

Dieting Secrets For That Hot Bod: How To Stay Fresh, Fit And Fine This Summer

The summer is here and people could have actually started **dieting** during the 'ber months for them to forge their beach bodies but, people are people, so...

Aside from dieting, one should also take note of the pace of chewing while eating. According to [Fox News](#), aside from too much eating, chewing too fast could make a person feel bloated, thus interfering with his or her diet.

“Too much sugar sends bad bacteria and other undesirables like yeast into a feeding frenzy and can create an imbalance in the microbiome,” Dr. Robynne Chutkan said on her book *The Bloat Cure*.

Chutkan suggests sticking to food that has less than 5 grams of sugar per serving.

Aside from dieting, one should also remember to sweat the toxins out. Either you are going to the gym, running, doing Yoga, Zumba or any relative exercise, always remember to lessen on your energy drink or sports drinks intake.

Your favorite sports drink could make your tummy bloated and swell because of the sweeteners and flavoring. After working out, the best way to rehydrate and restore lost electrolytes is by eating a banana and taking huge gulps of water.

You could also drink unflavored coconut water or water spiked with lemon juice or pomegranate.

Sweet, bitter, astringent foods are the ones to go for. Good examples are milk (drink it warm), butter and ghee. Sweet, ripe fruits like avocados, cherries,

plums, grapes, pineapples, peaches and mangoes are perfect. Cilantro and mint are excellent and a little cinnamon is fine. Asparagus, cucumbers, sweet potatoes, broccoli, green leafy vegetables, zucchini and green beans are all good.

According to [Glamour](#), to keep a healthy body and mindset all year round, one must plan a beach getaway for late fall. When you have a bikini vacation in mind, it helps you to maintain your shape.

Also, being successful at maintaining does not really depend on seasons or on times of the year.

“It is not about the time of year, but instead a way of thinking and a way of life that keeps the weight off,” said Anne Fletcher, a registered dietician, as per [Web MD](#).

Photo: [YouTube](#)

Tags: [bloating](#), [dieting](#), [secrets](#), [summer](#), [summer body](#), [summer fitness](#)