



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 or 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.”