

# SUMMER FRUITS THAT KEEP YOUR BODY ENERGETIC AND FRESH

**Alimul Islam, Azra khan**  
SHUATS, UP

Despite of scorching heat summer fruit are loved across India which are delicious and wonderfully refreshing. As part of a balanced diet and a healthy lifestyle, you should be eating three to four servings a day like plump berries, juicy plums or aromatic cherries. Some of the fruits are mentioned below-

## MANGO

Mangoes are found in abundance only in the summer season. It is a popular fruit and hence it is also known as the 'King of fruits'. Mangoes are rich in nutrients like vitamins, minerals and antioxidants. It also contains traces of magnesium, manganese, selenium, calcium, iron, and phosphorus which are very important nutrients. Add some frozen mango to your next smoothie, eat it raw, or add pulp to some desserts. Packed with vitamins A and C, mangoes add a healthy dose of beta-carotene, which may help prevent cancer and promotes healthy skin. Each serving of mango is fat free, sodium free and cholesterol free. Mangos contain over 20 different vitamins and minerals, helping to make them a superfood. 3/4 cup of mango provides 50% of your daily vitamin C, 8% of your daily Vitamin A and 8% of your daily vitamin B6.



## PAPAYA

Papaya fruit is a rich source of nutrients such as provitamins carotenoids, vitamin C, B vitamins, lycopene, dietary minerals and dietary fiber. Papaya skin, pulp and seeds also contain a variety of phytochemicals, including natural phenols. With about a full day's worth of vitamin C, a medium-size papaya can help kick a cold right out of your system. The beta-carotene and vitamins C and E in papayas also reduce inflammation throughout the body, lessening the effects of asthma. Papaya helps to improve with bowel fluctuations and liver functions as well.

## STRAWBERRIES

Do not miss munching on juicy strawberries. They are brimming with antioxidants that nullify the effect of free radical damage and check degeneration of bones. Besides, they give you calcium, potassium, manganese, and Vitamins C and K. All these nutrients facilitate formation of new bones in the body. So have it on smoothies or ice cream, shakes.

## PINEAPPLE

The fruit is not really a fruit. Medical research proves that Pineapple is full of potassium. Dietary potassium can help to neutralize load of acid and, thus, decrease loss of calcium from bones. Moreover, pineapple is rich in calcium and Vitamin A. So enjoy Cool slices of pineapple on a hot summer day.

## GRAPES

Grapes has a full array of nutrients, including carbohydrates, sugar, soluble and insoluble fiber, sodium, vitamins, minerals and more. Do you know that people living in the Mediterranean have a greater life expectancy? Grapes could be part of the reason for this. They feature regularly on the menu, alongside other nutritious foods. This round fruit contains folic acid, which keeps the immune system in good order.

## PLUMS

Plums are a very good source of vitamin C. They are also a good source of vitamin A, vitamin K, potassium, and dietary fiber. Plums taste wonderful as an accompaniment to dishes. Plums taste best when ripe. Opt for fruits with a deep colour that aren't too hard. You can also spot fresh plums by their wax bloom. This thin, waxy coating ensures that the fruits don't dry out too quickly and thereby keeps them fresh for longer. Always wash plums thoroughly before eating to remove any dirt.

## APRICOT

Apricots are a wonderful treat, especially in summer as summer fruits are rich in beta-carotene, Vitamin A is essential both for sight and also for healthy skin and mucous membranes. Always buy ripe fruit, because the riper the fruit the more beta-carotene it contains. More golden and ripe apricot have more nutrients. Apricots are a good source of fiber, which has a wealth of benefits including preventing constipation and digestive conditions. Check the fruit's skin, too: if it's smooth and soft, the apricot is fresh and ripe. A ripe apricot also gives off a strong perfume. Vitamin A: 8% of the Daily Value (DV) Vitamin C: 8% of the DV. Vitamin E: 4% of the DV. Potassium: 4% of the DV.

## KIWI

Kiwi is one of the most nutrient-filled fruits there are. Some of these nutrients include Vitamin A, C, and B6, and magnesium and iron. Eating kiwis help in maintaining hemoglobin levels in the blood and the alkaline balance in the body. It regulates sleep-related problems and even Irritable Bowel Syndrome. They are great for the heart, skin, hair, and liver. Kiwi is also highly recommended for people with a low blood count. One kiwi weighing 69 grams (g) provides 64 milligrams (mg) of vitamin C. This represents 71-85% of an adult's daily vitamin C requirement. Kiwifruit also provides vitamin E, or tocopherol. The antioxidant properties of vitamin E and its ability to help protect the skin from sun damage may help prevent skin disorders.





## WATERMELON

They are the brand ambassadors of summer and are the most demanded fruits of the season. 92% of a watermelon is water and hence, they are extremely hydrating and are best suited for the season. They aren't far behind in the nutrition either, with each bite containing Vitamins A, B6, C, amino acids, dietary fibres, calcium, iron etc. It has a high level of lycopene, which is carotenoid phytonutrient that is very important for bone and cardiovascular health.

## GUAVA

Studies have proven that guava helps improve blood sugar levels and reduces insulin resistance. The high levels of potassium and soluble fiber contribute to the betterment of heart health. It is also known to reduce the intensity of the pain during menstrual cramps. To improve mental health, eye sight, complexion, metabolism, etc., the consumption of this little fruit can do wonders. Single guava contains 126 mg vitamin C or 140 %.

## LITCHI

Litchis are loved for their sweet and juicy taste. Litchi fruits that you get only during the summer. Try and make good utilization of both the fruits during the summer season. Litchis are a great source of potassium, polyphenols, and vitamins. They help regular blood pressure and sodium levels. Rich in antioxidants, litchis also boost immunity, prevents cancer, and reduce inflammation.

