

May is Asthma and Allergy Awareness Month. This month the Nutrition Tips page provides information on a variety of foods and their relationship to individuals who have asthma or are prone to allergies.

Dietary Recommendations for Allergy

- Decrease protein toward 10 percent of daily caloric intake.
- Replace animal protein as much as possible with plant protein.
- Eliminate milk and milk products, substituting other calcium sources, dark green leafy vegetables, bean, nuts and sardines are some less-known sources.
- Eat organically grown fruits and vegetables as much as possible as well as organic products made from wheat and soy.

Dietary Recommendations for Asthma

- Follow the recommendations above for Allergy.
- Eliminate polyunsaturated vegetable oils, margarine, vegetable shortening, all partially hydrogenated oils, and all foods (such as deep fried foods) that might contain *trans*-fatty acids.
- Use extra-virgin olive oil as your main fat.
- Increase intake of omega-3 fatty acids (cold-water fish, flax, walnuts, wheat germ, mango, purslane, red algae, soy, alfalfa sprouts).
- Eat more fruits and vegetables.
- Experiment with eliminating (one at a time) wheat, corn, soy, and sugar for six to eight weeks to see if the condition improves.
- Eat ginger and turmeric regularly for their anti-inflammatory effects.