

### Healing foods for Asthma

<b>Food</b>	<b>Evidence</b>	<b>Plant sources</b>
<b>Vitamin C</b>	Studies have found that vitamin C intake has an effect on how severe asthma symptoms can be	Broccoli, kiwifruit, oranges, strawberries, sweet potatoes and tomatoes
<b>Caffeine</b>	Reduces symptoms of asthma	Coffee, tea
<b>Onions</b>	Helps to reduce inflammation	Onions, garlic, leeks
<b>Spicy foods</b>	Relieves allergies	Cayenne pepper
<b>Citrus peel</b>	Helps to remove pesticides. Protects against bronchial obstruction	Oranges
<b>Low fat foods</b>	Reduces risk to developing asthma	
<b>Salmon/fish</b>	Improves symptoms of asthma	Fish
<b>Brazil nuts</b>	Selenium deficiency can lead to chronic asthma	Brazil nuts
<b>Vitamin B6</b>	Deficiency is associated with higher levels of inflammation	Banana, chickpeas, sunflower seeds,
<b>Honey</b>	Add garlic and grated lemon peel to honey can help asthma symptoms	
<b>Parsley</b>	Reduces symptoms	
<b>Vitamin E</b>	Reduced risk to developing asthma	Oatmeal, salads, yogurt,
<b>Ginkgo biloba</b>	Has been used to treat asthmas for thousands of years	Ginkgo biloba
<b>Summary</b>	Vitamins C, B6 and E; caffeine, onions, spicy foods, citrus peel, low fat foods, salmon, honey, parsley, and Ginkgo biloba	
<b>Food errors</b>	Salt, processed food, milk, eggs, peanuts, soy, wheat, fish and shellfish can lead to allergic reactions. Avoid sunflower and corn oil. Avoid acidic foods, fried foods and heavy sauces.	