



Notes and food taboos for airway hypersensitivity

呼吸道過敏症的飲食禁忌及注意事項(英文)

Aspects of environment or lifestyle

Avoid any allergy-induced factors which are associated with symptoms like sneezing, nasal itchiness, eyes itchiness, and cough.

- a. Allergic to home dust mite : patients who are allergic to dust mites have to pay attention to indoor cleaning.
- b. Allergic to pollens : patients should stay home more to avoid exposing to seasonal pollens.
- c. Allergic to molds : avoid going to dampish and moldy places; avoid foods containing high-mycete such as wine, melon, mushroom, and cheese.
- d. Allergic to animal fur, kapok, and straw mats: patients should use man-made fabric instead of cotton; and avoid using animal fur and feather related materials.
- e. Dress underneath warm blanket before getting out of bed and wear a mask before going outside early in the morning.
- f. Proper exercises early in the morning or before going to bed help improve symptoms of airway hypersensitivity and increase sympathetic nerve activity.

Aspects of diet

- a. Patients who have running nose, watery sputum, or cold-induced symptoms should avoid icy-cold food like watermelon, cantaloupe, oranges, grapefruit, and pear.

b. Patients have nasal mucus or yellow-sticky sputum; diet should remain light and they should consume less spicy, deep-fried, and hot food like mango, durian, lychees, longyan meat, chocolate, pepper, cinnamon, and etc.

c. Patients who have atopic dermatitis should consume less shrimp, crab, eggplant, mango, and taro.

若有任何疑問，請不吝與我們聯絡
電話：(04) 22052121 分機 1185
HE-90003-E