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Tomatoes, Cucumbers, Green Beans - Raising An Allergy Free Child

by Roni Ellison

(NewsTarget) It would seem, according to the journal of Pediatric Allergy and Immunology, that children with diets over 40 grams (1/3 cup) of 'fruity vegetables' such as cucumber, tomato, eggplant, green bean and zucchini, were less likely to suffer with symptoms of childhood asthma.

The study, which was conducted on 460 children in Menorca, Spain from birth to age 6 and 1/2 years, also showed that children who ate 60 or more grams (about 2 ounces) of omega-3 containing fish were less likely to suffer 'atopy' - inherited childhood [allergies](#).

It is believed that due to the high antioxidant and anti-inflammatory nature of the [vegetables](#) and fish, these foods produce a protective and healing effect on the bronchial passageways.

According to the lead author of the study, Dr. Leda Chatzi, "The biological mechanisms that underlie the protective affect of these foods is not fully understood, but we believe that the fruity vegetables and fish reduce the inflammation associated with [asthma](#) and allergies."

Although fish oil, liquid or capsule forms, are a good start to acquiring their studied 60 grams a day, they contain only around 1.5 to 3 grams per teaspoonful; cod liver oil a bit less. Higher quantities of omega-3's will be obtained by actually eating fatty fish such as [salmon](#), albacore tuna, sardines, herring and anchovy.

This study is great news for at least two of us in our family. You see, a favorite dish that my 2 year old and I eat as a snack is what I call 'Salsa Salad'.

This simple concoction is a combination of raw tomatoes, cucumbers, onion, and cilantro with a dash of sea salt and apple cider vinegar. Although this 'salad' can be constructed many different ways depending on what you have available in the fridge and what your taste buds are hankering for, we tend to stick to this basic 6 ingredient mixture.

Another 'treat' my 2 year old likes to get is, believe it or not, fish liver oil! It's no longer a surprise to me to look up and see him coming to me carrying that deep green colored glass Carlson's bottle with the yellow screw on top. Oops, Mama must have forgotten to give baby his fishy treat!

Little did I know, however, that while my son has been enjoying these simple snacks, they have been helping him curb the occurrence of asthma and childhood allergies.

This study has given me another idea: Salsa Salad With Salmon Chunks. I think I've found another winner!

Source:
Journal, Pediatric Allergy and Immunology
Diet, wheeze, and atopy in school children in Menorca, Spain
Leda Chatzi, Matias Torrent, Isabelle Romieu, Raquel Garcia-Esteban, Carlos Ferrer, Jesus Vioque, Manolis Kogevinas and Jordi Sunyer
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About the author

Roni Ellison is a 'whole foods' lover and tries to eat a couple of servings of greens and other [whole foods](#) daily.