

# Summer Diets

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### **Healthy Eating Pyramid**

The healthy eating pyramid is an essential tool that guides us towards eating nutritious food. This pyramid lets you know about basic foods that help your body grow. Since the need and taste of every individual is different, the food pyramid gives details of foods that one can combine or cook in various flavours to give you better taste and health. Developed in Sweden in

1970, this special pyramid has guided many people to understand the various food items required to stay fit and healthy.

The healthy eating pyramid is an easy and small model that gives details about various foodstuffs, so, when it comes to selecting your diet, it is very important that you go for healthy and nutritional food. Many people fail to understand the importance of good food in development and growth. As per the pyramid, there is no need to stick to a particular diet to stay healthy. Any food that can be taken in moderate amount can prove healthy for you. The pyramid talks about quality food and not quantity. It categorizes food by their energy content, and nutrient values that they offer.

One level of food in the pyramids is “Eat most” as this group consists of food derived from plants. This group is at the base of the pyramid. Another level is “ Eat moderate” group that consist of animal derived food and the “Eat in small amount” group has sugar and fats on the tip of the pyramid. The pyramid plays an important role, when it comes to educating you regarding healthy eating, since it helps you to understand the role of every food item, and what benefits your body the most. Once you have a clear understanding about the food that you eat, you will be able to alter it to lead a healthy life.

The healthy eating pyramid is the best guide for people of all age groups and can help them live a better life. Today the importance of healthy eating is consciously growing in people’s minds, and people are taking initiative to understand the value of good food. The pyramid is what you can look upon as a guide for a healthy diet. It is possible to alter the healthy eating pyramid, as the amount of nutrients required may vary depending upon changing lifestyles and physical structures.

The Health Department has worked hard to come up with this simple guide for healthy eating. Many nutritionist and doctors are taking great efforts to make this pyramid reach out to everyone, so that they can keep a check on their diet. It is never too late to alter any diet. You can start from any day and feel the difference. Healthy eating can save your life from fatal diseases. It strengthens your immune system, and fight against the health problems. With the healthy eating pyramid, healthy eating is made easy to understand, and easy to follow for a better life.

### **Healthy Diet Foods For This Summer**

Summers are here and after the careless and lazy winter regime, it's time to head out for the beaches and lakes for a refreshing swim and some fun. Everyone’s getting their swimsuits ready, but how many fit into them is another story. If you do, you are in shape so no problem. However, when you just can't get your swimsuit on, you will need to have a great diet plan at hand for this summer. It’s merely the need for exercise and discipline in what you eat that can get your body back into shape. There is no need to purchase any diet plan, simply make one for yourself and follow it sincerely.

Here are a few tips for a healthy summer plan: Make it quick and easy. Fill your pantry and refrigerator with organically cultivated fresh fruits and vegetables. Make it a fun time to explore some unique cuisines simply made with seasonal flavours. Planning what you eat is necessary to keep a check on what is nutritious and what needs to be taken in more quantities so that you weigh less on that weighing scale. You want to shed that extra flab on your waist and it is easier to do so in summers.

**Eat Right:** The plan that you make has to include more proteins and fewer carbohydrates. What you eat is important and keeping it lighter is necessary for your body. Your metabolism has to improve and that's possible if you include multiple meals. Take smaller but more meals through the day. Enjoy a variety of your favorite dishes made wisely to include protein rich and fibrous food. You can have snacks or meals often for your metabolism to improve.

Fruits like blueberries, strawberries; tart berries etc are a rich source of proteins, vitamins and antioxidants. These are highly fibrous fruits and help improve your immune system, maintain a youthful brain and improve memory and learning abilities. You can make these fruits into interesting dishes by adding fat free yogurt or adding them to salads to have a rich colour and taste.

Research shows that strawberries are useful in keeping blood sugar levels under control and thus help fight diabetes. They are even helpful in providing your body vitamin C and minerals like magnesium, potassium and calcium. You can add them and decorate a variety of smoothies, cereals and granola with it. Adding fresh parsley can give your favourite dishes an added flavour. They are a good source of beta-carotene, zeaxanthin, and lutein, which are necessary for a healthy vision.

As a part of your diet plan, water has to be an important part. It is necessary to hydrate your body in summer, since summer is when you lose lots of body fluids. Drinking water regularly keeps you system stable, helps in digestion, and improves cell functions as well. Remember to change to skimmed milk to reduce the calorie intake. Similarly, you can reduce the high vitamin content drinks like Gatorade, and drinks like iced green tea.

Summers are times when everything is fresh and pleasant. It is time you have a good diet plan that make for your healthy summer plans. Most of these things can make your dishes colourful and enjoyable. So get ready to fit into that summer wear you so wanted to.

## **Health Diet Plans For The Summer**

Summer is one season when everyone wants to keep fit and free from any diseases. Definitely, most of us would like to lose some weight so that we look healthy and feel good. But, how would you get there? What would you do to remain healthy and fit throughout the summer? Here are few tips that may help you to lose some weight and make your skin glow even in this hot summer. To begin with, you ought to have a summer diet plan.

**Try to be a smart eater:** The best way to follow a healthy plan is to eat smart with plenty of vegetables and fruits. You may need to change your eating habits, unlike what you would eat say in winter. Different seasons require different diets to maintain the body. You would need to alter and organize your eating habit in summer, which should focus on your health and not on your weight. Eat at regular intervals during the day, maintaining to eat plenty of vegetable salads and fruits or fruit juices. These will only burn off the calories and strengthen the vitamin contents in your body.

**Increase protein and decrease the carbohydrates:** The important thing is to know what constitutes your food intake. Does it contain carbohydrates or is your intake protein based food. In any case, one should avoid all kinds of fatty foods, especially when you are trying to lose weight. While having small meals always keep in mind that you should not take any kind of carbohydrates or fat related food, but instead take protein rich food. This would keep your body hydrated and healthy with a glowing skin, in spite of summer temperature.

**Exercise, exercise and exercise:** Exercise forms an integral part of a healthy diet plan. And one can feel the effects of exercise, which burn out excessive calories. Taking a walk, jogging or some gym workouts would rather help your healthy diet plan to enhance your body. It is always advisable to participate in some form of physical activity for fifteen minutes daily to burn excess calories.

**Don't dehydrate during your workouts or exercise:** Drink a lot of water or carrot or fruit juices during your workout and even throughout the day. This would not only quench your thirst, but would also cool your system. You may also try a few health drinks. These would regain your electrolytes, which are lost through sweating. Once you get dehydrated you will lose all your energy and your body won't respond to the normal functions. Having a lot of fruit juices would keep your body hydrated.

**Take some tips from fashion magazines:** Whenever you go through fashion magazines, it would invoke in you the desire to have a body just like those models. Take them as your models, clip their pictures and paste them at a place where you can see them. A good place could be your wardrobe or bathroom mirror. There are chances that the picture will motivate you every day to reach your fit and healthy goal.

**Maintain a record:** If you can maintain or keep track of your summer health diet plans, you would definitely lose weight and remain healthy. You could note down whatever you eat and drink to estimate the accumulation of calories in the body daily.

So beat the summer, eating plenty of vegetable salads and having lots of fruits and fruit juices to fine-tune your body to look fresh with a skin glow, even during the summer. Don't forget to wear those cool summer apparels.

## Great Diets For The Summer

Summer is the time when our body demands more liquids and foods that are cooling. In order to stay active and enjoy the summers, you can get in to light and healthy diets. This is also a good time to get rid of those extra pounds and flaunt your body. Apart from drinking plenty of water, your body still requires nutrients to survive. Thus, eat loads of vegetables and fruits to keep it light and healthy as well.

Fruits are a great source of vitamins and are the perfect food on hot summer days. Other than just biting into the fruit, you can make a salad out of it and top it with a low fat ice cream. You can also make yummy shakes. Eat fruits in various forms so you can enjoy them more and get essential vitamins. Green vegetables are healthy as well as they provide you with all the nutrients. Try out delicious recipes and maintain healthy eating during summer. Make salads, or cook them well for a soup. Make vegetable sandwiches or eat vegetables boiled. They not make you feel cool but also provide the needed energy.

Try to avoid meat during summers, as it can get heavy on your stomach. Instead, eat more broiled fish, beans, which are rich in proteins and fiber. They are not only filling and great but also help you remain in shape. Fat-free yogurt makes a great part of your diet. Tomatoes and red peppers are right foodstuff in summers as well. They are rich in vitamins and reduce the chance of cancer. If you are looking out for cooler food items, you can go for cucumber, as they are healthy especially during warm days. They not only cool your stomach but also provide your body with the required nutrients.

If you do not like to eat vegetables, try turning them into delicious soup and take in daily. This will make a healthy meal and keep you active. For fruits, eat loads of watermelon, sweet lime, and oranges; grapes too are good, and you can try them frozen. They will offer you all the vitamins and keep your body hydrated. It is important to hydrate your body as the sun can take away all the glucose. Always carry a bottle of water when travelling. Taking a glass of fresh fruit juice regularly is also beneficial.

To enjoy the beach side food, you can go for low calorie sweets and barbeques. Avoid taking alcohol as it can burn your stomach and add some calories to your weight. Indulge more in light and easily digestive food to enjoy the summers without any body discomfort.

Apart from what you eat during the summer months, it is very important to learn how to cook foods. You can bake your food, so you get in less fats, braise it, grill light meats and vegetables, boil chicken and vegetables together with salt and herbs for a deliciously light treat, poach those eggs, so you get the nutrients without the heaviness. Also roast, sauté, and steam food for a healthy you.

## **Eat Right And Lose Those Extra Pounds This Summer**

This summer you can look and feel slimmer and more attractive in shorts or swimwear without going on those hard to follow crash diets. The safe method of losing weight lies in selecting health benefiting food and lessening your calories intake, compared to those you use up. It's a fact that in summer you shouldn't get attracted to heavy foods brimming with calories. In summertime, cut down weight; go for light foods that are fresh and raw.

Nature's bounty, seen especially in summer is the best of foods to cut calories. During this time gorgeous fresh fruits and vegetables is at its highest at the farmers' market and the local supermarkets are overflowing with these goodies. To top it all, these food items are filled with nutrient rich minerals, fibres, vitamins, and anti-oxidants, and carry far less calories than regular fare.

Consume fresh seasonal fruits and veggies as they are at their tastiest best, and will make your favoured cooking a delight to eat. They'll keep you trim and slim and provide all the energy you need this summer. Patronize your local farmers' markets to aid in their efforts to bring you fresh fruits and vegetables year after year, and you save loads of money. So choose and eat fresh because fresh is healthy.

A good time saver in your kitchen is to go for pre-prepared foods especially greens and sliced ready fruits. So, to keep that belly fat to a bare minimum, this summer here are some top foods.

- What a melon! A great fruit for hot summers. The watermelon surely ranks as the best thirst quencher, and the taste is simply great, especially the organically produced types. Apart from other nutrients, they are a rich source of potassium, which helps control blood pressure.
- Keep the grilled vegetables handy. Yes its ideal to boost your fat burn up program and its comes in a variety of cooking options like grilled carrots, onions, zucchini, garlic, peppers, eggplant, and asparagus among others. And they make a lip smacking healthy snack, too.
- Drop in at the salad bar. Salads are one the top quick fix diet snacks around, but don't toss in the mayonnaise. It works, so try this - wash out the salad leaves thoroughly and chop them up, then add grill chicken or beef. Next, throw in the cut vegetables and fruit, seeds and nuts as available, and greens, lettuce, cucumber, carrots and few drops of lemon juice to give it a tang and top it up with olive oil. Don't add any fatty substances to maintain the fat cutting property of salad. Add herbs to give it a natural flavour. If you can put in tuna fish or cold cut meat then you'll get a full and satisfying meal.

Finally, use only herbal sweetening agents and avoid sugar-sweetened drinks or artificially sweetened ones. Good old water is your safest bet. Use fruits as a base for all your deserts. So have fun and keep trim this summer.



## **Eat Healthy This Summer And Hit The Beach With That Perfect Body**

Summer is the time to be at the beach and flaunt your perfect curves and body. However, every time summer is around the corner, you realize that you have grown out of shape and need to lose some fat to get into your bikinis. Summer is by far the best time to get rid of that extra pounds, as you normally drink more water in this season. Following a proper diet combined with some exercise or workouts, makes it so much easier to lose weight.

Summer food should be light and easily digestive. Heavy meals will not only make you put on weight, but will also make you feel lousy all day long. This is the time to drink plenty of fresh fruit juices and shakes and to eat plenty of vegetables in the form of salads. Fruit juice is not only refreshing, but also provides you with essential minerals and makes your stomach feel full and cool. Watermelon is the fruit to indulge in during the hot days. It has no calories and also has more of water content that leaves you feeling full for long hours. As you do not eat much, you eventually reduce excessive fats.

Summer is the time when you need to swap your heavy meals with lighter ones. So think fruit. Apart from watermelon, eat various other fresh fruits. Let there be lots of strawberries, cranberries, raspberries, mangoes, oranges and sweet lime in your daily diet. Fruits do not make you gain weight and also provide your body with the required amount of vitamins and other important minerals. To get back in shape you need to cut down on meat and junk food completely during summer. In place of meat, eat loads of fresh green leafy vegetables.

Vegetables can be grilled or eaten raw. You can also boil them or prepare sandwiches. Cucumber, beetroot, and carrots are good to eat raw. Salad is not only light, but also helps tone up your body. Cucumber juice helps you to get rid of fats. You can also prepare a chilled cucumber juice for supper. Avoid taking in too much of calories. However, it does not mean that you would make your summers boring, as you could always prepare low calorie desserts with fruits and laced with ice cream to make it tasty and healthy.

At every meal, remember to eat moderately. In a way, summer heat does not make you feel very hungry, which is a good start to your diet plan. It is what helps you to eat in moderation and get back in shape. Along with healthy summer food, you also need to workout to get the desired beach body. If you do not want to hit the gym, you can do some light exercises that will help you lose some extra pounds.

Sunbathing at the beach is what we all love to do. And flaunting your perfect body at the beach is a secret desire everyone cherishes. Take care of your diet and eat healthy food at the right time during summer. Be dedicated and committed toward your diet and fitness regimen. No power on earth can keep you from getting that perfect beach body in a very short time.

## **Diet This Summer For A Great Beach Body**

Summer is the time when we all want to head towards beach and get into those lovely sunny outfits. However, not all of us have the perfect body to wear the bikinis and bask under the sun.

With the correct diet and workout, it won't be difficult to get a great beach body. Make the effort much before the summer arrives, and you can get yourself by getting in shape just before time.

Whether you want to lose or gain weight, the first thing you need to do is alter your diet. Yes, a whole lot depends on what you eat. If you look forward to shed some pounds, you need to get in with low calorie food items. You also need to cut down on meats and include more of vegetables and fruits in your diet. When you restrict the intake of calories, your body starts using the fat to generate energy and you tend to lose weight. To lose weight, it is ok if you do not choose a particular diet; however, make sure you get rid of junk food that is high on calories.

If you eat healthy food in moderate amounts, you can still keep fats and calories away from you and get into shape. Our body does need some of fats for the development function of the body hence it is no good completely depriving your body of it. Although you plan to lose weight, your body still needs essential nutrients and minerals so eat foods that provide them. Eat lots of green vegetables, especially leafy ones as they will make sure you get the nutrients without gaining extra weight.

Learn to eat in moderation when it comes to losing weight. Drink plenty of water as it helps the system to work well after flushing out the toxins. Do not fall prey to false hunger that you might feel due to less of water in the body. Drink water, and soups and juices to stay in shape. Apart from eating healthy food, you also need to stretch your body to get the desired look. Join a gym or simply start working out at home. Eat foods that are high on energy and provide you with adequate vitamins, proteins, and other minerals. Slow down on carbohydrates.

If you are too skinny and looking for a great body as well to flaunt at the beach, you need to consider eating stuff that is high on calories. To increase the amount of calories does not mean you indulge in junk food. Many healthy foods help you gain the desired amount of weight. For gaining, you can eat meat to a certain extent and have loads of vegetables and fruits that are rich in all the essential minerals.

Do not push your body too hard, as you cannot expect a sudden change. It will take a lot of effort and time to get the perfect shape. You can begin the correct diet and exercise well in time, so you don't miss out the fun at beach in summers. Be dedicated to your diet and you would love the change.

## **Diet This Summer And Improve Your Fitness**

After the cold winters when you have been lenient on your fitness regime, and tucked in the fat rich foods to keep warm, it is time to improve your fitness this summer and get back in shape. If you want to keep fit through summer, you need to plan what you eat and decide what activities you want to undertake to keep yourself in good shape, and fit back into your summer wear. Eating smarter and exercising must be major parts of your plan.

**Eat smarter:** This summer your main aim should be to eat smarter. You may have been a bit careless in winter and your weigh scale reads uncomfortably high. To get back on track you

ought to have smaller meals at short intervals, say every three hours. This proves to be helpful in improving your metabolism. It is necessary to have more proteins and fewer carbohydrates. You should also cut down the high fat food to a minimum. Though you feel a bit lazy to follow a healthy diet, it keeps you energetic throughout summer.

It is time to make changes in your kitchen. Cut out those chips and cookies that are real diet disasters. Stock up with organically grown seasonal fruits, vegetables and grains. Your meals should contain more of raw foods, fruits, nuts, seeds and sprouted whole grains. Fibrous fruits like blackberries, strawberry, can satisfy your cravings for sweets. They help reduce cholesterol and improve digestion. These help you lose weight as they make you feel full faster. Instead of eating out often, try to have some delicious grilled meals made to suit your tastes and liking.

**Have lighter drinks:** Keeping your hydrated in summer is very critical. The heat can lead to loss of body fluids and resultant dehydration can mean drop in energy and your body functions going haywire. Have plenty of water in summer as well as have different types of drinks. However, be careful while selecting what you want to drink. You can have skimmed milk instead of whole milk, diet soda instead of regular soda, and green tea.

**Exercising:** Exercising and spending more time in outdoor activities is more useful. Going for bike rides, walks, hiking, rock climbing can be of immense help for you to burn fat. A game of baseball, soccer, softball, swimming, water aerobics etc can be great fun. Rather than your sticking to a single schedule, you can mix up a variety of activities and enjoy your pleasant summer days. It is better to exercise early morning or later in the day when it is cooler. The heat otherwise may leave you dehydrated and tired. Even getting down to cleaning your garden, or working with your simple flower box and potted plants you can feel relieved of any stress and more important feel grounded. It helps you to cool down largely if you are working in the soil.

If you keep these things in mind and ensure that you sleep well, take a light nap in the early afternoon, and you will feel fit and happy. Ensure that you protect yourself from the sun when you indulge in outdoor activities. A systematic and plan diet and exercise regime helps you keep fit throughout summer and make it into a habit for yearlong fitness.

## **Cool Salads For Your Summer Diet**

Summer's here and it's the most wonderful time of the year for barbeques, parties at the poolside and picnics on the beach. The mood is good and what to make, even for a small summer party can get the host into a tizzy. Naturally, summer foods are special and have their own needs. The emphasis on foods should be more of fruits and vegetables and full of nutrition. Summer time and the cooking is easy and light! That should be the key.

Keep your guests' health in mind when you plan those parties and cook accordingly. Create fun and make good nutrition easy by offering summer time fruits, different types of berries and that superb fruit, watermelon. These rank as one of the healthiest snacks for the season. Next take care of your guests with good jugs of ice teas and water. As you well know summer heat drains the body of fluids and your guests need the all round benefits water offers.

Salads don't require extensive culinary knowledge, and you can make a salad with any of the fruits and vegetables abounding at summer time. Salad making requires putting together the right combinations. Salads should be served tender, cool, crunchy, and well seasoned. The benefit of salad in your food is mostly because they are an aid in digestion. This is due to their tasty appearance and colour.

Celery, lettuce, and other leafy plants must, after a good wash preferably in potassium permanganate solution (to kill any germs), must be stored in a proper moist cloth and kept in the fridge until needed. This way they stay fresh for a few days, if you keep wetting the cloth to keep it cold. Salads have great benefits for all round health and weight loss so get into them as frequently as possible.

Salads are easy to prepare foods and their versatility can be seen in the number of ways you can prepare them. If guests drop in suddenly you can make up a quick snack for them just using your imagination. But doing a little preparation for a rainy day is worth it, you can cut and slice into tiny pieces fresh foods and refrigerate. Next if salads need to set or mix their flavour, then plan. These types are macaroni, marinated veggies, gelatine, and the salad you'll use as a main dish.

Use up any meats, cooked veggies, or rice's that is remaining from the day before. Add these with home grown tomatoes, lettuce, etc or some cheese to create a new meal. Potatoes are a great way to keep you from getting hungry, and boiled potatoes are low in calories and ideal as an addition to any salad.

The beauty of salads is that they can fit into any meal. Not so hungry then a small appetizer, good sides dish to add variety to your table, your main meal, or as a light snack or tasty dessert. If you want your salads to be tastier and flavoured then throw in spices, chopped carrots, grated cheese, or croutons.

Got to get a move on? There's a big hurry? Then open up your can fruits, canned vegetables, chicken or tuna fish or others. Drop these among the leaves for a great tasting meal. Stay cool this summer on your salad treats.

### **A Simple Summer Detox Diet Plan**

Detoxification is the best process where you remove all the impurities from your body. It cleans your system and makes it healthier. Detoxification also helps remove the toxins from your stomach and help you start or a healthy life. Summer is the time when you can get rid of unwanted clogs from your body and begin a healthy lifestyle.

Getting into a summer detox diet plan is not easy, as it needs your willingness to do so. A detox plan means giving up on several habits as well as unhealthy and junk food. Apart from physical efforts, you also need to be mentally prepared. The detoxification process helps you strengthen your immune system.

First, to clean your system, you need to get rid of certain things, like the residue in your lungs that are formed due to smoking. Drinking and junk food ruin you too. Smoking is simply going to damage your lungs and make you prone to many serious medical conditions, cancer being just one. No matter how much healthy food you eat, smoking will deprive you of all the nutrients you consume. Healthy food on the other hand, gives you nothing but radiant health and unbounded energy to carry on your life to the fullest.

However, eating healthy but at odd hours also does you no good. So, alter your eating schedule to more regular times, but do not change it frequently, causing problems to your system. Now that you have fixed up a schedule for yourself, the healthy diet will do wonders on your body.

As it is summer, you need to indulge in light and easily digestible food. Light food that is easily digested instantly turns in energy and keeps your levels high. Avoid fatty meat or if you must, eat lean meat and reduce how much you eat. Green leafy vegetables and fresh fruits that summer brings are great as they are low in calories and high in vitamins.

Your body simply does not need food to fill stomach but also requires essential nutrients for the development process. You can eat more of beans, green peas, berries, cereals, peanut butter, and other vegetables. Watermelon is the best fruit to eat during summers. As the water content in watermelon is high, it leaves your stomach full for long and flushes out the toxins from your body.

To balance your body with proteins and vitamins, you can munch on strawberries, corn, carrots, cucumbers, grapes, and all types of berries. Fish is rich in health but light on the system, so go for it during summer. Water is the best detoxifying agent possible, so have a couple of it every day. Minimize or eliminate those artificial, fizzy drinks, as they are just not helpful.

Making a salad out of your favourite fruits or vegetables is not only healthy but delicious as well. Other than eating, you now need to pay attention on stretching your body. If you are too lazy to hit the gym, you can consider going on long walks or jogging. Light exercise at home can also help you stay fit and fine. Follow the detox diet plan and you would be amazed at the positive change in you both mentally and physically.

### **Your Summer Holiday Diet Tips**

While summer holidays present a wonderful opportunity to soak in the sun and enjoy outdoor activities, it also brings various temptations that pile on calories. This could pose a problem, if you are trying to maintain or reduce weight. Here are some vital diet tips to help you maintain your vital statistics.

If you have planned a summer vacation, then you need to plan your calorie intake from the moment you step out of your house. If you have planned to take your car, then you could pack in some light salads or sandwiches made with whole meal bread along with some iced tea or even green tea. This will ensure that you do not pig out on burgers and fries along the journey. Give your children sandwiches and low-calorie cereal bars that provide energy at lower calories. If you are travelling by air, then the temptations are even greater, since in-flight food, alcoholic drinks, and even fruit juices are high in high calories. Skip on the butter and cheese provided in your food tray. Avoid alcohol, since it ends up increasing your period of jet lag. Stick to a small can of beer or wine. Drink plenty of water, and a small glass of canned juice, instead of fizzy drinks with no nutritional value.

The situation gets even worse, when you reach your holiday resort, with scrumptious breakfasts, unlimited buffet lunches, dinners, and a mouth-watering variety of desserts after every meal. You might also tend to relax your diet, since you are on a holiday. While you may enjoy the delicacies spread out before you, try to pick out a lot of salads, grilled vegetables and rice or whole meal bread into your lunch and dinner schedules, and limit the amount of red meat or desserts on offer. Avoid salads dripping with mayonnaise.

If you stay near the sea, then the resort would also have a wide variety of fish, crabs, and lobsters on their menu, try them out, especially when not deep-fried or wrapped in batter. Include fruits, cereal, and whole meal bread for breakfasts, instead of omelettes, bacon or ham. Even while eating barbecues, eat chicken instead of sausages or beef. For desserts, stick to fresh fruits with a little ice cream or sorbets instead of gorging down on hip-exploding cheesecake.

Even if you do tuck into the delicacies, your holiday resort offers many ways to burn off the fat. Go swimming, hit the gym, or at least engage in regular long walks. If your resort is on the beach, then you can go snorkelling, kayaking or even hire a pedal boat. Even while on alcoholic drinks, stick to small quantities of beer or wine, instead of calorie rich cocktails. In addition to adding on calories, alcoholic drinks dehydrate the body and cause a hangover that could ruin your holiday.

Even as you enjoy your summer holidays, you can still ensure that you enjoy your various meals, while maintaining a low calorie count. Even if you gulp down the odd high-calorie delicacy, you can still burn it off in a fun way by physical activity.

## **Your Diet Guide for the Summer**

Ancient systems of medicine promote weather-based diets, and what stands out are that summers require different foods and winters too require its own type of diet. Winters require foods that promote heat and energy to the body, whereas the summer requires foods to cool the body down. Therefore, it is wise too choose summer foods that are light and cooling, and hydrate the body.

Sunny days make you feel dull and get you out of shape. However maintaining a healthy diet can save you from the scorching heat. Although it is important to eat a healthy diet round the year, it becomes more necessary during the summers.

With temperatures rising up to even 90 degrees, you need to take in pots of water. The heat can take water as well as sodium away from your body and thus you need to refill it to keep you going. However, drinking water may not be enough, as glucose levels can deplete so you need to get the glucose up. Drinking fruit juices at frequent intervals can be very refreshing and boost your energy levels. Add a bit of lime and sugar to your water to sip in when the sun suddenly begins to take its toll on you.

Meat can make you feel lousy, and dull, as they become heavy to digest during summers. However, grilled fish is excellent summer fare. As the summer heat is already heating up your body, you need less oily and spicy foods, and stick to light and easily digestible food items. Make vegetables a part of your daily diet and cook them in various styles to make it delicious and tempting. Avoid junk food completely, as they only fill your stomach and deprive it of essential nutrients.

Summers are also the best time to shed those extra pounds as you can indulge more in fruits and vegetables. Fruits and vegetables provide your body with the essential vitamins, not fats. Thus even if you eat more of fruits and vegetables, you do not gain weight.

Here is a list of foods ideal for the summer:

- Cucumber is a great food for the summer. Cucumber is cool and hydrates your body. A cool cucumber soup is also best alternative for heavy meals.
- Replace your heavy meals with lighter ones like vegetable sandwiches.
- Fruit salads, fat free yogurt, and beans
- Leafy vegetables are a great way to cool off
- Tomato is a good source of vitamins and works best on your body during hot days.
- Eat raw carrots, cucumber, tomatoes, and beetroots.
- Green peas and corn form part of a great summer diet.
- Also, eat lot of berries that are not only yummy but good for your body as well. Complement every meal with a fruit so you stay healthy, and drink at least two or three glasses of fresh fruit juice throughout the day.
- You can also make shakes with low fat milk and eat low fat ice creams.
- Watermelon is a great way to get plenty of fluids into your system.

Don't let the summer scare you, instead enjoy it while to stick to your healthy diet.

## **Weight Loss Tips for the Summer**

It's summertime; we are free of the woollens, and living is easy. We all want to be is in the outdoors, enjoy the sun and the warm weather, and look in good shape, too. Who would like to stay indoors at such a time? However, if you're out of shape all is not over for you. It's possible

to lose weight and join in on the fun. Summer is actually a good time to lose weight, as the incentive to be in your beach and swimwear best is high. The key to achieving your goal is, persist, persevere, and focus on your goal.

To help you along here are some tips:

Tip 1: Persist, persevere, and focus; along with these, you need to beat the heat as well. Summer sure brings with it extreme heat. Some days are just too hot and muggy and all you can think of is resting. However, stick it out, and keep your goal in view. If you become complacent then you'll be stuck on your journey to a slim, fit body. Nevertheless, if heat is unbearable then try out some new sport or workout program.

Tip 2: Get a good amount of water into your system during the hottest days, not just to lose weight, but for overall health. Loss of a large volume of fluids in summer can be dangerous, so while exercising, keep a watch on how much you sweat, and then fill up on pure clean water. Keep a good supply of two or three bottles of cool water near you and drink them during and after your workouts.

Tip 3: Be an early bird, and catch the sunshine when it's at its coolest. So, reset your workout routine to the early morning hour; many swear that early exercise gives them the energy for the rest of the day. So, take the advice and try it out. If it's too cool, ensure you work out well enough to break out into a sweat. Remember your goal is to lose weight; so keep that focus.

Tip 4: If the heat is intense and you feel like it, sleep. Sure, go ahead if you are tired from all those workouts and if you feel the need for a rest, go ahead and take a snooze. It will help you get your energy back and give you a chance to let your body get on with its weight loss work.

Tip 5: With workouts and activities on the beach, you will be hungrier than usual. Watch out, there's danger ahead, as you'll be inclined to go heavy on foods regardless of the calorie count. So, be sure to keep the kitchen loaded with healthy foodstuff food and snacks. Make sure all are fresh foods, and fruits. Anyway fresh fruit is a plenty at this time of the year, and it's the sure bet to a healthy you. To counter all those activities keep a balanced diet of summer healthy foods. Enjoy the sun and enjoy a greater looking you.

## **Weight Loss Plans for the Summer**

Summer is here and you are keen to join the beach games, outdoor sports, and fun parties. With all this come barbeques, ice creams, and other fat rich and sugary foods. You have already put on weight over the winter, and these foods make you gain weight even faster. You will definitely not fit into those bikinis and shorts, and need to wear the next size; and you will not feel good doing that.

Have fun, but stay in shape with some sensible eating and exercise regimes that keep you in better health. Alter your diet according to this article and exercise around five times to keep in good shape. Remember, weight loss is not like instant coffee, where you pour in the water, and



it's ready. Patience, perseverance and some planning will go a long way to get you results you desire; a better and fitter you.

Diets itself do not promote weight loss. There are two parts for any weight loss program. The first is to cut down your fat and carbohydrate intake so that your calorie count goes down, and you start slimming. The next step is exercise. This does not necessarily mean going to the gym to burn up those body fats. Walk five times a week for about 45 minutes. Exercise increase metabolism and reduces fats from your system.

The following guidelines are just right for the summer, but follow them through the year to keep the benefits going.

- Keep hydrated. With summer come sweat, dehydration, and loss of salts. To counter this, drink at least eight or more glasses of water daily. Water is a good appetite killer and so helps in your weight loss efforts. Water flushes harmful toxins from the kidneys and helps the liver control fat.
- Control your meals. From eating three meals a day, eat five or six smaller meals a day. This is a good weight control method as it keeps you with a 'feeling full' effect and so you'll eventually eat less.
- Control alcohol. It decreases metabolism and stores fats.
- Lessen your intake of saturated fatty food and sugary foods.
- Eat fish that are high in Omega 3 fatty acids, which are essential fats as they raise metabolism. Mackerel and salmon, and flaxseed, too, are high in essential fats, which benefit heart patients as well.
- Spice up your table with mustard, pepper and ginger, which also raise metabolism. Clove, cinnamon, and bay leaf fight your sugar cravings.
- Exercise. You could go for either muscle stretching or aerobics, as both have their strong points and burn up fats in you very easily.
- Go for skim milk, which is fat free, but rich in calcium.
- Consume at least five portions of vegetables, fruits, and nuts every day to get your supply of minerals, vitamins, and fibre.

Enjoy the summer; be slim, trim, fit and have fun.

### **Tips on Maintaining a Healthy Diet**

It is a myth that healthy eating means depriving you from your favorite foods. Excess is what's bad, and any food eaten in moderate amounts is healthy. By maintaining a healthy, balanced diet, you can stay fresh and energetic all day long. If you learn to eat more nutritional and well-balanced foods, you will hardly complain about any health problems and enjoy living.

Do you know that mood swings result from the amount of food consumed? However, if you stick to healthy eating habits, you are sure to see a great difference in your life. People who have proper body weight may wonder why they need to get onto a healthy diet, as they seem in good health. However, whatever the weight, there is need to maintain good health and thus you still

need to take precautions about what you eat to maintain your physique. Once you start eating healthy, you should not find it difficult to keep away from a bad diet.

Maintaining a healthy diet does not mean sticking to a particular type of food. In fact, you can come up with your own menu and eat more of healthy food items. Make vegetables and fruits a part of your meals. It is good to eat a fruit serving preferably an hour after every meal. In addition, you can still eat your favourite chicken and fish; however, the serving should be moderate. If you do not like leafy vegetables, make yummy soups out of them. Eat a heavy nutritious breakfast that can sustain you until lunch. If in doubt about what is best for your body, ask your dietician or your doctor to help you select the right type of foods.

Apart from eating healthy, eat in time. Eating meals at odd hours are nothing but unhealthy, so maintain a proper schedule for your body and eat at the same time everyday. Never eat your meals in hurry, and always chew every bite well before you swallow it. Learn to understand your body and give it what it wants. Eat when your body really needs it, and do not fall prey to false hunger as you may feel the urge to eat when you are actually thirsty. Always drink plenty of water and carry a bottle with you every time you step out of your home.

It is bad to skip your breakfast as it can lower your metabolism rate making you feel pale and wan throughout the day. Your energy levels through the day depend on what you eat at the breakfast table. Taking in calories in the morning helps it burn in the day's work. Even when you go out, carry some fresh fruit or dried fruits to curb your hunger before mealtimes. Eat sufficient amounts of vitamins and minerals through natural foods and stay fit and fine for a long time. Try it and you will feel much younger at heart and have a lighter, healthier body.

### **The Principles Of A Summer Diet**

Following a healthy diet during summer does not mean that you don't enjoy delicious food. There are several healthy, tempting dishes that one could make, which are easy on your body. It so happens that when it's time to get in your bikinis, or your swimming trunks for the beach party tonight that you realize, you no longer fit in them because of the excess weight that you have put on. Thankfully, summers are an easy time to shed those extra pounds. Without following some fad diet, you can certainly let go of the unwanted fats and get back in the swimwear that makes you look great on the beach.

To lose weight in summers, only a healthy diet is not enough. You must be willing to let go of the extra fats, so apart from eating healthy foods at regular intervals, you also need to let your body stretch and exercise to get back into perfect shape. Warm days already make it very easy for you to lose weight. During summer, our body demands more water and liquids that keeps our bodies full for longer hours, making you feel less hungry. This is one of biggest advantage in losing weight on hot days.

When it comes to liquids, make sure you drink fresh fruit juices. Fruits are low on calorie and high on vitamins. This makes sure your body gets the required amount of nutrients and stays fit.

Cut down on meat, as it can get really hard on your stomach during hot days. Completely avoid spicy, fried and oily foods, as they can cause you discomfort and make you gain weight. Replace your heavy meals with light and easily digestible food. How about eating some chilled soups and salads?

To let your stomach remain light, you can try a delicious vegetable soup. Cucumber is cool and healthy. This can be eaten raw or churned into a soup that is not only relishing, but also light on your stomach. Eat lots of green leafy vegetables. Make salads or prepare grilled veggies or vegetable sandwiches or anything that is perfect during summer. Fresh fruits are great during the day. You can either take a glass of fruit juice as refreshment during the sunny days or simply eat them or prepare delicious low calorie desserts or salads.

The long sunny days can take glucose away from your body and can cause dehydration. You need to drink plenty of water or juices to keep your body hydrated and maintain its energy levels. Take orange or sweet lime juice that can instantly reenergize you. A bottle of water with a pinch of salt and sugar makes a great refreshing sip, when you feel low on energy.

Though summertime is fun, pay attention to your diet and exercise. Workout for at least an hour, or go for a long walk, or jog at home, and this will keep you stay fit and raise your energy levels. Exercising will also help you burn extra fats and calories helping you to reduce weight. Also follow a time schedule for your meals and follow healthy lifestyle. Eat right and at the correct time in adequate amount and you can get in shape, just when the summer is still around.

## **The Best Summer Foods For Weight Loss**

Summer's here and you're unable to get into that bikini or if your shorts seem to have suddenly shrunk, then you probably need to reduce your weight to get back into your original shape. With summer bringing in a huge variety of fresh fruits and vegetables, this season is the best one to embark on a weight-loss program that requires only a little willpower.

**Fresh Fruit And Vegetable Juices And Soups:** With summer comes a whole slew of tempting fruits and vegetables. These can be had raw in a salad, boiled or as juice. Even small children love fruits, cut, or as juice. These cool, refreshing fruits help you to control your hunger pangs, while hydrating your body, keeping you fresh and healthy. This process gradually removes toxins from your body and helps you lose weight. When you replace your fat, fried and salty foods with such salads or juices, and light foods, you begin to feel fit. Carrots, boiled or juiced, make an exceptionally healthy food. Ensure that you consume naturally grown fruits and not those Genetically Modified [GM] foods, since they have higher levels of sugar. Watermelon is one such fruit that is available in summers and loved by everyone, young and old. Soups make excellent fillers that help in filling your stomach and thus largely suppressing your hunger pangs. Replace hot soups with chilled ones made of cucumber or any other vegetable of your choice.

**Grill Away To Glory:** Instead of deep-frying your vegetables, in order to make them tasty or even frying them in any batter, switch to grilling since it uses very little oil. Grilled vegetables with whole meal bread or rice make delicious in-between low-calorie meals.

**Salads:** Salads are very easy to prepare and provide maximum nutrition, since no vital vitamins are lost. You can easily prepare a dish of cubed fruits and vegetables, grilled chicken, boiled eggs and a dash of lemon. Go easy on other heavy dressings such as mayonnaise, since it carries calories. Salads also make excellent side dishes and you can eat them along with your heavy main dishes to cut down on calories, ensuring that your body receives all the vital nutrients.

**From Sweet Heavyweights To Sweet Nothings:** While summer brings in sugar and calorie loaded ice creams and sundaes, you can substitute those with homemade, low fat milk and fresh fruits ice cream, with lower amounts of sugar as natural sugar is present in fruits, such as blackberries, bananas, pineapple, etc. While there is no substitute for heavy cheesecake, try to limit its intake by having a fruit, such as an apple before you eat it. This will reduce the total amount of calories that enters your body. Also, try to replace regular chocolate with dark chocolate, since it has a higher level of bitter cocoa, which is good for reducing high blood pressure. Regular chocolate also contains higher level of butter and other fatty products that are used to replace cocoa.

Thus, you can cut down on your intake of calories, even while eating tasty food that replaces some traditional food items with scale-busting calories. The above summer foods can keep your body cool, while ensuring that you manage to lose weight at the same time.

## **Summer Weight Loss Diets For The Health Conscious**

Summers are usually a great time to spend at the beach, or poolside, flaunting your body in your best beach outfits. However, for some healthy and figure conscious people, its time for them to shed the extra pounds to look great in the bikinis or summer shorts. When it comes to losing weight, summer is the best time to do it. As you tend to fill your stomach with juices and water, you can easily get away with the unwanted fat by swimming in the cool waters regularly during summer to reduce weight and look fit and trim.

Since most of us want to get in shape, one could take the opportunity to go for a swim with your loved ones to enjoy and exercise. There is plenty of interesting food that can help you get in shape faster. Losing weight does not mean starving yourself or depriving your body of delicious food. It only means making wise choices and eating in moderate amounts.

Following a particular fixed diet may help you to lose weight fast, but may deprive your body of the essential nutrients, so be very careful when you choose a diet plan. Other than eating healthy, you need exercise to help your body get into shape. However, as nothing can give results in a fortnight, you have to be patient and be determined to work out.

Adopt a healthy lifestyle to make things easier for you. Stick to light and easily digestive food during summer, instead of heavy meals; eat lots of vegetables and fruits along with some chilled soup. Sunny days especially demand something cool and chilled to quench thirst and make your stomach relaxed. Eat loads of vegetables and fruit salads to provide nutrients to your body. This helps you lose fats and gets you into shape.

There are varieties of foods to munch during all summer. Eat lots of berries and nuts. Watermelon is the right fruit for summer. Eat loads of it as it contains more of water that keeps your stomach full for a long time and helps you reduce the extra fats. The water content of this fruit helps you to flush out toxins making it healthy. Eating light does not mean that you cannot enjoy desserts and ice creams in summer. You can have them in moderate amounts.

To make eating healthy and tasty, prepare fruit salads and add a scoop of your favorite ice cream. Making low calorie desserts with fruits is also a good way to stay healthy. A vegetable sandwich controls weight loss, and grill vegetables to make them taste better, and to keep you in shape. Eat raw cucumber, beetroot, and carrots; they are healthier than cooking them. If you cannot eat vegetables, churn them into yummy soups for dinner. Also, try some chilled cucumber soups. Apart from being healthy, it tastes yummy as well.

Getting into a perfect shape takes time and needs willingness to eat healthy food. Make a correct choice, when it comes to picking up food items and enjoy eating it. The result will surely be good to make you fit and happy.

### **Summer Foods for Weight Loss**

Summer is the best time to shed some weight and get into light summer wear. Many people choose to go on liquid diet or some other recommended diet to shed those extra pounds. To get in shape, all you need to do is start up with a healthy diet. With summer, it normally gets easy to lose weight and adding a light diet just makes it easier. With the body demanding more water, you can eat less, but you should take nutrient rich food complemented by fruits and juices to stay fit.

Summer is the time, when we all love to go to a beach or have a dip in the pool to flaunt our bodies. However to get in shape, you need good amount of workouts, either indoor or outdoor with proper food. Losing weight does not mean you have to deprive your body of nutrients and essential minerals. Eat any kind of healthy food in moderate amounts; it is healthy and can help you stay in shape. As we normally drink plenty of water to keep our body hydrated, there is less space for food. Thus every time that you eat make sure, it's healthy and light.

Eating heavy meals is not the way you should go in summer. Light and digestive food is easy on the stomach. To lose weight, you need to make sure you eat food with low calorie and low fat. Cut down on meats and go for vegetables and fresh fruits daily. Both vegetables and fruits are good source of vitamins and help to stay light. The best fruit to choose during summers is

watermelon. This fruit is low on calories and does not make you fat. In addition, it has more of water content that keeps your stomach full for long. This helps you lose the extra weight.

Drink plenty of water to not only quench your thirst, but also satisfy hunger. Water makes your stomach full and thus you will not crave for extra food. Swap your heavy meals with vegetables sandwiches or salads. This will be light as well as healthy food. To make salads yummy, you can add nuts and low fat cheese. Eating raw cucumber, carrots, and beetroot is also healthy and helps you get in shape faster. Another healthy diet food is you can choose soups. Soups are great all round the year and especially during winter days. There are various low calorie soups to choose from, so make a vegetable soup or a tomato soup; it works well on your body. To have a cooling effect, you may try cucumber soup.

Drink plenty of fresh fruit juices or eat one fruit an hour after every meal. Enjoy combinations of vegetables and fruits to refresh you. In addition, when it comes to losing weight you need to have a good control over junk foods, as they are high on calories. Prepare fruit shakes with skim milk, or fruit salad with ice cream to keep you cool, light, and healthy and help you lose weight. Grilled veggies, chilled soups, fruits, and vegetable salads is the way to go for weight loss during summer. Enjoy summers by making various yummy recipes out of healthy food items and get in shape this summer.

### **Summer Diet Tips for Women**

Since summer is approaching, all you women will try to shed your extra pounds by maintaining a summer diet coupled with daily workouts. Although you maintain your food habits every season, somehow summer needs some extra special care to stay fit and in shape. You need not worry, as here are some tips for you, to lose few kilos, and make you healthy and fit, and to keep your body in shape during summer.

**Change your old schedule or plan:** change your old schedule and set a new plan, where you can do some workouts and maintain a summer diet with lots of salads and fruit juices. If you have frozen dishes, limit them to have twice a week. Avoid sugar in your meal and drink lots of water. It is always advisable to take a 45-minute stroll, or some exercises early morning before your kids get up or in the night before going to bed to burn out those extra calories, and to speed up your metabolism.

Summers, it has been observed, is the time for BBQ parties, and the delicacies you have there contain high calories, sugar and fats. At this time of the year, it becomes very difficult to resist your gastronomically desires. You find it difficult to resist such delicacies. But, resist you must. Instead, switch to some healthy, tasty food in the form of salads and fruits as your summer diet and to drink lots of liquids and water.

Make your breakfast queen sized, but packed with nutrients, not fats, as this is the main meal of the day. Eat small meals in between your main course food as this forces you to eat light. If you feel hungry in the evening, have some light snacks and treat yourself to a tomato salad and

moderate helping of chocolate ice cream for dinner. Take plenty of fruits because they are good for your health, and give your skin a lovely glow. It is necessary to drink water or fruit juices after intake of food. Most of the health journals say that it helps you to digest food in a better way. It is also noted that if you eat fruits after your meals, they get fermented, once it enters in your system and it keeps your stomach full for a long time.

During your trips and vacations, it is better to find out some healthy foods and snacks. If it is possible, stick to your old routine health diet, like you can have fruits, nuts or protein shakes. Do thorough research before you start for your destination about the different healthy restaurants available in that particular place.

It all depends on you, how you manage your diet to stay fit and fine during summer. You have to do a lot of exercises and workouts, apart from changing your food habits. So, don't fear and reschedule your food habits during summer, and consume lots of water and fruit juices and exercising to stay fit and in shape.

### **Steps to a Healthy Summer Diet**

If you have sworn to keep fit, then summer presents an opportune season to lose excess weight, and follow a healthy diet to manage your energy and fitness levels. Here are some steps to a healthy summer diet.

**Think Water, Drink Water:** Summer can cause severe dehydration due to excessive sweating and faster metabolism. Hence, it is vital to continuously think, and drink more water. If you find it difficult to remember, then place a bottle or jug of cool water close by, to give you a visual reminder to take a refreshing drink. If you are trying to lose weight, the combined effort of sweating and replenishing with water helps you.

**Go Bananas Over Fruits And Vegetables:** Summer is the right time to enjoy fresh and juicy fruits such as blueberries, peaches and of course, the humble lemon. These are all rich in Vitamin-C and antioxidants. Various vegetables such as carrots also taste very good, when converted to a cool juice. During the summer, relish fresh fruit juices. Even melons provide sweet relief in cut or juice form. Replace cheese, butter, sugar, and other fattening foods with more of fresh fruit and vegetable salads sprinkled with lemon juice and even a dash of olive oil.

**Stay Away From Colas And Alcohol:** While summer might tempt you to go in for ice creams, chilled fizzy colas and alcohol in various forms reduce their intake to the minimum. Replace them with fresh fruit and vegetable juices, green tea or even iced tea. While a cool glass of wine is all right, other hard alcoholic drinks might just make you feel even hotter and will end up dehydrating you even further.

**Reduce Fried Stuff:** If you are holidaying in the summer, you will come across high-calorie buffets loaded with fat filled, carbohydrate-rich foods, salt laden snacks and yummy desserts, remember to eat these foods in moderation. Balance unhealthy foods with an intake of fresh fruits and juices, and replace white bread with whole or bran wheat breads. Try roasted or

shallow fry foods instead of deep-fried foodstuff. Replace heavy snacks such as pancakes and waffles with pretzels or popcorn with low salt levels. Cut down on fries and chips, since both contain high levels of fat and salt.

**Exercise:** Even though this is not a part of your summer diet, it is still a very important complementary activity with your summer diet. Summer offers you a chance of indulging in many outdoor activities like swimming, jogging, or just walking. If you want to start a fitness program, then exercise, and carry on with your newfound healthy diet. You could digest all your temptations and embark on a fitness cycle that you can maintain throughout your life.

Thus, by sticking to the above steps, you could turn your summer into a healthy excuse to stay fit throughout the hot season and even through the coming years.

## **Some Great Tips For A Summer Diet**

Summers here and it's time for fun in the sun, water sports and lazing on the beach. However, what if at the end of it all you've put on unwanted weight instead of losing the fat you have gained over the winter.

Here are some great tips will help you avoid extra pounds and get you proper nutrition.

**Go red for Tomato:** this lycopene-rich fruit has many health benefits. Use it in all your dishes to get good nutrition and it is low in calories as well. Select fresh, firm, and dark red tomatoes and keep them at room temperature. The canned variety can also added to your pastas, soups, and salads.

**Roast your peppers:** to get a great extra dish or add peppers to any preparation to enjoy their nourishing benefits. Black peppers are high in vitamin C, calcium, iron, manganese, magnesium, and potassium.

**Cool yogurt:** on a summer's day is a treat and full of benefiting calcium plus proteins. It offers a double benefit in that it has weight reducing effects and makes your bones strong and keeps you full. Replace ice cream with this wonderful cooling snack full of nutrition. It has the good bacteria.

**Berries:** Blueberry, strawberry, blackberry, and raspberry are tasty, color rich and come filled with the strength of antioxidants to prevent cell damage. They also pack loads of fiber and have low calories. Munch on them or cook them, as you like. Toss some of them on your cereals or mix them into your salads for a filling meal. Better still chomp on a bowlful of mixed berries and enjoy the benefits of them all.



**Mango:** This juicy and delicious lovely orange colored fruit is fiber rich and filled with potassium and vitamins A and C and very low in calories. Eat it in whatever way you like. Juice it, make a milkshake, and use it in fruit salads, on pancakes, cereals, yogurt, waffles, puddings, and cakes.

**Beans:** They are a great substitute for meat. Store up plenty of tinned beans into your kitchen for mixing with salads, pasta, salsa, soups or stews or any others. Don't forget to soak dried beans the night before to soften them for cooking. Make a great, protein high, and fiber filled salad with various beans like black, chickpeas, and pinto with a light salad dressing. Beans are gas producing, however, so take proper pills to prevent any embarrassment.

**Water Treatment:** Instead of sugar rich juices go for plain water in the hot summers when the body easily is de-hydrated. Water is the ultimate thirst quencher with a calorie count of nil. Do not wait until your thirsty, just drink up throughout the hot day.

**Ice creams and frozen desserts:** Knowing the high calorie count of ice creams, the only way is to plan special ice cream days of the week, just twice a week. Plan alternatives on non ice-cream days. Remember yogurt is a great way to go healthy.

A last tip is to say a polite no to all those summer barbeques as they usually dish out high fat foods.

## **Some Cool Diets For Summer**

Summer is that time of the year when you get sweaty and hot. Summer punishes your body, and makes you lethargic and uncomfortable. Summer is when we do not wish to eat much during the sunny days as we gulp in litres of water. However, our body does require its nutrients to keep going so do not neglect your diet. Instead of ignoring the food and living only on liquids, you can try some other diets that make you feel cool and provide the essential nutrients as well.

To stay fit and fine, make sure you eat light food throughout summer. The food should be easily digestible yet provide you all the required proteins, vitamins, and minerals. With the burning heat, your body needs something cool to keep up with the summers. Here is what you can try out this summer to enjoy your food in the sunny days.

Heavy meals during the summer months can make you feel lazy all day long, so why not exchange them with something light. Try drinking any soup of your choice; however drink it chill to cool your body down. Vegetable sandwiches and a glass of chilled juice or fruit ensure you stay healthy, light, and active. Cut down on butter, mayonnaise, and creamy cheeses in your sandwiches, as they only add unwanted fat.

Eat plenty of green vegetables or fruit salads. Cucumber and watermelon are the coolest to eat during summer, and contain nutrients and water. You can either make a soup of cucumber or eat it individually. Alternatively, make a lovely large glass of refreshing watermelon juice. Also using more of cucumber in salads makes a difference. Curd is very good during summers so you can combine it with rice, or you can simply mix a fruit in, and eat it with relish. Eating a

bowlful of curd for lunch can be a good idea. You can also make some yummy fruit salads with fat-free ice cream or jelly.

Enjoy fruits like mango, tangerines, oranges, and pineapple. Eat them after meals to keep your body cool and provide you with all the essential vitamins and minerals. During summers it is important to keep your body hydrated so ensure to take in plenty of liquids as well. Drink water to keep your body hydrated. You can add water lemon juice and sugar to your water bottle so you can sip it when your energy levels drop. Moreover, never venture to go out without a large bottle of refreshing water.

It is good to completely ignore fried, oily and spicy food during summers. This foodstuff causes discomfort to your body. Eat plenty of fruits and green vegetables along with some sprouts to maintain a healthy diet throughout the summer. Mix and try various recipes with fruits and vegetables and keep the diet cool. Eat healthy and stay fit.

## **Raw Food Diets for Summer**

With an abundance of fresh fruit and vegetables available during the summer, you have in your hands the capacity to look healthier and abound in energy. A raw food diet is a great way to stay cool, and many persons, after changing over to a raw food diet, attest to the fact that they can actually tolerate the hot sun better, than when they followed a cooked food pattern. In addition, they back it up with the fact that their electricity bills are smaller now, as they did not need to turn on the air-conditioning. That is the benefit of a raw food diet.

A total raw food based diet is nature's great and inexpensive cooling system, where you can bear up with high temperatures. So, stock up on raw fruits this summer. Especially all kinds of lemon (citrus) fruits and bananas which are known cooling foods. Eat plenty of these and the sun will lose its effect on you. Moreover, outdoor sports will be no longer beyond your capacity as you will feel cool as the cucumbers you eat.

So, go the uncooked way even to lose those extra kilos. In addition, extra weight lost will make you more energetic. Cut out those sweets, biscuits, cakes, and fast foods to regulate your blood sugar, leaving you with more zip to face the day.

Note that going onto a raw food program is not another diet system but a lifelong way of eating and results will come for all those prepared to commit themselves to follow it through. Stopping meats, eggs, fish and milk products initially cause the loss of much nutrition so start first by adopting a full vegetarian healthy and nutritious diet and slowly proceed to raw foods.

Start on uncooked vegetables, nuts, seaweed, fruits, seeds, and little of anything else. You will get your staple of proteins from these, and pulses. Do not neglect calcium, and its bone benefiting values; go for figs, sesame seeds, almonds, dark green vegetables, and soybeans.

For your iron intake, get your portion from spinach, peanuts, dried figs, cashew nuts, and prunes.

The fruits and veggies you consume mean that you get your adequate supply of vitamins C and E. Moreover, since it is summer, all that natural sunlight takes care of your supply of the vital vitamin D. Nevertheless, go for the early morning rays to get the full benefit. Raw food packs in every type of nutrient your body requires, so throw away those expensive, vitamin and mineral supplements, and remain healthy throughout your life.

The long term benefits of eating raw and actually reported by people are that they have gone slimmer, their skins are clearer and allergies and tiredness are things of the past. For all those of you willing to try out the great tasting raw foods recipes, go slowly and gradually at first, there is excellent nutrition waiting for you, and glowing positive health to boot.

### **Low Cal Recipes For A Summer Diet**

Summers are the best time to shed those extra pounds. The best way to lose weight is with a healthy diet regime. Your body does not need fat to protect it from the cold anymore, so, what better reason do you have to diet. Here is a list of low cal foods that makes you active, and physically fit. Nature's bounty, gives us fruits and vegetables that suit the seasonal needs of our bodies.

Watermelon, cucumber, black berries, tomato, peppers, and fruits and vegetables of all colours and hues are great sources of nutrition. Tomatoes for example, have lower carbohydrate count and just 35 calories. They are a source of 20% vitamin A and 40% calcium supply that your body requires. They have high levels of lycopene, which is a strong antioxidant and helps reduce cancer risk. Tomato can be a part of interesting, tasty, and nutritious meals perfect for all ages than keep you energetic throughout the day. Peppers are also rich with vitamin C and boost your immune system.

You can never miss the colourful display of a wide range of berries at your local supermarket or as you take a walk through the woods. You can have a feast with recipes from these berries. The simplest one though would be to have them mixed with yogurt. Strawberries, raspberries, blackberries and blueberries not only make for a colourful combination with yogurt but they also satisfy your sweet tooth without harming your weight loss efforts. They are rich in fibres, useful for lowering cholesterol. They are also a good source of ellagic acid, which acts as an antioxidant and helps deactivate some carcinogens. They are also useful in preventing urinary tract infections. Rather than cooking, put these fruit in the freezer and they make for a highly refreshing snack, so important for summer.

Yogurt taken plain or with fruits is very nutritious. Made from purified cultures, it has some active organisms, the probiotics, which boost immunity and keep your gastrointestinal tract healthy. Yogurt mixed with fruits and vegetables can make some unique and delicious dessert toppings, which are much better than ice creams. You may enjoy a low fat yogurt mixed with fresh berries

for a summer smoothie. Cucumber mixed with Greek style yogurt and some other ingredients can make for a healthy and tasty chilled soup for hot summers.

Beans and legumes are a great family of tiny but highly fibrous, iron and protein rich content of your summer diet. Most of them, peas, lentils, black beans, butter beans, lima beans, are extremely nutritious, and are best eaten raw or mixed with other foods and salads to add that beautiful colour and taste.

This is for the mango lovers. It is the best fruit, rich in potassium, vitamin C, carotenoids, and bioflavonoids, which are powerful antioxidants to promote a stronger immune system. They have no cholesterol and contain lots of fibre to help contain your appetite.

Remember, plenty of water is a must in summer. Though it has no nutritional value, it plays a major role in stabilizing body functions like metabolism, digestion as well as cell functions. Keeping your body well hydrated having fruits like watermelon which have high water content is extremely important for a low cal summer diet.