

Nutrition tips for the Summer

Nutrition & Dietetics



The warmer weather usually means more fresh produce are around and some of us may be lucky enough to attend a few gatherings with friends and family during the festive season.

The Dietitians at DPV Health share a few tips on how to enjoy our meals wholeheartedly with our loved ones over the summer.

Tip #1 – Enjoy a rainbow of coloured fruits and vegetables

Whether it's salads or share platters, eating a rainbow of coloured fruits and vegetables can ensure you receive a variety of nutrients. Phytochemicals and antioxidants give fruits and vegetables their vibrant colour.

- **Red** fruits and vegetables, such as tomatoes, strawberries and red beans, are packed with vitamin C, vitamin A, potassium and antioxidants.
- **Yellow/orange** fruits and vegetables, including carrots, peaches, squash and pineapple, are also loaded with vitamin C, vitamin A and potassium, which can also boost the immune system.
- **Green** leafy vegetables have the highest concentration of antioxidants and fibre, and also contains iron.
- **Blue/purple** fruits and vegetables, including purple grapes, blueberries and eggplant may help promote healthy aging.

Tip #2 – Drink responsibly and in moderation

If you decide to drink alcohol during the festive celebrations, try to avoid drinking on an empty stomach. Having food in your stomach helps slow the rate that alcohol is absorbed into the bloodstream.

Aim to limit alcohol consumption to the quantity recommended by the NHMRC for safe consumption.

Tip #3 – Try a Mediterranean style of eating

A Mediterranean style of eating refers to the traditional eating patterns of the people in the Mediterranean region, such as Greece, Italy and Spain.

Research suggests many benefits to eating a Mediterranean style diet as the food combinations have plenty of antioxidants and anti-inflammatory properties, which is important for prevention and management of various chronic conditions.



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