

Eat nuts, fish daily cut asthma, the risk of rhinitis in children

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Researchers from Karolinska Institutet in Solna, Sweden, said unsaturated fatty acids, omega-3 fatty acids and omega-6 fatty acids are essential for life and the body cannot produce them on their own, so they must taken from foods like seeds and vegetable oils; and omega-3 fatty acids are mainly found in fish oil.



The results showed that children with high levels of omega-3 fatty acids in their blood at the age of eight rarely had asthma or rhinitis at about 16 years of age.

Dr. Anna Bergstrom added: "These new results and previous studies contribute to the current scientific diet guidelines for eating fish 2-3 times a week and changing the dose. fish oil and lean meat for children's diets'.

Allergic diseases such as asthma and rhinitis are common and often occur in childhood.

The team wanted to investigate the association between levels of omega-3 fatty acids and omega-6 fatty acids in the blood from 940 babies and the risk of developing asthma and other allergies.

This study was conducted as part of the BAMSE research activity in Sweden.

The high level of the substance contained in omega-6 fatty acids called arachidonic acid is associated with a lower risk of asthma and rhinitis at age 16.

Among children with asthma or rhinitis at the age of eight, arachidonic acid levels in the blood are less related to the likelihood of asthma symptoms and nasal allergies than at age 16.

This study is published in the Journal of Clinical Immunology and Clinical Allergy.

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