

## nourishment notes

### Asthma

#### Nourishment Notes



#### **Apple**

Apples are filled with antioxidants, which may help protect the cells in the lungs from oxidative damage.



#### **Avocado**

Avocados are a great source of healthy fats to help protect the heart. It also contains important antioxidants to help reduce inflammation in the body, important to helping you feel your best.



#### **Black Beans**

Beans are an excellent source of plant-based protein. Reducing the amount of red meat in the diet and adding plant sources of protein may help reduce inflammation in the body.



#### **Chicken**

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.



#### **Cilantro**

Cilantro, a type of herb, adds bursts of fresh flavor to any dish it's in. It also has anti-inflammatory properties which may help lower inflammation in the body.



#### **Collard Greens**

Collard greens are rich in many nutrients, including vitamin A, vitamin C and calcium. In a 2018 study, children with asthma with higher vitamin A levels had better lung function than those with lower vitamin A levels. The many antioxidants in collard greens may also help to reduce inflammation.

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#### **Cumin**

Cumin is known to help with digestion. It also may help slow the growth of certain forms of cancer.



#### **Eggs**

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory.



#### **Farro**

Farro is a whole grain, rich in antioxidants and fiber. The antioxidants in farro can help protect healthy cells in the body from damaging free radicals.



#### **Garlic**

Garlic is an anti-inflammatory food to help protect healthy cells from cancer causing carcinogens.



#### **Ginger**

Ginger is known for its anti-nausea properties, which can help to soothe an upset stomach. The anti-nausea effect is increased when paired with a protein, such as chicken.



#### **Oats**

Oats contain a unique antioxidant called avenanthramides. This type of antioxidant may be especially beneficial for lowering inflammation in the body. In addition, some research indicates that early introduction of oats may decrease the likelihood of childhood asthma.

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#### ♥ Pomegranate Seeds

Pomegranate seeds pack a powerful antioxidant punch and have notable anti-inflammatory effects. Both of which are important for those with asthma.



#### ♥ Pumpkin

Pumpkin is a great source of antioxidants that can help reduce inflammation in the body and help you feel better overall. The vitamin A content can also help protect your immune system from illness.



#### ♥ Red Pepper

Red peppers are loaded with vitamin C and carotenoids. Both are powerful antioxidants that can prevent damage to healthy cells in the body and lower inflammation.



#### ♥ Rosemary

Rosemary is a powerful herb. It may help aid digestion and help to improve immune function. In patients with asthma, immune function can sometimes be low.



#### ♥ Salmon

Salmon is a rich source of omega-3 fatty acids. This type of fat helps to reduce inflammation common with asthma. It's also a good heart-healthy protein source.



#### ♥ Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with asthma.

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#### **Sweet Potato**

Sweet potatoes are loaded with beta carotene, which is turned into vitamin A in the body. Vitamin A is critical for a healthy immune system.



#### **Squash**

Delicata squash is an excellent source of vitamins A and C. Both vitamins A and C are antioxidants which can help to prevent damage to healthy cells and lower inflammation.



#### **Thyme**

Thyme is known as “nature’s throat lozenge”. It may help with a sore throat, cough and congestion that can be common with asthma.



#### **Tomato**

Tomatoes are a great source of lycopene. Lycopene may help reduce inflammation within the body and help protect the immune system.



#### **Turmeric**

Turmeric is a powerful anti-inflammatory spice. A compound found in turmeric, curcumin, has been shown to reduce inflammation. When paired with ground pepper, the absorption of curcumin increases.



#### **Walnuts**

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for reducing inflammation within the body.

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#### **White Beans**

Beans are filled with protein and fiber, both of which are extremely important for achieving or maintaining a healthy weight. Being at a healthy weight can improve asthma outcomes.



#### **Whole Wheat Pasta**

Whole wheat pasta contains important B vitamins that can help provide your body with energy to feel your best. Whole grains are also a great source of fiber which may offer protection from heart disease.