

shopping list

Asthma

Navigating the grocery aisles may seem overwhelming, especially when you're feeling fatigued, but we're here to help. Below are healthy, asthma-friendly foods, no matter what section you're shopping in. Certain problematic food categories are color-coded below to help best meet your needs.

May Contain Sulfites	May Contain Salicylates	Contains Gluten	Contains Dairy	Contains Nuts
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Produce	
— Vegetables —	
Artichoke	Mushrooms
Arugula	Okra
Asparagus	Onion
Beets	Parsnips
Bell Pepper	Pattypan Squash
Bok Choy	Peas
Broccoli/Broccoli Rabe	Peppers
Brussels Sprouts	Potato
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Celery	Spaghetti Squash
Eggplant	Spinach
Garlic	Sugar Snap Peas
Green Beans	Summer Squash
Green Onion	Sweet Corn
Green Peas	Sweet Potato
Hominy	Swiss Chard
Jicama	Tomato
Lettuce Greens	Zucchini

Produce	
— Fruits —	
Apples	Lemon
Apricots	Lime
Avocado	Mango
Bananas	Oranges
Blackberries	Papaya
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Pineapple
Dates	Plums
Figs	Pomegranates
Grapes - may contain salicylates	Raspberries
Honeydew	Strawberries
Kiwi	Watermelon

Frozen Foods
100% Juice Bars
Frozen Fish Fillets
Frozen Fruit (without added sugar)
Frozen Vegetables (without added salt or sauces)

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Dairy
Low-Fat Milk (1% or skim)
Low-Fat Cheese (1% or skim)
Low-Fat or Fat-Free Yogurt (1%)
Low-Fat Cottage Cheese
Low-Fat Ricotta Cheese
Kefir
Plant-Based Milk (nut varieties, soy, rice, oat) may contain sulfites, may contain nuts
Plant-Based Yogurt (nut varieties, soy, rice, oat) may contain sulfites, may contain nuts
Plant-Based Cheese (nut varieties, soy) may contain sulfites, may contain nuts
Plant-Based Kefir (nut varieties) may contain sulfites, may contain nuts

Canned Goods
Canned Beans and Legumes (low-sodium)
Canned Fruit (packed in water)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Canned Vegetables (no added salt)
Diced Tomatoes
Sauerkraut
Tomato Paste - may contain sulfites
Tomato Sauce - may contain sulfites

Grains & Starches
Barley
Bean-Based Pasta
Brown Rice
Cornmeal
Old Fashioned Oatmeal
Quinoa
Sprouted Bread
Wheat Berries
Whole Grain Bread
Whole Grain Pasta
Whole Grain Waffles
100% Whole Wheat Breads (buns, muffins, bagels)
100% Whole Wheat Flour
100% Whole Wheat Pizza Crust
Gluten-Free Breads

Fish/Shellfish
Mackerel
Salmon
Lake Trout
Tuna
Shrimp

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Nuts, Oils, & Seeds
Almonds - may contain salicylates
Almond Butter - may contain salicylates
Avocado Oil
Brazil Nuts
Canola Oil
Cashews
Chia Seeds
Coconut Oil
Extra Virgin Olive Oil
Flaxseed
Flaxseed Oil
Hemp Seeds
Peanuts - may contain salicylates
Peanut Butter - may contain salicylates
Pine Nuts - may contain salicylates
Pistachios - may contain salicylates
Pumpkin Seeds
Sesame Seeds
Sunflower Seed Butter
Sunflower Seeds
Walnuts
Walnut Oil

Beverages
Black Tea - may contain salicylates
Green Tea - may contain salicylates
Water, Plain or Sparkling
Coffee, Regular or Decaf
Herbal Tea
Kombucha (fermented beverage)
100% Vegetable Juice (low-sodium)

Soy
Edamame
Tofu
Tempeh

Eggs
Omega-3 Enriched Eggs
Vitamin D Enriched Eggs

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Lean Beef & Pork
Cubed Steak
Extra Lean Ground Beef
Flank Steak
London Broil
Round Steak
Tenderloin

Poultry
Lean Chicken (white meat)
Lean Turkey (white meat)

Wild Game
Venison