



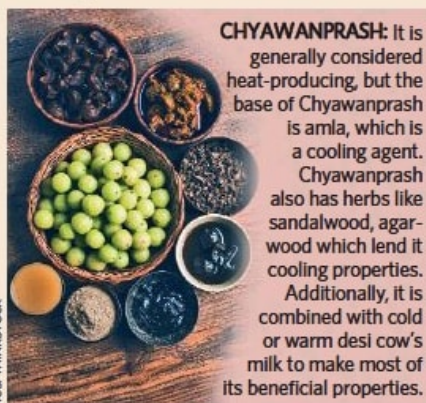
# Foods considered **HOT** but are not

Supriya.Sharma2@timesgroup.com

**SPICES:** Spices need not always mean hot and fiery! Changing weather calls for a liberal use of fennel, cumin, coriander seeds, cardamom and turmeric in food. Fennel seeds (saunf) is known for stimulating intestinal juices, promoting proper digestion, and reducing acid reflux. Coriander seeds are traditionally soaked overnight in cold/room temperature water and the water is taken the first thing in the morning to treat

excess Pitta (heat) in the body.

**MANGOES:** Mangoes grow and ripen during the summer because the antioxidants and various other micro-nutrients in it help the body to cope with the heat the season brings along. Hence, they cannot be heat-producing by themselves. Just soak them in water for a minimum of half-an-hour before consumption or mix with milk and consume. Similarly, raw mango, if combined with fennel or coriander, is less heat-producing for the body.



**CHYAWANPRASH:** It is generally considered heat-producing, but the base of Chyawanprash is amla, which is a cooling agent. Chyawanprash also has herbs like sandalwood, agarwood which lend it cooling properties. Additionally, it is combined with cold or warm desi cow's milk to make most of its beneficial properties.

**LYCHEE AND JACKFRUIT:** Fruits and veggies of a particular season help one to cope with the changes that the season brings along. To make sure you stay hydrated in the hot summer, include summer fruits like lychee and power veggies like jackfruit in your diet. Contrary to popular opinion, they are both cooling for the body and packed with nutrients.

**FERMENTED FOODS:** There is a common perception that fermented foods such as yogurts, pickles, breads, fermented cheese and

soy-products are best avoided in summer as sour foods increase heat in the

body and can lead to indigestion and heartburn. Experts, however, beg to differ.

Certain communities in the eastern

part of our country (Bengal, Assam and Orissa) have traditionally been cooling cooked rice in water and leaving it overnight. This fermented rice (called pakhala bhat), consumed the next morning is known to prevent heat strokes and stomach ulcers. Fermented foods are excellent for summer because they restore the proper balance of gut microbiota, ease digestion, and boost immunity.

**GHEE:** In an attempt to avoid greasy and 'rich' food, especially in the hot summer months, many of us start avoiding ghee. On the contrary, ghee is cooling in nature, anti-inflammatory and prevents heart burn and acidity.

**DATES:** As winter gets over we stop eating dates thinking they are hot for the body. But dates can be had all through the year. Fresh dates are cooling, sweet and demulcent.

– Inputs from Arti Gaur, Ayurveda expert & Munmun Ganerwal,

Nutritionist & Fitness Consultant