

## key nutrients

### Asthma

There is no one diet that can cure asthma. However, certain foods contain nutrients that may help reduce inflammation in the body and can be incorporated into your overall asthma care plan. Below are key nutrients and suggested food sources rich in those nutrients to help you feel your best.

Vitamin D
<b>Best Sources Include:</b>
Eggs
Fortified Milk
Orange Juice
Salmon
*talk to your doctor if a supplement is right for you

Vitamin E
<b>Best Sources Include:</b>
Almonds
Broccoli
Mustard Greens
Kale
Raw Seeds
Swiss Chard

Vitamin C
<b>Best Sources Include:</b>
Broccoli
Brussels Sprouts
Cantaloupe
Citrus Fruits
Kiwi
Red and Green Peppers
Strawberries
Tomatoes

Omega-3 Fatty Acids
<b>Best Sources Include:</b>
Chia Seeds
Cod Liver Oil
Ground Flax Seeds
Herring
Mackerel
Salmon
Walnuts

## the difference between fortified and enriched foods

### Asthma

#### Fortified Foods

Fortified foods have specific nutrients added during the food manufacturing process. In general, these nutrients aren't naturally found in the food product.

Examples of common food fortification:

- Adding iodine to salt (iodized salt)
- Adding vitamin D to dairy products
- Adding folic acid to breakfast cereals

#### Enriched Foods

Enriched foods have nutrients added back into them after they have been stripped in the food manufacturing process. The FDA regulates when a food product can be labeled as 'enriched'. An example of a food that is often enriched is white flour. During the manufacturing process of wheat, several B-vitamins, iron, and fiber are lost. After wheat is refined to white flour, some of the lost nutrients are added back into the flour in specific amounts.