

Wellness



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# Make your summer diet healthy

**You need light food that fills you and keeps you hydrated, says Sheela Krishnaswamy**

Summer is the time when high calorie and heavy foods seem less tempting. The weather is too hot to eat a steaming samosa or binge on a burger. What your body requires is nutrition-packed, yet light foods to keep you full and hydrated.

There are plenty of melons, cucumbers, bottle gourds, leafy greens, tomatoes, and other water-filled foods that beckon you in summer. Reach

out for them in plenty because they will provide you with vitamins, minerals, fibre

and antioxidants. The best part is these foods do not increase your weight or your waistline.

You can toss the veggies together diced, shredded or sliced, along with paneer

or nuts, and make a tasty salad. Or you could churn them and turn them into a delicious cold soup. You can even grill them along with some fish and have it with bread, pasta, broken wheat (dalia) or rice. It is a quick and light meal in summer. An innovative recipe uses the white portion of watermelon to make a curry.

Do not forget the zero calorie beverage - water. Other low calorie beverages that provide nutrition with hydration are buttermilk (skimmed), lemon juice (no sugar), tender coconut water, rasam, aam panna, and barley water. Ayurveda considers barley to be a summer food. Moong dal and rice are more easily di-

gested than other dals and cereals. Therefore, they are suited for summer.

If plain fruit is boring, try grilled banana, pineapple or apple with honey. Mango pulp blended with honey, saffron and skimmed milk makes a good dessert.

*(The author is a diet and nutrition consultant)*

## ***Three basics of summer menu***

- **Eat light:** It prevents lethargy and keeps you active.
- **Eat fresh:** It prevents food-borne diseases, especially those that come from eating in unhygienic places.
- **Eat watery:** It nourishes your body and maintains moisture levels.

