



EATING FOR HEALTH IN THE FACE OF BAD AIR QUALITY

What is air pollution?

- Air pollution is dirty air from factories, large trucks, cars, freeways, and other sources
- The air is “dirty” because there are small particles and chemicals that can harm your body when you breathe it in
- Air pollution can be harmful even if you do not see it!

What is air pollution like in Los Angeles?

- Los Angeles County has some of the worst air pollution
- The American Lung Association gave LA County an “F” grade for its air quality¹
- In the summer or during a fire air pollution can be dangerous
- Low-income communities of color usually have dirtier air than high-income communities
 - Factories and freeways are often placed in low-income areas
 - Fewer parks are in low-income areas. Parks have plants that help clean the air.
 - 50% of Blacks and 50% Latinos are likely to live near areas with less parks³
 - 27% Whites and 36% Asians are likely to live near areas with less parks³

How does air pollution affect our health?

- When you are breathing in a lot of the dirty air, it will start to make you feel sick
- Illnesses do not have to happen quickly, may take a long time to become serious



- Common illnesses are asthma (difficult to breathe), strokes, lung disease, heart disease, or cancer
- Children and elders are most at risk

What can we eat to protect our health?

- Eating healthy can help our immune system fight off illnesses that we could get from bad air quality
- Eat a lot of fruits, vegetables, and lean proteins
- Eat a lot of foods with Vitamins B, C, E, and Omega-3. Here are some examples:

B VITAMINS

***Good for your blood
and heart!***

Sources of B Vitamins:

Tuna, Salmon, Clams,
Trout, Beef, Chicken,
Turkey, Lamb, Liver, Long
Beans, Mung Beans,
Bittermelon, Broccoli,
Napa Cabbage, Bok Choy,
Garlic, Basil, Asparagus,
Oranges, Eggs





VITAMIN C

Good for strong skin, muscles, and bones!

Sources of Vitamin C:

Guava, Mangos, Pineapple, Lychee, Oranges, Berries, Grapefruit, Tomatoes, Snow Peas, Broccoli, Bittermelon Leaves, Spinach, Bok Choy, Taro, Potatoes



VITAMIN E

Good for healthy skin and eyes, and helps our bodies fight sickness!

Sources of Vitamin E:

Salmon, Abalone, Shrimp, Trout, Broccoli, Spinach, Mango, Nuts





OMEGA-3

Good for lowering risk of heart disease!

Sources of Omega-3:

Anchovies, Lobster, Crab, Salmon, Halibut, Mackerel, Trout, Tuna, Herring, Sardines, Fish Oil, Oyster, Clams, Mussels, Walnuts, Soybeans



References

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3. Los Angeles County Office of Public Health. (May 2016). *Parks and Public Health in Los Angeles County A Cities and Communities Report*.
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6. University of California Davis Agriculture and Natural Resources Small Farm Program. *Table of Nutritional Information for Asian Vegetables*.