



Summer Nutrition

Guide: Hydration, Energy, and Skin Support

What is Summer Nutrition?

Summer nutrition focuses on staying hydrated and nourished during the hotter months, emphasizing water-rich fruits and vegetables, healthy fats, and light, refreshing meals. It includes foods like watermelon, cucumbers, and berries that hydrate and replenish lost electrolytes. Summer meals are light, often focused on raw or lightly cooked dishes that cool the body.

Why Does Your Body Need Summer Nutrition?

In the heat of summer, your body needs nutrition to:

- **Stay hydrated:** Water-rich foods help replenish lost fluids from increased sweating and physical activity.
- **Regulate body temperature:** Cooling foods such as cucumbers and melons help the body maintain a comfortable internal temperature.
- **Support skin health:** Summer nutrition provides antioxidants, vitamins and healthy fats that help protect the skin from the sun's harmful effects and keep it hydrated.
- **Sustain energy levels** With the longer days and higher activity, the body needs nutrient-dense foods that can fuel you without weighing you down.

How to Increase Summer Nutrition Smartly:

- **Stay hydrated:** With water and hydrating foods throughout the day.
- **Keep meals light and fresh:** Prepare quick salads or grilled meals to avoid heavy, heat-inducing foods.
- **Snack wisely:** Enjoy fruits, nuts, and trail mix for easy, nutrient-dense snacks on the go.
- **Balance electrolytes:** Include foods rich in potassium (bananas, avocados) and magnesium (leafy greens) to replace lost minerals from sweating.

How Summer Nutrition Supports Your Body:

Hydrating

Boosting Energy

Cooling the Body

Supporting Skin Health

Summer Nutrition For Menstrual and Menopause Health

Menopause

Hydration is key during hot flashes and night sweats, cooling and hydrating foods help manage these symptoms.

Menstrual

Cooling foods help manage bloating and hydration during menstruation. Watermelon and cucumbers can also reduce swelling.

How to Incorporate Into Your Diet

- **Focus on water-rich fruits** like watermelon cucumbers, and berries to stay hydrated.
- **Incorporate cooling vegetables** like lettuce, tomatoes, and bell peppers to refresh and hydrate.
- **Grill lean proteins** like chicken, fish, and tofu for quick, healthy meals.
- **Drink refreshing herbal teas** or infuse water with fruits like lemon or lime for added hydration.
- **Enjoy lighter meals** like salads, gazpacho, and smoothies to keep your body cool and energized.

Disclaimer

This information serves educational purposes only and should not replace professional medical advice. Always consult a healthcare provider before adjusting your diet or starting new supplements, especially if you have pre-existing health conditions or are on medication.