

# eat this, not that

## Asthma

\* Contains gluten | ∞ Contains lactose

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

# eat this, not that

## Asthma

\* Contains gluten | ∞ Contains lactose

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