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Media Release

## **Asthma sufferers breathe easy with bananas**

A new study into asthma sufferers' fruit consumption has found that eating a banana each day can reduce the wheeze associated with asthma.

According to Glenn Cardwell, leading Accredited Australian Nutritionist and Accredited Practising Dietitian, "Although it is not clear why there is an association, all research indicates that eating bananas regularly may improve asthma symptoms in young children."

Following other surveys that have found a link between low fruit intake and lower lung function, the UK Department of Health funded study of 2,640 primary school children aged 5 – 10 years looked at the link between asthma and the consumption of fruit, bananas in particular.

A further Harvard School of Public Health study of over 2,000 students aged 16 and 18 years, who were tested for lung function and their intake of fruit, showed similar findings, with a low intake of fruit demonstrating a decrease in lung function and a greater risk of wheeze and asthma.

Both studies were published in the last month.

Furthermore Cardwell says, "Protection of lung function may come from the flavonoids, anti-oxidant compounds, found in bananas and other fruits."

So whilst we can still rejoice in bananas as the wonder fruit, filled with good nutrition, it would seem bananas now have a lot more to offer in the health department.

Whether it is in a smoothie, sliced up on top of breakfast cereal, or eaten as-is, Cardwell encourages asthmatics to ensure bananas are included in their daily diets.

"These studies confirm that banana intake will positively aid lung function in both children and adolescents. Therefore, eating plenty of bananas and other fruits can allow our kids to breathe a little easier," says Cardwell.

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**For more information please contact:**

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