

FOOD TIPS



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 diarrhoea 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 advises, “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,

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