

FOOD
TIPS

EATING RIGHT THIS SEASON

AS THE MERCURY RISES, YOU CAN BEAT THE HEAT BY MAKING
THE CORRECT FOOD CHOICES. **BY BINDU GOPAL RAO**



IT IS NOW A WELL-ESTABLISHED fact that rising temperatures have several negative effects on your body including the heat sapping away your energy. It helps if you know what to eat during the summer season. Here is a helpful guide on choosing to eat right so that you stay hydrated even while having your daily requirement of vitamins and minerals.

Summer heat makes you sweat which cools down the body but there is a constant loss of fluids. Diet planning thus

is an important part of summer. To stay hydrated is very important. The foods you eat help you stay cool. "Raw veggies and fruits, especially watery ones like cucumber, watermelon, tomatoes, musk melon, cantaloupe, bottle gourd, zucchini (specially the yellow one) and ridge gourd should be consumed. Include green chutney made of peppermint, coriander, green chilly (rich source of vitamin C), and green mango in the three main meals of the day. These foods help to maintain

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Clockwise from above:
Avocado Hummus; and
Mango Chicken Lettuce Wrap



hydration, and Vitamin A and Vitamin C nutrients in our body, which is very important to boost immunity and prevent heatstroke,” says Dr. Seema Khanna, Consultant Nutritionist.

Vibha Puri, Dietician & Founder, Fitter Fad adds, “Summer is the perfect time for switching diets but one has to be careful about symptoms of nutrient deficiencies and dehydration caused by the scorching heat. With sweat and outdoor activities one is bound to face dehydration, skin allergies, sunburns, vitamins and mineral deficiencies so it becomes utmost important to choose foods wisely during this period to avoid health issues.”

Water is most essential important for hydration and better digestion. Nutritionists advise giving utmost important to fluids and vegetables. Juhi Mimani, Clinical Nutritionist, ProCare Wellness & Lifestyle Clinic says, “Sattu (chickpea flour) water is a very good post

workout so it can be taken after walks or any workout. Fruits are good to be taken before a meal as helps avoid overeating.” Summer foods should fulfill three important criteria — have good water content, be packed with minerals and be easy to digest.

“Barley water is used as a soothing, cooling and calming recipe for patients having feverish conditions and gastric upsets. The unripe bael is most prized as a means of halting diarrhea and dysentery, which are prevalent in India in the summer months. It includes a chemical called psoralen in the pulp, which intensifies the tolerance to sunlight and aids in preserving normal skin colour,” says Hena Nafis, Nutritionist. Sumeet Raghuvanshi, Head Chef at White Castle Hospitality advices, “We can make smoothies, detox water, salads or eat them as a whole. Detox water can be made easily by putting cucumbers, some berries, mint and orange in water. Let the mixture sit for some time and then instead of normal water, one can have this revitalizing drink.”

Immense exposure to heat during summer increases the risk of developing heat stroke. Dehydration leads to loss of electrolytes and fluid and growth of microorganisms. It may also make some people prone to skin, urine, respiratory tract and gut infections, oral ulcers and constipation. “It is necessary to choose and focus on foods rich in antioxidants,

PHOTO CREDIT: GREAT DESTINATION (AVOCADO), HENA NAFIS (WRAP)

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From top: Grilled Pineapple
& Coconut Salad; and
Mediterranean Cucumber
Roll-Ups

prebiotics and nutrients such as A, C, E and B vitamins, sodium and potassium — all of which are suitable during summer to combat these health hazards,” says Edwina Raj, Senior Dietitian, Aster CMI Hospital.

Summer comes with a lot of green vegetables, colourful fruits and herbs (it is preferred to use these to flavour the foods rather than spices which create more heat in the body), essentially leading to good hydration and protection of skin. Nutritionist Karishma Chawla says, “Tomatoes are filled with antioxidants like Vitamin C and lycopene will help contribute good health and skin and can be eaten in a salad mix or in a raita or in sandwiches or lettuce wraps. Oranges are seasonal in summer and also help in hydration. It can be eaten by itself or can be consumed like an orange shot.”

Again make sure to incorporate summer-friendly foods to your regular diet. Arzooman Irani, Food Expert and F&B Director at Great Destination Hotels & Resorts, Bengaluru opines, “Regardless of hunting for a specific ingredient, it’s always best to go with what the season has to offer. Summer produces like watermelon, berries, tomatoes, tender

coconut, avocado, arugula, chilli, pineapple, cucumber, cantaloupes, chard, Jerusalem artichokes, tomatillos, zucchini blossoms, colocasia and bell peppers are easily available during this season.”

Veeraj Shenoy, Vice President Food & Beverage and Retail Merchandise, Imagica adds, “The foods beneficial for summer can be incorporated as an ingredient or can be consumed as is. Ensure the cooling ingredients are part of the side dish, if not the mains with every meal. Parts of Gujarat and Rajasthan have their foods a bit extra sugary and sour to ensure the ingredients get in the digestive system to avoid dehydration.”

“Curd is also super good for managing your digestive system. Just incorporate curd of buttermilk in lunch or dinner and you will see how quickly you begin to feel light and healthy,” says Divya KP, Health Expert, Fast&Up. Also, this is the season of mangoes. Fatema Valikarimwala, Clinical Dietitian, Owner & Founder of Heal-Thy, says, “It is not summer if mango did not exist in this season. The famous aam panna made out of raw mango is a lip-smacking digestive drink, packed with the goodness of vitamins and minerals and of course, it is super hydrating.”

Avoid alcohol as it is dehydrating in nature and can add up to the dehydration the heat brings along. If you must, then ensure you drink plenty of water along with your drinks. One glass of water for every glass of drink is a good way to start. Munmun Ganeriwal, Nutritionist & Yoga/Fitness Consultant and Founder, Yuktahaar says, “Avoid refrigerated water as it hampers digestion. Ayurveda also has always advised against the consumption of chilled water. Instead, drink ‘matka (earthen pot)’ water. It is naturally cool and has the unique property to reduce the temperature of water in accordance with the climate.”

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