



Effective Food And Drinks To Consume In Summers

Summers are almost here, and so is the season of scorching heat and excessive sweat. However, this time, instead of becoming a victim of the summer heat and the many summer health problems, become a champion and enjoy this season. 4 most effective summer health tips by the [Dietician in India](#).

Matka Water

- Keeps your body optimally **hydrated**
- Add cooling herbs to your water, such as lemon wedges, mint leaves, khus root, etc.

No Carbs = Troubling Summers

- Don't cut out carbs from your diet to lose weight
Carbs act as fuel and keep your body moving
- They help utilize the water intake more effectively

Kakdi and Cucumber

- Both are water-rich fruits
- They keep digestion in check and detoxify the body
- Eat Kakdi first and then enjoy cucumber

Summer Fruits

- Sheetooth, Melons, Mangoes, Watermelons, Plum, Falsa, Peach, Cherries, Pineapples, Grapes, Papayas
- Consume local, seasonal, and regional ones