

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

Could What You Eat Trigger an Attack?

You probably know that asthma symptoms are often triggered by allergens such as pollen and dust. But food allergies can bring on a flare-up too. Here are some of the most common culprits:

Eggs. This common allergen may also trigger asthma symptoms in those who are sensitive.

Peanuts. Research has shown that children who are allergic to peanuts are more likely to develop asthma. They often have other allergies too, like grass, weeds, cats, dust



mites and tree pollen. And those can spell trouble for people with asthma.

Shellfish. A recent study showed that kids with shellfish allergies are more likely to have parents who have asthma. (And kids whose parents have asthma are four times as likely to have it themselves.)

Salt. This mineral can cause fluid retention,

which can contribute to inflammation. This can tighten airways and promote asthma symptoms. Watch your salt intake by limiting restaurant and processed foods.

Wine. Sulfites in wine may trigger asthma attacks in some people. (Sulfites are also common in shrimp.) Experts aren't sure, but the culprit could also be the alcohol itself.

Ask the Asthma Doctor

Q Who should be on my child's asthma care team?

A Keeping asthma under control is a group effort. "Make the most of your care team," says Theresa Guilbert, M.D., director of the asthma center at Cincinnati Children's Hospital Medical Center and a spokesperson for the American Academy of Pediatrics. "Together, they'll help your child manage asthma and live a normal life." Here's who you need on the team:

Your child's primary care doctor or pediatrician. This is likely the provider who diagnosed your child's asthma and manages your child's condition.



A pulmonologist (a doctor who specializes in lung conditions) **or an allergist** (a doctor trained to treat asthma). These doctors may be called in if your child's asthma is difficult to manage.

A pharmacist. They're a great resource right in your neighborhood. Not only do they dispense medications, they can also answer your questions about side effects and

interactions, as well as the ins and outs of inhaler use.

The clinic nurse or nurse practitioner. They can provide education and teach practical skills like using inhalers and measuring breathing with a peak-flow meter. And don't forget to keep in touch with the **school nurse**, who can help monitor your child's asthma at school and administer rescue inhalers when needed.

We're Here for You

Your Case Manager can connect you to the resources you need. Just call **1-833-609-0735**.



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

Be a Super Shopper!

Healthy, delicious food on a budget? Yes, you can! Elizabeth Ferrer, R.D., AvMed's registered dietitian, shows you five simple ways to conquer the checkout line and be a star in the kitchen.

Protein for pennies.

Protein is important, but it doesn't have to come from the meat counter. Beans, peas, and chickpeas are inexpensive plant-based options. A pound of dry lentils costs only a couple of dollars and can make a large pot of lentil soup. With a salad on the side, you've got a low-cost, high-protein (and delicious) meal.

Do a deep freeze.

Fresh produce can be expensive and goes bad

so quickly. Instead, head to the freezer aisle. Frozen fruits and vegetables have the same nutritional value as fresh. (But check labels and avoid added salt, sugar, and sauces.) Keep



frozen veggies on hand to add to pastas, soups, stir fry, or even convenience foods like mac and cheese for a health boost.

Make a list. Knowing exactly what you need when you go to the store can save time and money.

Plan a few meals (get the family involved!) and build a grocery list from there. And don't forget to restock staples. I like to take a photo of my pantry and fridge to remind me of what I need. Or, keep a running list on the fridge that everyone can add to as things run out.

Don't be brand loyal.

Prices can vary from brand to brand. Compare prices and try different brands when they're on sale or if you have a coupon. Try store brands too. They're almost always less expensive, and the quality is just as good.

Keep it simple.

It's a myth that eating healthy is more costly. It's not about elaborate meals and exotic superfoods. Focus on basic ingredients and simple recipes. Practice habits like repurposing foods — leftovers are a great way to stretch the budget — and get the family involved in planning and cooking. Eating well doesn't mean going broke.

Recipe



Cantaloupe, Cucumber, and Jicama Salsa

Serves 8 / Serving size: ½ cup
Prep time: 20 minutes

Sweet and savory with a cool crunch, this budget-friendly salsa is great on tacos or with grilled fish or chicken.

Ingredients

- 1 cup finely chopped cantaloupe
- 1 cucumber, chopped
- 1 medium jicama (or 2 tart apples), peeled and chopped
- 2 green onions, finely chopped
- Juice of 1 lime
- ¼ tsp. chili powder (optional)

Directions

In a large bowl, gently mix together all ingredients. Let sit 10 minutes at room temperature to allow flavors to marry.

Handy Hint: New to jicama? Nicknamed the “Mexican potato,” this nutritious root veggie is juicy and crunchy, like an apple, with a mildly sweet flavor.

Calories: 45
Fat: 0 g (0 g sat. fat)
Carbs: 11 g (4 g fiber)
Protein: 1 g
Sodium: 10 mg