As someone who suffers from asthma, you know when you are having an asthma attack.

Asthma results when triggers cause swelling of the tissues in the air passages of the lung, making it difficult to breathe. Typical symptoms of asthma include wheezing, shortness of breath, and coughing.

The main objectives of your asthma care and treatment are to stay healthy and symptom-free; to enjoy food; to exercise; and to use your medications properly. When you do have an asthma attack, follow your doctor’s care plan.
Do Foods Trigger Asthma?

Food triggered asthma is unusual. Although food allergies may trigger asthma in a small number of people, not all individuals with food allergies have asthma. Substantial scientific investigation has found that the following foods and food additives can trigger asthma—

- Diagnosed food allergens such as:
  - milk,
  - eggs,
  - peanuts,
  - tree nuts,
  - soy,
  - wheat,
  - fish, and
  - shellfish

- Sulfites and sulfiting agents—sulfur dioxide, sodium bisulfite, potassium bisulfite, sodium metabisulfite, potassium metabisulfite, and sodium sulfite.

Where Are Sulfites Found?

Sulfites or sulfiting agents, both occurring naturally or used in food processing, have been found to trigger asthma. If sulfites are used in food preparation or processing as a preservative agent, you will find them listed on the food label. Common food sources of sulfites include—

- dried fruits or vegetables
- potatoes (some packaged and prepared)
- wine, beer
- bottled lemon or lime juice
- shrimp (fresh, frozen, or prepared)
- pickled foods, such as pickles, relishes, peppers, or sauerkraut (some)