

## Dietary Tips to Combat Air Pollution

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Are you scared of the rising air pollution rate in your city? This time, air pollution is the major cause of lung disease after COVID-19. People who have never had any breathing or lung problems are now being admitted to the hospital as a result of this crisis. The polluted air we inhale injects harmful pollutants like ozone, nitrogen dioxide, sulphur gases, several diesel particles, etc. into our lungs. Fortunately, our lungs have defence mechanisms to clean and protect ourselves by the presence of cells in the pleura. But what happens if the cells of the pleura get outraged? Healthy balanced diet, adequate sleep and regular exercise can be an answer to this, says Dietician Rakshita Mehra, Founder of Nutrishala.

### **Bring these master nutrients to the fight against air pollution:Crush on**

#### **Vitamin C**

It has many health benefits, including shielding you from ongoing air pollution. It acts as a scavenging agent against free radicals. Citrus fruits like gooseberries, oranges and lemons are an excellent source of vitamin C. Vegetables like mustard leaves, turnip leaves, parsley, cabbage, and drumsticks can provide you with a decent amount of vitamins. The simplest approach to ensure you get enough Vitamin C is just by squeezing out a lemon in water, curry or soups for the whole day.

#### **Carotenoids**

Carotenoids are very helpful for our bodies as they have antioxidant properties. Beta-carotene has added benefits due to its ability to be converted to vitamin A, which is excellent for the immune system. Carotenoids are abundantly present in yellow-orange fruits and vegetables like tomatoes, carrots, pumpkins and so on. One can effortlessly make the juice of carotenoid-rich fruits and vegetables to combat air pollution and outright immunity.

#### **Omega 3 Fatty Acid**

When we think of omega 3, dry fruits are the first thing that comes to mind. Yes, it is correct that dry fruits are a very rich source of omega 3. Omega 3 is a vital nutrient for optimal

health. These are essential fatty acids that the body cannot make on its own but needs for effective immunity, brain and eye functions, and anti-inflammatory response.

### **Herbs and Spices**

Herbs and spices are rich in vitamin E, which is excellent for cleansing our lungs. Coriander powder, black pepper, and turmeric are the cuisines' best friends. Natural herbs like tulsi, mint, and basil are enriched with the goodness of Vitamin A, C, and K. Parsley also contains a decent amount of antioxidants. We can easily use them in teas to combat air pollution.

### **Take Care of Hydration**

The body's response to and recovery from air pollution is largely dependent on hydration. Congestion can be relieved by drinking plenty of water. It aids in the removal of toxins and the maintenance of the mucus membranes in the nose and upper respiratory tract. Water, coconut water, milk, buttermilk, lemonade, soups and broths, and fruits like watermelon and muskmelon are all decent hydration options.

The footnote is that you can help make your body healthy and fight pollution by taking care of yourself. Having a balanced diet, getting proper sleep, and exercising regularly can help you achieve protection against poisonous gas.