

# optimal foods for asthma

These foods provide more of the nutrients associated with asthma (i.e. magnesium, zinc, selenium, vitamin A, vitamin E, vitamin D, vitamin C, vitamin V6, folate and choline).

## vegetables & fruit

- spinach
- watercress
- coriander
- Chinese cabbage
- chard
- chicory greens
- lettuce
- asparagus
- broccoli
- parsley
- endive
- red peppers
- beet greens
- chives
- arugula
- mustard greens
- cauliflower
- collards
- zucchini
- okra
- banana pepper
- turnip greens
- escarole
- kale
- cabbage
- radicchio
- celery
- mushroom
- sauerkraut
- Brussel sprouts
- alfalfa
- summer squash
- butternut squash
- mung beans
- radishes
- pumpkin
- artichokes
- winter squash
- shiitake mushroom
- peas
- snap beans
- jalapeno peppers
- onions

- yeast extract spread
- chayote
- carrots
- red cabbage
- edamame
- leeks
- eggplant
- blackberries
- turnips
- strawberries
- spirulina
- pinto beans
- cantaloupe
- sweet potato
- pickles
- cucumber
- beets
- rhubarb

- rockfish
- pollock
- haddock
- octopus
- flounder
- white fish
- trout
- perch
- sturgeon
- whiting
- anchovy
- mackerel
- clam
- cisco
- scallop
- herring
- sardine

## spices

- basil
- dill
- paprika
- sage
- thyme
- marjoram
- mustard seed
- tarragon
- curry powder
- cloves

## seafood

- molluscs
- crab
- fish roe
- halibut
- oysters
- salmon
- lobster
- crayfish
- cod
- shrimp
- caviar

## animal products

- chicken liver
- turkey liver
- beef liver
- veal liver
- pork liver
- chicken breast
- ham (lean only)
- turkey heart
- veal
- sirloin steak
- steak (lean)
- egg yolk
- whole egg
- ground beef (lean)
- pork chop
- chuck steak
- ground pork
- pork shoulder
- frankfurter
- turkey gizzard
- beef heart
- kefir (low fat)
- leg ham
- lamb (lean)