

Eat to Beat Seasonal Allergies



Could the Right Foods Help You Beat Seasonal Allergies?

Did you know that the average worker with seasonal allergies misses about one hour per week over a year? The sneezing, itchy eyes, drowsiness, fatigue, and other symptoms of seasonal allergies often leads to a decline in productivity and high absenteeism, both of which are incredibly costly to the workforce.

While food does not necessarily cure seasonal allergies, it may help improve symptoms related to seasonal allergies. Numerous studies have shown that some foods are packed with nutrients and compounds that have protective effects against inflammation and histamines, which can calm an overactive immune system.

Learn which foods and nutritional habits can calm an overactive immune system this season!





Increase Your Intake of Fruits and Vegetables

They can be fresh, frozen, canned, dried, or juiced. Many fruits and vegetables are rich in nutrients such as Vitamin C and Quercetin, which have been clinically shown to help to cut down histamine in the body. Remember that two servings of fruit and three servings of vegetables per day get the job done!



Increase Your Intake of Omega-3 Rich Foods

Numerous studies have shown that Omega-3, particularly EPA and DHA forms, have anti-inflammatory effects in the body. These foods include avocado, nuts, seeds, fish, seaweed, and many more. Aim to include a variety of omega-3 sources into your week to fully reap the benefits.



Increase Your Intake of Probiotic-Rich Foods

Probiotic-rich foods contain a specific bacteria strain called *Lactobacillus*, which have been shown to reduce allergic responses to house dust mites and seasonal allergies. Sources of *Lactobacillus* include yogurt, cheese, kombucha, sourdough, kimchi, and many more. A Registered Dietitian Nutritionist can help you determine if you are getting enough probiotics in your diet or could benefit from taking a probiotic supplement.



Reduce Your Intake of Processed Foods

Foods that have been refined, have added sugar, and added salt are considered inflammatory foods. As a result, this can promote inflammation in the body and aggravate one's allergy symptoms. If you are prone to allergies, it may be beneficial to reduce your intake of processed foods. Need more assistance? A Registered Dietitian Nutritionist can help you find healthy swaps for your guilty pleasures!

Resources

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