

Fruity Summers

In this Extreme Hot Weather, One needs to Cool it up with Seasonal Fruits

SONAL JAIN

As we tend to wither in hot summers, one needs to keep hydrated and fresh. Though, human body comprises of 79% water, yet, even 2% water loss dehydrates the person. Summer fruits and some easy to make drinks are indeed the best source to keep fresh, cool and healthy. Sharing, Prof. Neetu Chopra, Head, Food and Nutrition Department, puts forward nutritional aspects of fruits available in the hot summer season.

APRICOT

Rich in Vitamin A, Vitamin C, Minerals, Calcium and Iron, the fruit has no fat and little amount of carbohydrates. It helps in earache as well as in overall digestion of food. It prevents cancer. Its juice should be repeatedly consumed due to high amount of nutrients.

WATERMELON

It keeps body hydrated and re-energized as more than 90% of its concentration is water and 6% is sugar. Rich in Vitamin C and Minerals, the fruit is good for energy production. It also helps in fighting heart diseases and reduces the risk of cancer. It contains Lycopene and Beta-Carotene and acts as good filler for those aiming for weight loss. Presence of Vitamin B6 in the fruit, promotes chemicals in brain that help to cope with anxiety and panic. It prevents dehydration and has a high amount of trace elements like Potassium, Sodium, and Magnesium.

STRAWBERRY

This nutrient rich fruit prevents oxidation process in body and handles the heat. It tightens the skin and prevents leukemia. It effects the growth and curbs the happening of tumors. It is a fibrous fruit and has Vitamin A, E, C and B, Manganese and Flavonoids that protects you from cell mutations and cancers. Presence of powerful anti-oxidants, give natural sun protection and prevention from cold, flu and other infections.

RASPBERRY

Low in calories, this fibrous nutrient dense fruit is an excellent source of cancer-fighting compound. 41% RDV (Recommended Daily Value) per cup has high level of Anthocyanin which defends against neurological disorders as well as tumor growth. Vitamin B and C, Iron, Manganese and Copper are also present.

PLUM

Rich in dietary fiber, the fruit proves helpful in improv-

ing digestive system. It has Vitamin C which is good for body's immune system. It prevents flu, cold and diseases like colon cancer, rheumatoid, arthritis, asthma, and osteoarthritis.

PEACH

With little acidity, the fruit is rich in Vitamin A and Potassium which makes the skin healthy and adds colour to complexion. If taken on regular basis, it makes bowel movements regular and prevents straining. It also removes worms from intestinal tracts.

PAPAYA

It has anti-oxidant nutrients like Vitamin A and C, Carotene and Flavonoids which prevent atherosclerosis, diabetic heart diseases, allergies, chronic diarrhea, indigestion, hay fever and sports injuries. This anti-bacterial, anti-cancerous and anti-stress fruit has the enzyme Papain which treats indigestion and other gastrointestinal diseases.

MANGO

This nutritionally rich fruit has Vitamin C and E which controls heart rate, blood pressure and asthma. It has Iron content which helps to reduce anemia. Over 60 varieties of the fruit are available and it masters in Carotene which is best for eyes. It has B-complex vitamins and trace elements. If consumed in liquid form with mint leaves, salt, sugar, chili and cumin, it acts as a natural source of electrolyte solution.

LYCHEE

The fruit is low in calories with no saturated fats or cholesterol. Rich in dietary fiber, the fruit helps for excess bodyweight. The fruit slows down evolution and initial development of breast cancer cells. It has Vitamin C, Magnesium, Sodium, Copper and Potassium and gives a cooling effect when consumed.

GRAPES

Rich in Vitamin A, more than 80% of the fruit concentration is water. Black grapes have powerful anti-oxidants and Resveratrol which helps prevent narrowing and hardening of arteries. Hence, it is good for cardiac patients. Due to high level of sugar, the fruit should not be consumed by diabetic or people on a weight loss diet.

FIGS

It lowers and controls blood pressure as it contains Potassium, a mineral used to control hypertension. It is good for diabetic and breast-cancer patients and great for meno-

pausal women. It is good for liver and for people suffering from jaundice. It is a good source of Carotene.

CHERRY

The fruit tastes best when consumed humid. It has powerful pain relief benefits especially for athletes as it impacts on relieving muscle and joint discomfort more quickly. Though, less available and expensive, the fruit has high medicinal values and contains Beta Carotene, Vitamin B1, B2, B3, and C. Sodium, Magnesium and Potassium are also present.

KIWI

Low in calories, this fibrous fruit has tremendous variety of vitamins and minerals. One average sized kiwi has less than 60 calories and 11% RDV of Fiber and 2-7% of Vitamin A, E, and B, like Thiamine, Riboflavin and Niacin. It is rich in Vitamin C and Potassium which helps in fast healing of cuts and wounds.

PHALSA

It is good for summers and is very economical. It has trace elements like Magnesium, Sodium and Potassium which helps in maintaining electrolyte balance, thereby, preventing diarrhoea. It should be consumed as a whole with salt or should be grinded in mixer with sugar and water and sieved to make juice out of it, as Carotene present in it is good for eyes.

All yellow and red fruits are excellent sources of Carotene. Musk Melon is an excellent source of Carotene, Thiamine, Riboflavin, Sodium, and Potassium and saves one from dehydration. Same is applicable with Pineapple, which is rich in Carotene, B-complex Vitamins, Trace Elements and Choline Vitamins.

It's important to keep your body hydrated and to stay healthy this session. Besides drinking coconut water, buttermilk and loads of water, it is important to have fruits. Nutritionists suggest which fruits to have this season to cope with the heat and stay cool.

ICE APPLE

This fruit has a fantastic cooling effect on the body. During the summer, we tend to get heat rashes and stomach burns. Regular intake of ice apples will help overcome common health-related issues that arise in the summer. With the ongoing summer vacations, children will spend a lot of time outdoors. Give them this fruit as it will help them cope with the scorching heat. Ice apples are also high on vital minerals and Vitamin B12.

PEAR

This juicy fruit will quench your thirst and even has several digestion benefits as it is rich in fibre. It helps prevent

constipation. Pears are also rich in vitamins and minerals. Make sure you include the fruit in your diet plan, as it is available at a reasonable rate in the market.

MELONS

You shouldn't miss out on water melons this season. Pack your refrigerator with this fruit, which is 90% water. If you have a heat stroke, watermelon will have a soothing effect on your stomach. You can also try muskmelon, which also has plenty of Vitamin C and will boost your immunity.

Khushwant's Book on Delhi Flora, Fauna Relunched

It was called *Nature Watch*. Novelist and journalist Khushwant Singh's 1990 book about the flora and fauna of Delhi recorded the shifts in seasons, the change in landscape, the appearance of flowers on plants, fruits on trees, and birds in the sky among other things. With illustrations by Suddhasattwa Basu, the slim volume has been re-launched in ornate hardback. Now, it has been renamed, *Delhi Through The Seasons*, with a chapter dedicated to each month of the year.

Whitefly wipes out Punjab Cotton

Whitefly, a common insect pest, on the cotton crop in Punjab's Malwa region this year has created havoc. It has affected about two thirds of standing cotton crop in the state, causing an estimated loss of about Rs 4,200 crore.

Punjab has nearly 12 lakh acres under cotton last season and almost all of it was Bt cotton, which is resistant to some major pests such as bollworm. But over the years, whiteflies have regularly attacked cotton plants.

Several cotton farmers in Bathinda and Faridkot districts of Punjab and adjoining Sirsa district of Haryana said that the whitefly appeared earlier than usual and that deficient rains seem to have helped it survive longer.

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