Phytonutrients
- Famous for rich diversity of color providing pigments
- Known for anti-oxidant and anti-inflammatory health benefits
- Support cardiovascular and nervous system
- Largest source of flavonoids in US is green and black tea

Widely Studied Flavonoids

- **Quercetin** – apples, onions, romaine lettuce, tomatoes, garbanzo beans, sweet potato and quinoa



Catechins & Tangeretin



Anthocyanins



Include Omega-3 Foods

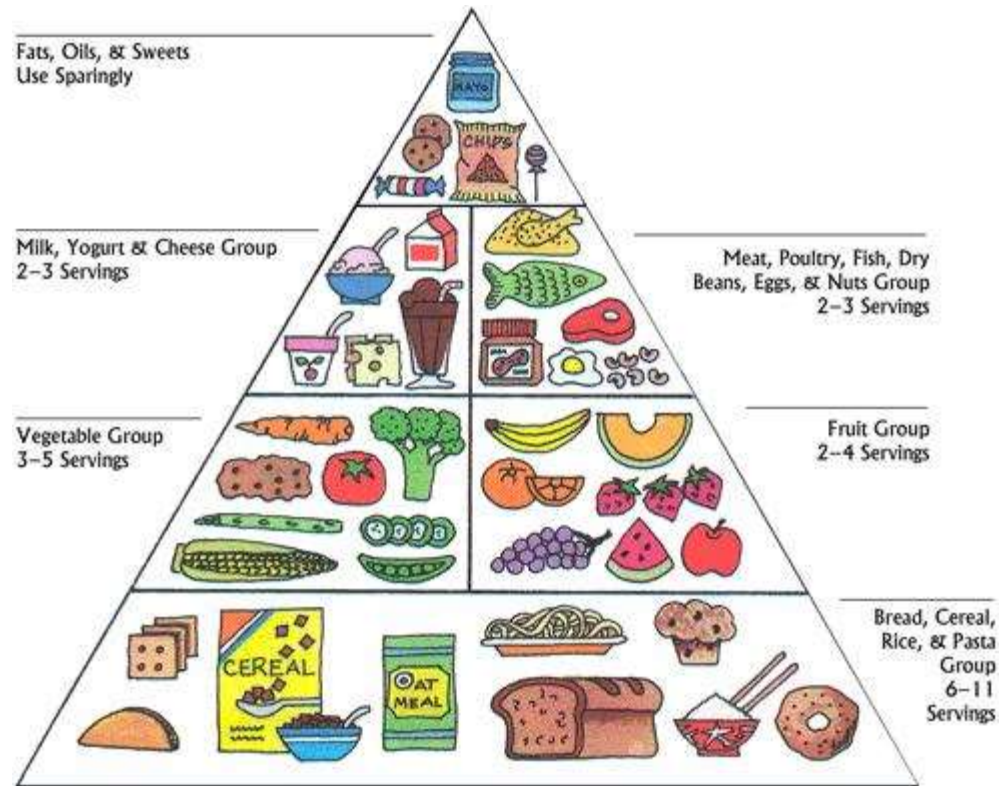
- Evidence unclear that Omega-3 helps with asthma, but we know Omega-3 reduces inflammation in the body
- Salmon, Tuna, sardines, and Flaxseeds



Recent study of Asthma and Diet Showed:

- Teens with poor nutrition were more likely to have asthma symptoms
- Low intake of vitamin C, E, and Omega-3 were most likely to have poor lung function
- 2007 Study showed children who grew up eating Mediterranean Diet were less likely to have asthma-like symptoms

Mediterranean Diet



Other Studies

- Studies that have used specific vitamins and minerals to treat asthma have been unsuccessful
- Researchers believe that it may be the interaction of different vitamins, minerals and anti-oxidants that naturally occur in foods that have the health benefits

What should I avoid?

- Omega -6 fats
 - Corn, sunflower, safflower and soy oils
- Trans Fats
 - Processed foods, margarines



Beware of Diets high in calories

- If you eat more calories than you burn:
 - You will gain weight
 - Excess weight has negative effect on health and asthma symptoms
- People who are overweight/obese are more likely to
 - Have more severe asthma symptoms
 - Miss work more often
 - Take more medication

Preservative Sensitivities

- Sulfites, which are used to keep food fresh and stop the growth of mold can trigger temporary asthma symptoms
- Sulfites can give off sulfur dioxide that can irritate the lungs
- Sulfites no longer added to fresh fruits and vegetables in US
- Sulfites are still in processed food, condiments, dried fruits, canned vegetables, and wine

Gastroesophageal Reflux Disorder (GERD)

- Up to 70% of all people with Asthma also have GERD
 - Can make asthma more difficult to control
 - Weight loss is often all that is necessary to control GERD
 - Eat smaller meals
 - Cut down on alcohol, spicy foods, fried foods and eating just before bedtime

Exercise

- Talk to MD before beginning exercise plan
- Best exercises are swimming, biking, walking
- Activities that involve short intermittent periods of exertion
- Always start with warm-ups and end with cool down exercises
- If weather is cold, wear scarf over nose and mouth

Exercise Continued

- Allergic Asthma – Avoid exercising outdoors when pollen counts are high
- Restrict exercise with a viral infections like a cold
- Exercise at a level that is appropriate for you
- Asthma is not a reason to avoid exercise

More Exercise

- Exercise helps to maintain a healthy weight
- Exercise helps to maintain a healthy mind



One More Thing!

- There is no evidence that eliminating dairy from your diet improves asthma control.
- Regular corticosteroid used to control severe asthma can lead to Osteoporosis
- Dairy products rich in Calcium and Vitamin D is a sure way to help maintain bone health.

In Conclusion



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