

Summer Fruits: The Saviour

MS. Rosalin sahoo¹ and Chitrotpala Devadarshini²

¹M. Sc Community Science (Food and Nutrition)

²Asst. Prof (FN), College of Community Science

Odisha University of Agriculture & Technology, Bhubaneswar

*Corresponding Author: rosalinsahoo9776@gmail.com



Introduction

The summertime brings with it high temperatures, humidity, perspiration, dehydration, and a decrease in energy. In order to combat the outdoor weather, it is necessary to stay hydrated and nourished. Fruits are a great source of vitamins and minerals in addition to keeping you energized during the summer. Fruits are an essential component of our diet and help us cope with summer and meet our body's needs. Summer is the season of fresh fruits. Summer fruits are the fruits that are available during the summer season (March-June). And it's better to increase the intake of seasonal fruits to get its benefit. The summer fruits are as follows

Watermelon

With 92% water, watermelon is one of the best summertime fruits. Vitamin C and phytochemicals like lycopene are abundant in watermelon. In addition to supplying energy, phytochemicals safeguard against conditions like diabetes, cancer, and hypertension. During the summer, watermelon helps your body stay hydrated and restores lost vitamins and minerals. A study found that iron, calcium, magnesium, phosphorus and vitamins B, C, and E are abundant in watermelon. The white portions of the

watermelon i.e the rind and the seed, are more nutrient-dense than the flesh (red part). As per studies, it has been found that watermelon contains nutrients that possess the following properties:

- Anti-inflammatory (reduces pain, swelling and redness in the body)
- Anticancer (prevents cancer)
- Antioxidant (reduces cell damage and prevents premature ageing)
- Lower Blood Pressure
- Reduced Insulin Resistance
- May improve heart health
- Help with weight management
- Adds to healthy digestion

Mango

Mango is undoubtedly the "king of fruits," rich in fiber, vitamins, minerals, and calories. Mango flesh contains bioactive substances that have been shown in studies to minimize cell damage, delay the onset of ageing, enhance health, lower the risk of chronic illnesses, reduced cancer risk, healthy heart, and healthy digestion. In addition, mangoes are a great source of calcium, magnesium, folate, choline, beta-carotene, vitamin A, vitamin C, and vitamin K. The greatest way to use this summer fruit can be in a chilled mango smoothie during the hot Indian summer, when the temperature is high and you are dehydrated and energy is drained.

Oranges

Oranges are a summer fruit that contain more than 80% water. Oranges, which are high in fiber, vitamins, and minerals, keep your body hydrated and protect us from the outside heat. Oranges help us in heart wellness, anti-cancer, anemia prevention, and potentially support our immune system. The simplest and most delicious way to consume is orange juice.

Papaya

Papayas are a popular summer fruit in India that are consumed in all states. A study found that the papaya's enzyme (papain and chymopapain) boosts immunity against bacterial, fungal, and viral diseases, making it one of the greatest summer fruits. Papayas are an excellent source of fiber, copper, magnesium, potassium, folate, vitamin A, and pantothenic acid. Antioxidants like vitamin A, vitamin C, and vitamin E are abundant in papayas. After removing the papaya's skin, slice it thinly, and serve it with a dash of black salt.

Pineapple

The benefits of a juicy, tangy pineapple are comparable to those of the other summer fruits listed in India. Packed full of zinc, magnesium, phosphorus, calcium, potassium, zinc, B1, B2, B3, B6, C, and other vitamins and minerals. Pineapple aids in replenishing lost nutrients during the summer heat. Includes antioxidants that may improve digestion, lower your chance of developing cancer, strengthen immunity, reduce inflammation, lessen arthritis symptoms, hasten the healing process following surgery or intense exercise, and more. Pineapple and other summertime fruits keep the body hydrated and balance the acidity that may rise in the summer. In the summer, pineapples can be consumed by fruit slices as well as juice.

Guava

Summertime guavas are very nutrient-dense fruits. Studies show that guavas are high in water, fiber, iron, vitamin B complex, calcium, phosphorus, and carotene.

According to the study, guava has the following therapeutic properties:

- Antioxidants (they guard against premature aging and lessen cell damage).
- Cough treatment
- Immunity booster to prevent bacterial and fungal infections
- Efficient in preventing diabetes, cancer, and hypertension

Like other summer fruits in India, guavas are best consumed raw and fresh. Smoothies made out of it are very delicious.

Litchi

After mango, litchi is the most popular summer fruit in India. It contains a variety of nutritious components, including polyphenols. Litchi provides various health benefits includes antioxidant qualities, protect the liver, help lower blood sugar, help lower blood lipid levels, help control weight, show anticancer activity, protect the brain, help lower blood pressure, control the immune system, and help prevent fat buildup in blood vessels.

Strawberries

Strawberries are a summer fruit that helps guard against skin issues brought on by the intense heat. The bright red color of strawberries is attributed to flavonoids and phytonutrients. According to a study report, strawberries are an antioxidant vitamin to reduce blood cholesterol, prevent heart ailments, and prevent the development of cancer cells. Strawberries can be eaten raw or added to desserts, smoothies, and ice cream.

Grapes

Summer fruits that are readily accessible are grapes. According to a study, grapes are utilized in healthcare and nutritional purposes. Because of their high polyphenol and antioxidant content, grapes can help prevent infections and improve cognitive function. A study suggests that grapes might be beneficial for breast cancer patients, may improve blood pressure, heart health, and cholesterol levels, may reduce blood sugar levels and guard against diabetes, improve eye health, may enhance mood and memory, could promote bone health, act as a defense mechanism against fungus and germs, reduce aging symptoms, reduce inflammation, improves the condition of the skin and hair, relieves from constipation and helpful for obesity people.

Banana

Although they are not particularly summer fruits, bananas are typically eaten throughout the summer to replenish loss of energy. In addition to offering calories, they also support healthy digestion,

memory retention, mood enhancement, heart health, diabetes control, cancer prevention, asthma relief, and constipation relief. In the heat, a banana shake with ice can be a cool beverage.

Star Fruits

Star fruits are an excellent option among summertime fruits because they are high in potassium, B-carotene, and vitamin C. It helps in relieving headaches and soothing the eyes caused upon by the intense summer heat. Star fruits are thought to have several positive health advantages. These include immune-boosting, anti-inflammatory, anti-infective, anticancer, hypoglycaemic, hypotensive, and hypocholesterolaemia properties. According to Patel et al. (2015) and Wang et al. (2016), star fruits are frequently used in Ayurvedic and Traditional Chinese Medicine (TCM) to treat a variety of clinical conditions, such as fever, cough, diarrhea, chronic headaches, inflammatory skin disorders like eczema, and fungal skin infections.

Bael

In India, bael is the most popular summer fruit, after mango and litchi. Bael drink does not require refrigeration or ice. It is a natural coolant that also has immunity-boosting and antioxidant properties. Compounds in bael aid in improving liver function and aid in the body's detoxification process. These characteristics of Bael may aid in the restoration of normal liver function and aid in recovery from jaundice. It has anticancer potential, act as an antipyretic (fever-reducing) agent, have anti-ulcer properties, be an antigenotoxic (prevents damage to DNA), be a diuretic (increases urine output), be an antimicrobial (effectively kills various microorganisms), have radioprotective potential (protects the body from harmful effects of radiation), and an anti-inflammatory agent.

Lemon

Sugar, water, and lemon combine to make the most economical and inexpensive summertime beverages. A great summer fruit that helps the body replenish vitamins and potassium is the lemon. Lemons are an excellent source of fiber, vitamin C, and

a variety of plant-based chemicals, minerals, and essential oils. Lemons are well-known for their anti-aging and antioxidant qualities, enhances digestive health, lowers risk of cancer, protects against anaemia, aids in weight loss, prevents kidney stones, and supports heart health.

Cucumber

Cucumber, one of the greatest summer fruits. Water content of it is around 96%. They are excellent for preventing dehydration and are detoxifying in nature. Vitamin K and phytonutrients are rich in cucumbers. They are also an excellent source of molybdenum and pantothenic acid. In addition, they are low-calorie vegetables containing copper, potassium, manganese, vitamin C, phosphorus, magnesium, and vitamin B1. Excellent for detoxification and hydration, blood pressure regulation, diabetes, healthy digestion, aiding in weight loss, improving skin, calming the eyes, lowering the risk of cancer, healthy hair and nails, etc.

Conclusion

Above are some of the best summer season fruits that are available all over India. Fruits plays a very crucial role in our day to day to life containing various vital nutrients and is a part of healthy eating pattern. Seasonal and local fruits must be included in our diet to attain its maximum benefits and to cope with our environmental and climatic changes. These fruits are delicious, refreshing as well as beneficial and keeps our body stay hydrated and active in summer.

Reference

- <https://www.cheggindia.com/general-knowledge/summer-season-fruits-in-india/>
- <https://bebodywise.com/blog/summer-fruits/>
- <https://www.healthline.com/nutrition/healthy-fruit#The-bottom-line>
- <https://www.healthline.com/nutrition/watermelon-health-benefits#nutrients-and-more>
- <https://www.healthline.com/nutrition/benefits-of-grapes>
- <https://foodrevolution.org/blog/summer-fruits-health-benefits/>

* * * * *