



# Summer fruits this Ramadan

In close proximity, Ramadan followed summer, and with the heat and rain cycle, a month of fasting has started. With that, the season for a wide range of fruits has also arrived. Mango, lychee, jackfruit, watermelon and starfruit to name a few of the delights that we just love – add to that the constant worry of dehydration and what to eat at iftar, summer has brought endless choices and solutions.

Jackfruit may be our national fruit, but in terms of taste and popularity, nothing beats mangos. A nice, ripe mango is not only a treat after a day of fasting, cut up into small slices and whisked, it provides the perfect alternative for store bought fruit juices. Add to that the fact that they have been found to prevent cancer and keep cholesterol in check and help in digestion and boosts immunity. For chemical free mangoes, its best to get straight to the source, and if not possible, there are stores like Prabartana.

Watermelons occupy a close second when it comes to the summer fruits. If the heat and humidity were not reasons enough to indulge in this fruit high in water content and nutrients. The refreshing quality and sweet taste is the perfect antidote to a day of fasting and provides low maintenance dessert for children and adults alike to enjoy. And if diced up or slices is not for you, put

them in a blender and you have the perfect refreshing juice to sip after dusk.

For something to munch on at iftar for those who do not like dates, lychees are perfect. Sweet, refreshing and healthy at the same time, lychees are in the market already. Have a plate full at the table and sure enough this vitamin and mineral rich fruit will be over in no time.

While this might not be to everyone's taste, jackfruit is still a favourite for many Bangladeshis. And despite the wide range of opinions regarding its taste, the health benefits are undoubted. They optimise immune function, are good sources of energy, improve digestion, improve bone health and a lot more. So, a few pieces of the fruit at iftar may be just the energy boost that you need to get you through the long night of praying.

All in all summer is a good time for fruit lovers. Blended to juices or smoothies or just eaten straight out of the peel, seasonal fruits are always recommended for iftars during Ramadan for their high water contents and health benefits. Of course it does not hurt that they are delicious as well.

**By Moyukh Mahtab**

**Photo: Collected**

**DESHI MIX**  
BY SALINA PARVIN



## Mangolicious iftar

### MANGO AND ICE-CREAM SHAKE

A shake is a sweet cold beverage which is usually made from milk, ice cream or iced milk and flavouring or sweeteners such as caramel sauce, chocolate sauce, fruit syrup or fresh fruit.

A shake is a perfect drink during hot summer days and during iftar. Luckily, shakes are particularly easy to make. All you need is a few ingredients or you can mix in some

unique ingredients to make yourself a one-of-kind shake. As it is mango season and we all love mangoes, why not a mango shake!

**Ingredients:**

2 cup mango (cut into cubes)  
1 cup mango ice cream  
1 glass milk  
2 tbsp sugar  
Ice cube

**Method:**

Blend all the ingredients except ice cubes. Blend until smooth. Now pour into glasses. Add ice and serve.

### GRILLED GREEN MANGO

**Ingredients:**

3-4 green mangoes



2 fresh chillies, seeded and minced

1½ tbsp fish sauce

2 tsp water

1 tbsp finely chopped lemongrass

1 tbsp brown sugar

2 tbsp coarsely chopped fresh cilantro

8 mint leaves (cut into thin strips)

10 basil leaves (cut into thin strips)

**Method:**

In a small bowl, mix chillies, fish sauce, water, lemon grass and brown sugar. Cut the mangoes into spears about 3 inch long and 1 inch thick. Pour the marinade over the mangoes and toss to coat. Set aside for at least 20 minutes. Set up a moderately hot fire. Grill the fruit to soften its texture, letting it brown slightly, about 2 minutes per side.

When cooked, transfer it to a platter, pour any remaining marinade over the mangoes, and sprinkle with the cilantro, mint, and basil. Serve warm as an appetiser.



I'm a 22 year old student, single, height 5'3", weight 89 kg. For the last 5 years I'm trying a lot to reduce weight through diet and gym but can't reach my desired expectation as I have PCOS and thyroid problem. Is there any effective solution for me?

-Ms. R, Dhanmondi

Dear Ms. R

Your BMI ( Body Mass Index) is around 34 and it is not impossible to become 58-60 kg with BMI 25. You need to focus on 3 points :

- Weight loss by **Caloric restriction**
- Hormonal balance** by medication and life style modification
- Reduction of fat pockets** from the body, specially the bulges of upper & lower abdomen as it helps to overcome PCOS and infertility.

We have a very effective treatment in our clinic called **BICOM therapy** which balances the hormones, controls stress, improves immune power and relaxes & detoxes the body. It also inhibits the appetite centers and helps to reduce weight in stubborn cases, specially hypothyroid, PCOS & diabetic patients.

For reducing fat pockets, we suggest a nonsurgical advanced Hi FU technology called **ULTRA CONTOUR** which breaks down the fat cells with lymphatic drainage without downtime and pain. Moreover, we suggest customized diet according to Food Intolerance test report.

I always find difficult cases challenging. You are most welcome if you are planning for effective solution. Take care.



**Dr. Jhumu Khan**

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