Could Drinking Coffee Really Help With Asthma Symptoms?

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Coffee and Asthma

Let’s say you are off on a vacation and ran out of your rescue inhaler. What will you do if you have an asthma attack?

Surely, you’ll call for an ambulance and try to get to the hospital. But what can you do in the meantime?

The answer is to start drinking a few cups of coffee, according to the Asthma Foundation in Victoria.

How Could a Food Stop an Asthma Attack?

You already know that different foods have different effects on the body. Some foods are high in antioxidants like berries; other foods are loaded with B vitamins like blackstrap molasses and liver. All foods contain medicinal ingredients that can act in different ways on the body. For example, carrots contain beta-carotene, which is helpful for vision while parsley contains substances that are diuretic in nature.

What is it that coffee contains that is so helpful to asthma? It’s actually the caffeine in coffee that has a direct action on the bronchioles, opening them up quickly and making it easier to breathe.

If You Already Drink Coffee…

Drinking coffee regularly is probably not a good idea, say the experts, as it’s possible that regular coffee drinking may not cause the same effect. There may be a rebound effect when the caffeine wears off.

Know the Caffeine Content of Foods

With this in mind, it’s important to know what other foods have caffeine in them. Chocolate does have caffeine in it, and according to the Asthma Foundation, two chocolate bars would have a similar effect. No one is saying exactly how much caffeine you need to stop an asthma attack but if you take a look at the difference in caffeine between coffee and chocolate, you will find quite a difference in the amount of caffeine.

Here’s a list of caffeine foods that you might have to use as a substitute. Choose the foods that have the highest amount of caffeine on the list, not the lowest:

Coffee, regular	95 mg per cup
Espresso coffee	64 mg per ounce
Decaf coffee	20 mg per cup
Ghirardelli Dark Chocolate	14 mg per square
Hershey’s chocolate bars	9 mg per bar
Hershey’s kisses	1 mg per piece

Hershey’s Special Dark Bar	18 mg per 1.45 oz
Jolt Gum	45 mg per stick
Kit Kat bars	6 mg per bar
M&M’s chocolate candy	9 mg per package
Oreo Cookies	1.3 mg per cookie
Penguin mints	7 mg per mint
Perky Jerky	35 mg per ounce
Reese’s Peanut Butter Cups	4 mg per cup
Starbuck’s Coffee Ice Cream	60 mg per 8 oz cup
VE2 Energy Gum	35 mg per piece
Wrigley’s Alert Energy Gum	40 mg per piece
Sunkist Orange Soda, 12 oz	41 mg

Source: caffeineinformer

Sometimes the answers to health emergencies are simple. An asthma attack could be one of those times.