Dietary Considerations for Children with Asthma

by NEWLIFEOUTLOOK TEAM

Clearing the Air

Although studies linking the prevalence of asthma and a poor diet are ongoing, many nutritionists believe that some of the symptoms associated with asthma can be alleviated through a healthy diet. Even though the research is ongoing, healthy eating is a good habit for children to get into regardless. To ensure that you are avoiding exposing your child to some of the foods that may trigger the symptoms, you should become more familiar with what they are suspected to be and different foods that you should be replacing and substituting into your child’s diet. Now let's look at foods to avoid with asthma.

Foods Suspected of Causing Inflammation

Since the symptoms of asthma are a result of inflammation of the bronchial tubes, you should try to ensure that you avoid feeding your children foods that may cause the inflammation to flare up. Foods containing the following are believed to cause this reaction in children with asthma:

- Sugar.
- Trans fats.
- Processed carbohydrates.
- Dairy products.

Although children tend to love sugary and salty treats, these are believed to cause inflammation in the bronchial tubes which will lead to symptoms of asthma, such as coughing, wheezing and shortness of breath. Since there are multiple health risks associated with Trans fats and high levels of sugar consumption, cutting them out of your child’s diet can have additional benefits. Try replacing sugary snacks with more fruit and processed carbohydrates with whole-grain alternatives such as whole-wheat pasta and multi-grain bread.

Foods Believed to Reduce Inflammation

Researchers and nutritionists believe that certain foods may soothe and potentially reduce the prevalence of inflammation of the bronchial tubes. Some examples include the following:

- Whole grain foods.
- Fruits and vegetables.
- Foods rich in omega-3, such as fish.

Foods that are rich in healthy fats are believed to reduce inflammation. Since certain food groups, such as dairy, are associated with asthma symptoms, you should try to find a substitute like soy products or almond milk. This will help ensure that your child is still receiving the calcium they need to build strong bones and teeth.

Although asthma symptoms will be triggered by different factors for different children, it is a good idea to consult

your physician if you plan on making drastic changes to your child's diet. However, regardless of whether or not you believe certain items such as Trans fats are triggering the symptoms, it is a good idea to cut them out of your child's diet since they are associated with health problems in adulthood and even childhood obesity. In addition, it is also important to ensure that your child is engaging in physical activity since the exercise will help them clear their airways.