

optimal foods for asthma

These foods provide more of the nutrients associated with asthma (i.e. omega 3, choline, vitamin D, vitamin E, magnesium, zinc, thiamine & potassium) as well as harder to find nutrients (i.e. omega 3, calcium & potassium). From a macronutrient perspective, these foods are 41% protein, 16% fat and 27% net carbohydrates with a lower energy density of 102 calories per 100g.

vegetables

- spinach
- coriander
- watercress
- chicory greens
- Chinese cabbage
- chard
- lettuce
- asparagus
- endive
- parsley
- seaweed
- arugula
- beet greens
- broccoli
- amaranth leaves
- turnip greens
- escarole
- chives
- okra
- mustard greens
- collards
- celery
- zucchini
- kale
- radicchio
- seaweed (kelp)
- cauliflower
- sauerkraut
- cabbage
- mushrooms
- banana pepper
- red peppers
- summer squash
- butternut squash
- pumpkin
- radishes
- artichokes
- Brussel sprouts
- onions
- shiitake mushroom

- alfalfa
- winter squash
- snap beans
- yeast extract spread
- mung beans
- jalapeno peppers
- pickles
- cucumber
- red cabbage
- rhubarb
- carrots
- chayote
- peas
- turnips
- eggplant
- edamame

spices

- basil
- dill (fresh)
- paprika
- sage
- tarragon
- marjoram
- thyme

fruit

- cantaloupe
- blackberries

offal

- liver
- heart
- kidney
- brains

animal products

- chicken breast
- whole egg
- kefir (low fat)
- egg yolk
- pork chops

- veal
- beef steak
- ground pork
- chicken drumstick
- turkey
- ground beef
- ham

seafood

- conch
- crab
- halibut
- fish roe
- oysters
- lobster
- crayfish
- cod
- salmon
- pollock
- octopus
- rockfish
- haddock
- shrimp
- caviar
- mussel
- flounder
- white fish
- trout
- whiting
- anchovy
- perch
- starfish
- sturgeon
- clam
- smelt
- mackerel
- sardine
- scallop
- molluscs
- herring
- welk
- tuna