

SUMMER FOODS

Summer arrives and our organism has different requirements from winter, some advice to eat properly.

The cold of the winter has left us, and after a pleasant spring we must get ready for the summer. It is fundamental to face the summer following easy rules in order not to get sick, swollen or gain weight.

In winter our organism needs a good contribution of calories to face the cold. The base metabolism increases and more calories are needed to cover the necessities of climate.

During the summer, under the effect of the warmth and the sultriness, the metabolism has slower rhythms and that is why the calories we assume during the winter it is not longer needed.

The warmth is beautiful but it makes you sweat! We loose too many liquids that must be reintegrated in our body. Beyond water, we must therefore assume more fruit and vegetables, foods rich of vitamins and minerals.

The desire to have the perfect body in the summer sometimes involves some sacrifice. Maybe someone went on a diet after Christmas and Easter, so it would be a pity loosing all these benefits now that the summer is knocking on our door!

Here there are some easy and important advices to maintain the perfect shape:

- Reduce the daily assumption of calories of about 200-300 Kcal per day.
- Meaningfully reduce the assumption of fat, sauces and fried foods.
- Eat more fish instead of meat.
- Consume partially foamed milk and yogurt.
- As second course do not forget pulses, also good for the preparation of main course.
- Eggs and cheese, with moderation, are good during the whole year.
- Assume a lot of fruit and vegetables.
- The warmth easily pollutes foods, in order to avoid alimentary infections is better to choose fresh foods, and cooked right before eat them.
- Drink at least 1,5 litres of water every day, 2 litres would be even better.
- Reduce the consumption of alcoholic and super alcoholic that are not absolutely necessary, they do not calm thirst and extend the digestive processes.
- When you crave something good, prefer ice cream above all, or popsicle, better if homemade.

Beyond a corrected feeding, do not forget sport.

If you are tired of the gym, you may like the pool. Swimming develops every single muscle in your body and helps to prevent pains due to muscular contraction, often consequences of bad postures. Swimming 2 or 3 times per week surely gives you good turns out for your cellulites and muscular tonicity.

For who may like courses, water gym will be perfect, being in the water, it does not involve an excessive sense of heat.

During the week you can take long walks or ride the bike for at least 30 minutes. It is important to have the forethought to do those activities in the cooler hours of the day and therefore during the morning or in the late afternoon.

Fruit and vegetables, the most important foods of the summer



During summer the consumption of fruit and vegetables is not only a pleasure but also it is a necessity, these foods are in fact an optimal source of vitamins.

The vitamins are essential nutritional principles, this means that our body is not able to synthesize them; therefore you have to assume them with foods.

Then, vitamins are absolutely lacking of calories, so they do not make you gain weight.

Many functions of the organism are carried out in a physiological way thanks to the presence of vitamins. Among the different functions, we remind you the anti-oxidant power, the fact that the aging slows down, the maintenance of the health of red globules and blood vessels, and the support in many metabolic processes beyond a transmission of nervous impulses.

But beside health, vitamins are useful also to the aesthetic, the beta-carotene, as an example, helps to obtain a golden and natural tanning.

The beta-carotene is the premonitory of the vitamin A, you can find it in yellow-orange fruits and vegetables. Apricots, carrots, pumpkin, peaches, mango, cantaloupe, etc. are rich of it. In order to prepare the skin for tanning, you can prepare a mix of fruits and vegetables rich of this substance and you can have it for breakfast, or as a snack in the morning or in the afternoon.



However as for everything, it is important not to assume too much of it, even though no negative effects exist for your health. The excess of them gives a yellowish colour to the skin, generally not wanted. The same unnatural colour is obtained assuming high quantities of specific integrators assumed to intensify the tanning.

To have a beautiful healthy colour, the best thing to do is to reasonably consumed fruit and vegetables shakes, as an example apricots and carrots.



Example of every day feeding

Breakfast: 150 millilitres of partially skimmed milk or a yogurt plus 3 toasted bread slices or 3 biscotti's or 2 spoons of cereals.

Snack of the morning: a fruit or a shake or fruit juice.

Lunch: a first not abundant course to chose between rice, pasta, einkorn, corn, potatoes, cous cous plus cooked or raw vegetables, then as second course chose between pulses, fish, meat, soy, tofu, cheese and eggs.

Snack of the afternoon: a fruit or a glass of shake or fruit juice or a lean yogurt (if it has not been assumed at breakfast).

Dinner: as lunch.

Seasoning: limit the consumption of seasoning just to a spoon of oil of olive at meal. It is useful to know that 100 millilitre of oil correspond to 900 Kcal.

Bread: it corresponds to a first course; therefore it is advisable to assume it if in the meal there is any rise, pasta, einkorn, corn, potatoes, cous cous.

Drinks: drink 2 litres of water per day. Avoid the assumption of sugar drinks, keep in mind can be consumes instead of fruits, limit the use of wine and beer, avoid super alcoholic.

With a corrected feeding and sport you will have a great summer, but if someone wishes to lose weight, do not be shy to send to this site a request for a free personalized diet.

Good summer to all!

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