

## evidence based resources

### Asthma

#### **Academy of Nutrition and Dietetics. Nutrition Care Manual.**

- <http://www.nutritioncaremanual.org>

#### **American Partnership for Eosinophilic Disorders., American Partnership for Eosinophilic Disorders., 2020.**

- <http://www.apfed.org/about-ead/eosinophilic-asthma/>

#### **Asthma and Nutrition: How Food Affects Your Lungs, American Lung Association, 2020.**

- <http://www.lung.org/blog/asthma-and-nutrition>

#### **“Asthma” Pharmacotherapy: A Pathophysiologic Approach. McGraw Hill Education, 2017.**

#### **“Asthma and Sulfite Allergies.” Web MD, 2019.**

- <http://www.webmd.com/asthma/asthma-and-sulfites-allergies>

#### **Changing your Habits for Better Health, National Institute of Diabetes and Digestive and Kidney Disease, 2020.**

- <http://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>

#### **Dietary Guidelines for Americans 2015-2020, United States Department of Agriculture, 2015.**

- [http://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020\\_Dietary\\_Guidelines.pdf](http://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf)

#### **Food Allergy Research and Education, Food Allergy Research Foundation of America, Asthma and Allergy Foundation of America, 2018.**

- <http://www.foodallergy.org/>

#### **“Food Can Affect Asthma.” Asthma and Allergy Foundation of America, Asthma and Allergy Foundation of America, 2018.**

- <http://www.aafa.org/food-as-an-asthma-trigger.aspx>

#### **Health Tips for Adults, National Institute of Diabetes and Digestive and Kidney Diseases, 2020.**

- <http://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-adults?dkrd=/health-information/weight-management/health-tips-adults>

#### **National Institute of Health Office of Dietary Supplements, U.S. Department of Health and Human Services, 2020.**

- <http://www.ods.od.nih.gov/>

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#### **Nutrition Guide for Clinicians: Asthma, Physicians Committee for Responsible Medicine, 2020.**

- [http://www.nutritionguide.pcrm.org/nutritionguide/view/Nutrition\\_Guide\\_for\\_Clinicians/1342001/all/Asthma](http://www.nutritionguide.pcrm.org/nutritionguide/view/Nutrition_Guide_for_Clinicians/1342001/all/Asthma)

#### **“Sulfite Sensitivity.” Cleveland Clinic, 2016.**

- [http://www.my.clevelandclinic.org/health/articles/11323-sulfite\\_sensitivity#:~:text=Sulfites%20have%20been%20implicated%20as%20a%20cause%20of%20asthma%20symptoms,have%20become%20allergic%20to%20sulfites](http://www.my.clevelandclinic.org/health/articles/11323-sulfite_sensitivity#:~:text=Sulfites%20have%20been%20implicated%20as%20a%20cause%20of%20asthma%20symptoms,have%20become%20allergic%20to%20sulfites)

#### **USDA, MyPlate.**

- <https://www.choosemyplate.gov/>

#### **“Weight Management & Healthy Living Tips.” Health Tips for Adults, National Institute of Diabetes and Digestive and Kidney Diseases, 2020.**

- [www.niddk.nih.gov/health-information/community-health-outreach/healthy-living-tips?dkrd=hisce0122](http://www.niddk.nih.gov/health-information/community-health-outreach/healthy-living-tips?dkrd=hisce0122)

#### **What is Asthma, Allergy and Asthma Network, 2020.**

- <http://www.allergyasthmanetwork.org/what-is-asthma/>