

# Can eating fatty fish ease your child's asthma?



Asthma is the world's most common respiratory disorder, and, studies have found, is often associated with increased rates of mortality and decreased quality of life. Thus, it's obvious that keeping asthma at bay is in our collective best interests.

We've long known about the benefits of consuming omega-3 fatty acids, in terms of reducing asthmatic events in children (and adults), and new studies continue to come to light about this. A recent one, **published in the Journal of Human Nutrition and Dietetics**, explores the efficacy of a Mediterranean diet, supplemented with fatty fish, at reducing inflammation in children with asthma. Let's explore what these researchers found.

*This video originally appeared on Dr. Perlmutter's website.*