



# Summer Foods

Keep your kids cool and hydrated during the summer with these delicious and nutritious food options!

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## Watermelon

Watermelon is a refreshing and hydrating fruit that is perfect for keeping kids cool during the summer.

## Mango

Mango is a rich source of vitamins A and C, which are essential for boosting immunity and digestion.



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## Curd

Curd is a cooling probiotic that helps improve gut health and digestion. It's a great option for summer meals.

## Coconut Water

Coconut water is a natural electrolyte that helps prevent dehydration. It's a refreshing and healthy drink for kids.



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## Cucumber

Cucumber is a high-fiber and hydrating vegetable that aids digestion and keeps kids feeling full.

## Banana

Bananas are a great source of potassium and provide instant energy. A perfect snack for active kids.



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## Mint & Lemon

A refreshing combination of mint and lemon helps cool down the body and is great for detoxification.

## Raw Mango

Raw mango drink, or Aam Panna, is a traditional remedy for preventing heatstroke and is rich in Vitamin C.



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## Phirni

Phirni is a traditional and soothing dessert that provides nourishment and helps cool down the body.

## Moong Dal Chilla

Moong Dal Chilla is a high-protein and light dish that is filling and perfect for summer evenings.



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## Beat the Heat

Summer is the perfect time to enjoy delicious and nutritious foods that keep kids cool, hydrated, and energized!

Mom's Tip : Rotate these foods weekly to keep your child excited and healthy!