

sweet sensations

Summer is here and so are those delicious summer fruits that we have longed for all winter! The summer fruit season starts in early May and lasts until the end of August. The primary produce during this time is stone fruit.

Summer fruits not only taste delicious but are also rich in vitamins, minerals and antioxidants. Fruit is good for the immune system, digestion, healthier hair and eyes, heart health, preventing constipation and improving circulation. Fruit is also good for the nervous and respiratory systems.

Some of the delicious fruits to look out for during the summer season include **apricots, nectarines, peaches, berries, cherries, plums and mangoes**. All these fruits contain Vitamin A (beta carotene) and Vitamin C (ascorbic acid).

Vitamin A is found in red and yellow fruits and is essential in assisting the body with growth and repair of body tissues, good vision, and maintaining silky soft skin and hair!

Vitamin C is also required by the body for the formation of connective tissue such as collagen, which aids us in maintaining healthy skin, bones, cartilage and teeth. It is also important for aiding synthesis of neurotransmitters and hormones, like thyroid and sex hormones. Vitamin C also promotes healing and iron absorption. Not only are the delicious summer fruits mentioned above high in Vitamin C, but so too are the citrus fruits available on your Quick Loss program.

- Try putting your fruit into your yoghurt, leaving it in the fridge overnight so that the
- flavours infuse.
- Divide your fruit quantities to make a colourful and yummy fruit salad.
- Blend your fruit quantity with your yogurt, some ice and your seeds (or part of) in a blender to make a delicious breakfast smoothie.
- Try using fruit to make a refreshing, cooling summer cocktail:
 - Raspberry and apple frappe (see pg 46 in the Quick Loss Cook Book)
 - Mango Sorbet (see pg 49 in the Quick Loss Cook Book)



Reference: <http://www.fda.gov>, <http://www.femail.com.au>, The Vitamin and Mineral Counter, 2001, Murdoch Books

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