

Top 6 Tips On How To Eat Healthy This Romantic Summer



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Here is a long-awaited summer, which implies long walks in parks, trips to the nearest suburbs, beach relaxation and summer diets. If you want to be safe and sound during the feel hot season, you need to adjust the diet and consume as many vitamins as possible.

[International dating websites](#) are full of beautiful and fit ladies, so why [don't](#) we keep up to ones. Besides, being fit makes you not only attractive to women but also healthy. Therefore, our experts have come up with a list of tips that will help you adjust to the summer regime and make a healthy diet that will help you stay healthy, fit, active and beautiful.

Drink more water

In summer literate drinking is especially important. When the weather is hot the human body loses more moisture with sweat. In order to normalize the water balance, it is necessary to drink at least 1.5-2 liters of liquid every day. It can be ordinary water, [green](#) or herbal tea or water with lemon. Ask your partner to cooperate: this way both of you will be healthy and neither will forget about your special diet.

Adjusting to drink more water is not always easy, but necessary. Start the day with a glass of water - this method awakens our metabolism and helps us wake up. Drink some water half an hour before each meal. Download a special application that reminds you that you need to drink another glass of water.

Eat vegetables, fruits and berries

Everyone knows that seasonal fruits are the most useful for our health. Do not [miss](#) the unique opportunity to saturate the body with vitamins, minerals and antioxidants, which are [found](#) in huge quantities in summer vegetables, fruits and berries. Eat them every day: add to useful salads, use as a snack, replace the usual desserts, cook smoothies. Such a diet will increase the body's defenses, cheer up, and drive fatigue away.

Give up fatty foods

The time when you needed to lean on fatty and nutritious food to keep warm and to charge the body with energy has passed. According to statistics, in summer a person spends less energy: at least one does not need to warm up constantly, as we do during cold winters. In this regard, the need for high-calorie food disappears. During the hot season, on the contrary, it becomes difficult our body to process fatty foods, which becomes the cause of stomach severity and constant fatigue. However, keep consuming useful fats, which do not make your stomach feel heavy. Fish and seafood, olive oil, nuts, avocado, seeds contain such useful fats.

Do not forget about soups

Summer is not a reason to refuse soups and forget about them until the next cold season. Soups are different: just replace chilly soup and cheese soup with gazpacho and okroshka. These cold summer soups will help you add more vitamins and minerals to your diet, normalize the water balance and simply cheer you up. Experiment with recipes and try new gastronomic combinations. Add more useful vegetables, greens and spices to summer soups. Such a diet will make your body feel completely delighted.

Have small amounts

In summer, it is worth refusing lavish breakfasts, lunches and dinners and concentrating not on quantity, but on the quality of food. Eat in small amounts and choose the most nutritious foods, yet light and low-calorie ones that satiate quickly and cope with hunger. Such products are easy digested, so that our body does not spend all its energy on digesting process, which consequently saves energy for more exciting activities: cycling, volleyball, and [swimming](#).

Give up alcohol

It is better to abstain from alcoholic beverages in summer, even if your health is at an altitude. During the hot season, it is difficult for our body to process alcohol without harm: we experience intoxication of the gastrointestinal tract, liver, kidneys and the organism as a whole. Not to mention another [danger](#): the [heart](#) and blood vessels cannot withstand such a load in summer.

In addition, alcohol provokes dehydration, which is so harmful in summer, when the body is already losing a lot of moisture. Have some aromatized water, smoothies and other tasty nonalcoholic drinks.

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