

Cuisine

Healthy Salads for Hot Summer Days

The best advice about eating well in the summertime is to eat the things that are in season! If its cheaper than usual, then its in season!!! Even better is to go and pick vegetables out of the garden (if you have one, or can get access to one...).

For simple economy and health, you just can't beat the variety of fresh garden vegetables available in the summertime! In addition, salads can provide a very wide range of the essential nutrients needed to maintain the good health you need to enjoy summer activities. If you have concerns about preventative medicine, vegetables—particularly broccoli or carrots are loaded with something called beta-carotene, which helps your body produce vitamin “A” which helps your immune system fight off disease and possibly even helps your body avoid the onset of many types of cancer. To keep it simple and fun, just remember this very simple rule for healthy, and simple summer eating (and it also makes for spectacular looking salads as well...)

TO BE HEALTHY, EAT
AS MANY DIFFERENT COLOURS
OF FRUITS AND VEGETABLES
AS POSSIBLE EVERY DAY

Another thing to remember is to eat your vegetables FRESH, with as much of the original peel left intact (the surface of many vegetables contain much of the vitamins)--- this will maximize the benefits to your health. Also, fresh vegetables contain lots of “dietary fibre” (also sometimes called “roughage”) which is very good in keeping your digestive system working properly.

A final tip...to really enjoy your salad meals in the summertime, DON'T overload them with salad dressings...any type of “creamy” dressings is loaded with salt, calories and fats, which aren't good for you in large quantities, and hide the taste of your salad.

No recipes with this advice...its much easier for you to just mix together whatever fresh ingredients you can find from the garden, wash them, cut them up attractively, garnish with whatever else you might like (bits of seafood, slivers of cold chicken or beef or slices of hardboiled eggs, or anything like that...).

Experiment! Create! Enjoy! For spectacular eating for the summertime—Salads are the King...

- David Lewis, Vancouver, Canada