

How to eat healthy in summer

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NUTRI-lipidomics *Molecular nutrition and healthy diet*



Which food flow to avoid in summer time

Seasonal changes or particularly hot days can cause temporarily a lack of appetite. However, with heat, the nutritional requirements and in particular the protein requirements do not diminish. Sometimes it would be preferable to eat only a salad or fresh fruit, but over time this mode would lead to protein deficits, accompanied by a possible decrease in muscle tone. Even if there is a weight reduction, most likely, it would not be entirely dependent on body fat.

In order to follow and adapt to seasonal changes, it is necessary to find food preparations that are more appropriate for the heat, but guarantee the proper contribution of macronutrients (proteins).

The NUTRI-lipidomic recipe

“Vegetable spaghetti” with salmon

Vegetable spaghetti with salmon is the recipe of the day, a delicious idea for the summer time. For hurried people it is possible to replace the salmon with canned tuna, considering a net drained weight of 60-80 g. The plate can be accompanied by a slice of wholemeal bread or can be followed by a portion of fresh fruit.

Ingredients

- 100-140 g of raw salmon
- Untreated lemon
- Garlic
- 1 zucchini
- 1 large cylindrical carrot
- Parsley
- Extra virgin olive oil
- Salt

Preparation

Prepare vegetable spaghetti made by zucchini and carrot, using a special swirling vegetables.

Place the vegetables in a bowl and salt slightly stirring.

Cut a piece of salmon into pieces and bake with a pinch of oil and a clove of crushed garlic in a non-stick warm pan. Cook for a couple of minutes turning the fish on all sides.

Once cooked, add the salmon to the vegetables, add the grated lemon zest, parsley and salt.

Serve warm or at room temperature.



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The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.

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