

#HEALTH & FITNESS

## Are you eating right this summer? A nutritionist's guide to healthy diets

In the sweltering heat of a Bangladeshi summer, our bodies crave something different. Rather than sticking to our usual diet, one needs to bring change in food habits. It is common knowledge that our body needs to replenish the water lost. While this is key, is it enough?

We spoke to Chowdhury Tasneem Hasin, Chief Clinical Dietician and HOD, Dietetics and Nutrition, United Hospital Ltd on what dietary changes one should make to stay healthy in summer.

The following are some of the suggestions she shared.

### Add probiotics

Natural probiotics like yoghurt are essential

for summer. It helps not only in retaining the water content of the body but also boosts immunity and aids in digestion. One to two servings of yoghurt every day during warmer months of summer are recommended.

### Cut down on coffee/tea

In the raging heat, it is a good idea to cut down on coffee and tea. They act as diuretics, which essentially translates to a higher rate of expulsion of water from the body. Go for a glass of lemon juice instead.

### Vitamin C

Speaking of lemon juice... a good amount of vitamin C also means a strong immunity. Try to add other sour ingredients to your

summer diet.

### A "nay" for salt

Reduce your salt intake. Say no to your cravings for chips and *chanachur* as they tend to increase the sodium intake in your body. A lower sodium level is also essential for maintaining blood pressure.

### Stick to fish

Animal protein is hard for us to digest. You will feel much relieved and light if you shift your source of dietary protein from red meat to fish. An added benefit is that fish reduce inflammation, while also lowering triglyceride and cholesterol levels.

Certain fish are rich in omega-3, which reduces inflammation.

### Preservation essentials

High temperatures often aid in the proliferation of harmful bacteria. Food gets putrid earlier in summer than in other seasons. So, even if you are preserving food in a refrigerator, she suggests that it should be stored temporarily and not for prolonged periods.

### Stay hydrated

One cannot reiterate enough the need for hydration in summer. An average human being needs 2-2½ litres of water. Go for mineral water, if possible, as it contains potassium, which helps in water retention.

By Mannan Mashhur Zarif

Photo: Collected

## ◆ HOROSCOPE ◆



### ARIES

(MAR. 21-APR. 20)  
Don't issue ultimatums this week. Overspending on entertainment could hurt your budget. Address children's concerns with care. Your lucky day this week will be Thursday.



### TAURUS

(APR. 21-MAY 21)  
Avoid risky financial ventures. Too many people involved in disputes will ruin friendships. Channel your energy into something productive. Your lucky day this week will be Tuesday.



### GEMINI

(MAY 22-JUN. 21)  
Look into making home improvements. Problems can arise with co-workers. Your overloaded schedule is beginning to show. Your lucky day this week will be Sunday.



### CANCER

(JUN. 22-JUL. 22)  
Work-related social events may arise. Someone close may feel hurt if ignored. Finish pending projects immediately. Your lucky day this week will be Monday.



### LEO

(JUL. 23-AUG. 22)  
Watch out for health issues if overworked. Stay busy with enjoyable tasks. Emotions could be harder to control. Your lucky day this week will be Thursday.



### VIRGO

(AUG. 23-SEP. 23)  
Speak to your boss about long-term goals. Don't vent to friends about your relationship. Someone may claim credit for your efforts. Your lucky day this week will be Monday.



### LIBRA

(SEP. 24-OCT. 23)  
Trust your instincts and take action. Write down your ideas. Home improvements will be appreciated. Your lucky day this week will be Wednesday.



### SCORPIO

(OCT. 24-NOV. 21)  
Restrictions might feel unbearable. This is a good time for career decisions. Control your emotions. Your lucky day this week will be Thursday.



### SAGITTARIUS

(NOV. 22-DEC. 21)  
You'll meet someone significant. Avoid lending or borrowing. Communication with your partner may be unproductive. Your lucky day this week will be Wednesday.



### CAPRICORN

(DEC. 22-JAN. 20)  
Your effort at work will be recognised. Avoid conflicts with your boss. A past love might reappear. Your lucky day this week will be Friday.



### AQUARIUS

(JAN. 21-FEB. 19)  
A true friend will offer sound advice. Your money-saving ideas are spot on. Follow your dreams. Your lucky day this week will be Monday.



### PISCES

(FEB. 20-MAR. 20)  
Think about overseas job opportunities. Avoid giving anyone reason to gossip. Stay alert to sabotage at work. Your lucky day this week will be Tuesday.

# Typhoon

## Fabric Care

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