

DON'T JUST DRINK UP

It's not just juices and smoothies that can keep you hydrated this summer. City nutritionists provide a list of fruits and veggies that you can substitute for your drinks



Rueella Philips

The city's humid summer heat may leave your throats parched and lead to profuse perspiration but there's more damage than what meets the eye. It is something on an intrinsic level, where your body is left dehydrated. Due to an increase in the temperature, sweating is the general coping mechanism of our body, but this system breaks down when people don't keep themselves hydrated, and that leads to heat strokes and dehydration.

Therefore, it is important, especially during the summers, to ensure one is adequately hydrated. "Staying hydrated is an essential part of staying healthy. It helps the heart to pump blood through the vessels to the muscles, keeping you energised, active, alert and healthy. Therefore, if you are well hydrated, your heart does not have to work hard. Poor hydration level affects extracellular and intracellular fluids and electrolyte levels in the body due to which one feels thirsty. Additionally, due to one's poor lifestyle habits instead of normal tea and coffee, people resort to black tea, black coffee, which leads to dehydration and reduces blood viscosity and blood flow leading to dizziness and increase in body temperature and difficulty in adjusting to environment," says Pooja Thacker, nutritionist, Bhatia Hospital, Grant Road (W).

Munmun Ganerwal, nutritionist, fitness consultant and founder, Yuktahaar, echoes the thought, saying, "Water is a major component that comprises our human body. On an average, 60% of an adult body's weight comprises water. It helps detoxify the body. In a dehydrated state, kidneys do not function optimally, causing the build-up of toxins in the body."

HYDRATION: THE KEY TO BEING HEALTHY

"Hydration is a key to good health. It not only keeps your body cool but also flushes out all the toxins from one's body. It also keeps our body away from many diseases such as cardiovascular problems and kidney dysfunction, maintains bowel movements etc.," explains Kanchan Patwardhan, clinical nutritionist, Kanchan's House of Health and Nutrition, Kurla (E).

Proper water intake not only helps combat diseases, but also boosts skin health. Thakker explains, "Well hydrated skin will have good blood supply and which prevents skin pigmentation and acne, as it helps the flow of antibodies and vitamins to the blood vessels near and around our skin." Patwardhan further elaborates, "When a person is severely dehydrated, their skin is less elastic. This is different from dry skin, which is usually the result of exposure to dry air. Hydration gives you clearer skin, and makes it supple as well as glowing."

While it is a common belief that juices, cool drinks, smoothies and such liquids help combat dehydration, and it holds true as well, a lesser known fact is that certain fruits and vegetables can also do the job. "Fruits and veggies of a particular season help one to cope with the changes that the season brings along. To

A FEW FOODS AND HABITS THAT ONE SHOULD AVOID

- Foods which are high in fat and protein like deep-fried and meat may cause discomfort during summers in digesting as it requires more energy. You should opt for lighter snacks like quinoa salad, boiled moong chat, granola bars, soya chips with flax seed, berries shake with skim milk or smoothie without cream than complete meals.
- Though there is loss of appetite, avoid staying hungry for more than three hours.
- Alcohol can add up to the dehydration of the body leading to headache and acidity.
- Avoid carbonated beverages and caffeine drinks as they act as diuretics and causes fluid loss.

make sure you stay hydrated, include summer fruits and vegetables such as watermelon, tummy palm, cucumbers, pomegranate, white onions, musk melon,

Bananas work well as a pre-workout snack.



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grapes and in your meals," says Ganerwal.

Here's a list of foods that you can include in your summer diet along with their health benefits.

- **Fennel seeds:** It helps in preventing gastrointestinal problems such as indigestion and acidity.
- **Melons:** Fruits such as muskmelon and watermelon have maximum water content and high glycemic index sugar rich with vitamin A. The combination of their high water content and electrolyte levels makes melons effective at maintaining healthy blood pressure levels. As they contain vitamins and minerals, they promote healthy skin by aiding collagen production and tissue repair. They also contain fibre which gives you the feeling of fullness.
- **Citrus fruits:** Citrus fruits such as orange, sweet lime, grapes, grapefruit, pineapple, berries etc. They have the highest amount of vitamin C which acts as a fat cutter and is essential for iron absorption. They also help in prevention of...

and building immunity. ■ **Cucumber:** They are rich in water content and has cooling effect.

■ **Apples and peaches:** They are rich in polyphenol such as phlozidine and vitamin A that prevent skin dehydration and ageing.

■ **Curd:** It has probiotics and helps in gut immunity. It cools the body, reduces acidity and aids digestion.

■ **Kokum:** *Garcinia indica* also called kokum, rich in vitamins A and C helps in preventing constipation and diarrhoea, and helps as refreshment.

■ **Basil seeds:** Also called sabja, has lot of phytochemicals and micronutrients that help in preventing infections.

■ **Bananas:** They are the best cooling agents that also moisturise the intestinal system and clear up toxic build-up. They work well as a pre-workout snack.

■ **Berries:** All berries, be it strawberry, blackberry, raspberry or cranberry, have a cooling effect on the body.

(With inputs from Priya Palan, dietician, Zen Multispecialty Hospital, Chembur East)