

Food facts

Healthy diet for summers

TIMES WELLNESS GIVES YOU A FEW SUMMER DIET TIPS THAT WILL HELP YOU COOL DOWN AND STAY HEALTHY IN THIS SCORCHING HEAT

Anjali Phatak

Summer season is ideal for contamination and infection due to bacteria and virus growth, which causes typhoid, jaundice and diar-



rhoea. Avoid fruits and vegetables that have been cut and kept in the open for long. Eat fresh.

- Severe sweating in summer causes electrolyte imbalance because sodium is flushed out of the system. Drink lemon juice, coconut water and thin buttermilk, chach, fresh fruit juices to replenish the fluids that are lost in sweat.
- Watermelon has leukopin which acts as an antioxidant. It will keep you fresh and stress free. It maintains water and fluid content of the body. Make a drink with watermelon, lime and salt for a refreshing break.
- Eat small meals at frequent intervals. Avoid both starving and binging.

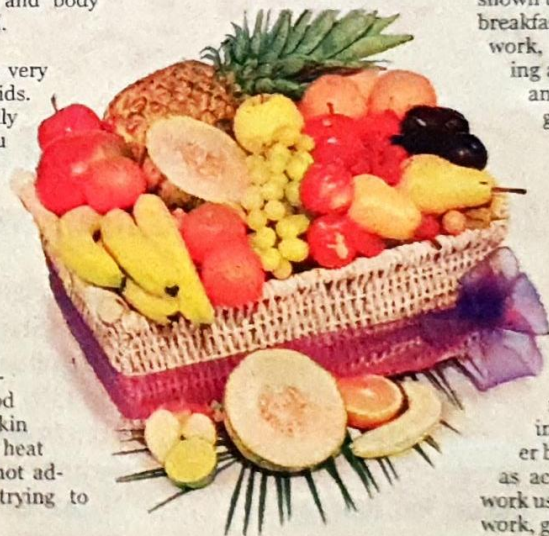


- Avoid caffeinated or carbonated beverages, alcoholic beverages, and those high in sugar. All these drinks contain preservatives, colors and sugars.

They are acidic in nature and act as diuretics. They cause loss of fluids through urine and body gets dehydrated.

- Do not drink very chilled liquids. They do not really help cool you down in summers, though they make you cool for some time. Drinking really cold liquids when feeling hot may lead to a slight constriction of the blood vessels in the skin and decrease heat loss, which is not advisable when trying to cool down.
- Use Tulsa seeds in your drinks, this has very cooling effect on the body.

- Include lots of fruits and vegetables in the form of sal-



ads and fresh juices, preferably without sugar, in your diet.

- Avoid sugary foods, especially honey and molasses, and stick to natural sugars available from fruits and veggies. Take healthy food and drinks to work instead of loading up on fatty, greasy food and sweetened cold drinks from the canteen. Cut the intake of fried foods, like vadas, samosas, chips, bhajias, farsans, etc. Fat has a thermal effect.
- Never skip breakfast. Research has repeatedly shown that people who eat breakfast perform better at work, get less tired during a long working day and have more energy than those who only take a cup of coffee or tea.
- Physical activity or exercise is a very important criterion to remain fit and lose weight. Just a simple brisk walk for 40-45 minutes or stretching exercises for lower body will help. Keep as active as possible at work use the stairs, walk to work, go for a walk.

(The writer is clinical nutritionist, Fortis Escortis Escorts Hospital, Jaipur)