



COMMUNITY
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ALLERGIES AND ASTHMA

• CS#1 NUTRITION •

Did you know?

Aside from keeping your immune system healthy through a balanced diet, there is no evidence that eating specific foods or supplements helps to manage symptoms of hay fever.

Did you know?

Symptoms of food allergy usually occur within two hours of eating and can include an itchy rash, swelling, difficulty breathing and vomiting.

Food intolerances are usually less severe, and symptoms may be less specific.

Allergies occur when a person's immune system reacts against substances that are harmless for most people. Common allergens include food, pollen, dust, insect stings, pets, and medications.

Hay fever (allergic rhinitis), causes a runny or stuffy nose, itchy eyes and skin, sneezing, and fatigue. Common triggers include pollens, pet hair, dust mite, mould, and other environmental allergens. It can be seasonal or occur year-round.

Asthma occurs when the airways become narrow and inflamed, making breathing difficult. Common triggers are similar to those that cause hay fever. Lack of exercise and being overweight can worsen the symptoms of asthma.

HEALTHY EATING ALLERGIES AND ASTHMA

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Do:

- Eat to maintain a healthy weight.
- Eat plenty of fruit and vegetables. They are full of antioxidants which may reduce lung-swelling and irritation.
- Eat foods full of vitamin D such as milk, eggs and fish. Vitamin D levels may be low in people with more severe asthma.

Don't:

- Eat foods with sulphites (found in wine, dried fruits and pickles) as sulphites can trigger asthma symptoms.
- Self-diagnose if you suspect that you or your child may have food allergies or intolerances. It is important that you see your GP or dietitian for support.

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