

Food habits during Monsoon

Dear Parents,

We all have experienced a harsh summer in Ahmedabad this year. Monsoon is round the corner and we are eagerly waiting for it. Monsoon brings life to nature and enlivens the environment. Who doesn't want to get drenched in the rain and have some hot samosas, vadas, pakoras or street food along with a sip of masala tea? There is however, the flip side of monsoon with the humidity leading to some serious diseases like typhoid, jaundice, diarrhoea, dysentery and food poisoning from quickly growing mold. Also, there are few diseases related to monsoon season caused due to change in weather.

- Respiratory diseases -cough, cold and flu,
- Mosquito borne diseases - dengue, chikungunya, malaria

Due to the weather and increased bacterial activity, digestion becomes difficult. So, it is important to take care that food which is difficult to digest should be avoided.

Here are some quick Monsoon tips to follow this season!

1. Soups- Soups are full of nutrition can be substituted for pakoras and chaat items. It can be consumed with garlic, ginger and black pepper to improve its taste and immunity.
2. Avoid leafy vegetables- Leafy vegetables should be avoided during rainy season as this season is favourable for germs and worms to grow due to humidity.
3. Have boiled water- Having boiled water apart from purifying, it relieves cough, cold symptoms and improves digestion.
4. Use of spices- Black pepper, cinnamon, clove and cardamom not only enhance the taste of food but also improve digestion and provide protection from viral infections.
5. Turmeric – Turmeric or *haldi* has numerous nutritional properties like it is anti-inflammatory- lessens pain and swelling, improves memory, fights depressions etc. Turmeric has great importance in Indian cooking, there is hardly a dish in India we can cook without turmeric.
6. The Golden milk or Turmeric latte, has gained lot of popularity after the COVID pandemic. It provides a good alternative to tea or coffee, providing protection from monsoon related viral illnesses like cold and flu.
7. Corn (Bhutta) – A roasted bhutta with dash of lemon and some red chilli powder is perfect monsoon snack. It is a good snack alternative to fried samosas, kachoris and pakoras.
8. Fruits- Consumption of seasonal fruits like Black berries (*Jamun*), Litchi, cherries, plums, pomegranate, papaya and pears is advised.

With Best Wishes,
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