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Review Article

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Diet, Nutrition and Paediatric Asthma: Emerging Trends

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Background: Childhood asthma keeps rising, and what lands on the dinner table may stoke or soothe young airways.

Understanding the dietary influences shaping this epidemic is both a public health priority and a culinary question.

Objective: This scoping review charts the past decade of research exploring how whole diets, individual nutrients, and body weight affect a ...

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