

Some advice in order to face the summer and the warmth with foods.

Summer has arrived: finally we can enjoy its typical warmth, even if sometimes it is a little bit exaggerated as we can see in these days in Milan...36...37 degrees and humidity! If we are forced to remain in the city, but even if we are on our best vacation, surely great value goes to the feeding!

First of all advice: **drink a lot, at least two liters of water per day**, even though you do not feel the need; avoid pops, alcoholics, and stimulating drinks in excessive amount: you are allowed to drink two coffees per day, but not more.

And what about food?

Doctors have always advised to eat a lot of fruit and vegetables, and to avoid foods rich of fat and too much abundant foods: these are the hinges of one corrected feeding! Vegetables and fruits in fact are rich of water, vitamins, anti-oxidants substances and they are particularly easy to digest. On the contrary, fats increase the toxins of the body, for oxidations, that are the major responsible for the formation of free radicals.

Therefore grills will be great with fish, flavored in the end with a little bit of olive oil, accompanied by abundant salads, while it will be better to reduce, if not to abolish, the contribution of sausages, hot dogs and fat meats! Also aged cheeses should be not eaten that often, while you can assume fresh cheeses, such as ricotta cheese, mozzarella cheese, even accompanied by tomatoes and fresh basil! All the cold plates are fine: pasta and rice salad, Greek salads, with ham are always indicated. During the summer they play the most important role.

We must remember all the advantages of fresh fruit and vegetables?

- They contain the fiber that helps us in the internal functions and with the metabolism of fat and sugars.
- They contain the vitamins that we mostly find in fresh vegetables and fruits. Moreover the anti-oxidants substances they contain help in the prevention of tumors, in particular of the straight colon, tumors that are recently growing exponentially.
- They do contain a great amount of water that goes with the one we need to assume every day for our health.

Do we want to remember some value of foods we like and eat the most?

Tomatoes?

They come from the Andes, (*Lycopersicon Esculentum*) but they were tamed in Mexico. They were introduced in Europe in 1523. They only arrived in England in the end of the XVI century where they were only used as ornamental plants. Only in Italy the fruit was used in the feeding excluding the leaves (they are poisoned).

Considered humble, they are instead rich of precious virtues. The tomato has revealed a healthy food with beneficial properties. A true ally of well-being. The nutritionists think that it is a good friend for your body, with anti-oxidant action and positive effects for your heart and arteries.



Some recipes: [Grilled Red Tomatoes](#), [Toasted Bread with Tomato](#) and [Spaghetti and Lobster](#)

Water-melon?



Water-melon, (*Cucumis citrullus* or *Citrullus vulgaris*) contains a good amount of vitamins, in particular A and C and an optimal amount of potassium that should be reintegrated because you lose it when sweating. Thanks to the amount of water inside (beyond 95 grams for 100 grams of product), the watermelon possesses one remarkable thirst-quenching ability. Therefore it has a good diuretic ability. The best conditions to preserve it are 10-15 °C of temperature and relative humidity of 80-90%. To know if it is ripe, beyond

estimating the peel which has to be very green, or even better have a taste of it, you will have to learn the art of percussion, the one doctor uses when he is visiting your lungs: the water melon will have to echo full, but not too much with the typical elastic return!



Recipe: [Water Melon Sorbet](#)

Cantaloupe?

Cantaloupe (*Cucumis melo*) contains 90% of water and Vitamins A, C and E, also Thiamin, Riboflavin and Niacin: a true remedy. It contains a lot of minerals but it particularly contains more than 300 mg of potassium!



It has a good satiated power, but it is much less thirst quenching compared to the watermelon. For this reason the cantaloupe is privileged as an appetizer, while the watermelon is typically eaten as fruit. It also has a quite laxative action.



Recipes: [Cantaloupe Sorbet](#), [Cantaloupe and Raspberries](#)

Red vegetables? Peppers, tomatoes, red leaf vegetables....

Anthocyanins, useful substance for the maintenance of our arteries and veins, give them their typical color. They would seem to have a role in the prevention of the ischemic cardiopathy. They contain vitamins, like A, C, K and P, but also vitamins of the B group. Moreover it is an anti aging food thanks to folic acid and polyphenol.

Recipe: [Red Vegetables Pinzimonio](#)

Conclusions

Well, I have reminded you some of the main foods that we can eat during the summer.

Remembered that the more asserted nutritionists remind us that we should eat at least five portions of fruits and vegetables. Remembered that there are not any particular contraindications to their consumption, avoid eating them frozen in order to avoid congestions and lipothymia.

In the end remember that as for whichever other food, before bathing, you will have to wait the time of digestion.

Good vacations!