

EAT UP THE SEASON

Rules of Summer Eating



Ah... summer. The sun is shining, the weather is warm, and our gardens and markets offer up a bounty of fresh produce. But summer eating also comes with the temptations of tasty but not-so-wholesome foods and treats. (Is that the ice cream truck I hear?) So how can we savour summer flavours and feel good about it?

THE 4 RULES OF SUMMER EATING

EAT IN SEASON

With summer comes an abundance of fruits and vegetables bursting with nutritional benefits. When food is in season, you can shop local and that's better for you! The main health benefit of locally grown food is that it's fresher. Fruits and vegetables begin to lose their nutrients within 24 hours of being picked, so fresher produce is more nutritious. Also, locally grown food is often picked at its peak ripeness, when it's most dense with nutrients.



ENJOY THE TREATS

Summer health goals are no reason to turn to restrictive diets. It's possible to enjoy summer snacks and treats while working toward your goals. It's all about moderation, choosing healthy swaps, and eating with nutrient density in mind. When it comes to the sweet, cool treats we all love, allow yourself the occasional indulgence – just make sure you're balancing those splurges with a mainly healthy diet of fruits, vegetables, whole grains, and lean protein.

KEEP IT LIGHT AND FRESH

Warmer temps mean we naturally gravitate to lighter fare. This helps keep our bodies cool. Our organs and digestive system must work harder when we eat heavy meals. By choosing lighter dishes like salads, chilled soups, and smoothies, we save our bodies some effort, which keeps our internal temperature cooler. Fresh, raw fruits and vegetables also naturally contain more water, which will help keep you hydrated.

UP THE SUMMER SIPS

Mild dehydration can occur with only 1-2% fluid loss! It's easy to lose water with more time spent outdoors. When the summer heat is up, reach for refreshing drinks to keep you cool. Infuse your water with fresh fruit and herbs like antioxidant-rich berries and cooling mint. Sip on chilled herbal teas like ginger, peppermint, hibiscus, or chai for a low-sugar flavour boost. Even munch on hydrating foods like watermelon, cucumber, and tomatoes.

BOOST HYDRATION WITH ELECTROLYTES

Electrolytes are minerals that help maintain fluid balance. With excessive fluid loss (via sweat), simply drinking more water may not be enough — you may need a boost of electrolytes too.

Store-bought electrolyte drinks may be tasty, but many are loaded with artificial colours, flavours, and sugars. Making your own is simple and allows you to control the ingredients.

Some key ingredients in DIY electrolyte drinks to support fluid balance include:

- Salt
- Coconut Water or Maple Water
- Powdered Calcium or Magnesium

LIME ELECTROLYTE DRINK

Serves 2

Combine the following ingredients in a blender and blend for 10-20 seconds.

- ½ cup fresh lime juice
- 2 cups coconut water
- 2 tbsp honey
- ¼ tsp pink Himalayan sea salt
- 1 serving of magnesium powder (optional)

Pour into a glass over ice and enjoy!



Sources: www.ncbi.nlm.nih.gov/books/NBK236229 | fitonapp.com/nutrition/electrolyte-drinks | www.vitacost.com/blog/5-ways-eating-light-summer-food-is-beneficial | Images by Freepik