

為什麼吃瓜果會比喝冰水更消暑？

隨著六月的陽光變得火辣，走在校園或是放學路上，是不是覺得自己快要像雪糕一樣融化了？當氣溫飆升時，我們不僅會流汗，還容易感到心煩意亂、食慾不振。除了躲在空調房裡，你知道嗎？大自然其實在夏季的蔬果中，偷偷藏進了「天然冷氣」的祕密，只要吃對了，身體就能由內而外散發清涼感！

超強補水力

夏季盛產的瓜類，含水量通常高達 92% 至 96%。相比於大口喝水，蔬果中的水分包裹在植物細胞裡，進入腸胃後吸收速度較為平緩，能更持久地為身體保濕。

礦物質調節

夏天流汗會帶走電解質（例如鉀、鎂）。「天然冷氣」食物富含鉀離子，它能幫助身體排出多餘的鈉與熱量，就像冷氣機的散熱風扇一樣，幫助維持體溫平衡。

誰是夏季「消暑神隊友」？

西瓜🍉：含豐富的「茄紅素」與獨特的「瓜胺酸」，前者能對抗身體發炎，後者則能促進血管舒張、加速乳酸代謝並放鬆肌肉。對於剛進行完戶外活動、大量流汗的學童來說，西瓜豐富的水分與電解質，是協助體能快速恢復的最佳補給選擇。

青瓜🥒：含維他命 C 與咖啡酸等抗氧化成分，能協助皮膚抵禦紫外線引起的自由基傷害。此外，營養學與心理學研究指出，青瓜清脆的咀嚼感與獨特香氣，具有調節神經、緩解壓力的作用，是炎熱夏季裡穩定情緒、清熱解暑的天然良藥。

冬瓜：含豐富的鉀離子，有利尿消腫作用，能有效幫助身體排出因高溫、暑氣所累積的浮腫與濕氣。在悶熱的夏季午後，飲用一碗清淡的冬瓜湯，能為身體快速補充水分，帶來輕盈清爽的感受。

Why Melons and Gourds Beat Ice Water at Cooling You Down?

As the June sun turns scorching hot, walking around campus or on your way home from school, do you feel like you are about to melt like ice cream? When temperatures soar, we don't just sweat—we also tend to get irritable, restless, and lose our appetite.

Besides hiding in air-conditioned rooms, did you know? Nature has actually hidden the secret of "natural air conditioning" inside summer fruits and vegetables. If you eat the right ones, your body can stay cool and refreshed from the inside out!

Super Hydration Capacity


Summer melons and gourds typically boast a water content as high as 92% to 96%. Compared to gulping down ice water, the moisture in these fruits and vegetables is locked within plant cells. Once it enters your digestive system, it is absorbed at a steadier, more gradual pace, keeping your body hydrated for longer.


Mineral Regulation Sweating


In the summer strips away essential electrolytes (like potassium and magnesium). These "natural air-con" foods are rich in potassium ions, which help the body flush out excess sodium and heat. Acting just like an air conditioner's exhaust fan, they help maintain your core body temperature balance.

Why Melons and Gourds Beat Ice Water at Cooling You Down?

Meet Your Summer "Cooling Teammates"

 **Watermelon:** Rich in lycopene and a unique compound called citrulline. Lycopene helps fight bodily inflammation, while citrulline promotes blood vessel relaxation, accelerates lactic acid metabolism, and relieves muscle tension. For schoolchildren who have just finished outdoor activities and are sweating profusely, the abundant water and electrolytes in watermelon make it the perfect choice for rapid physical recovery.

 **Cucumber:** Contains powerful antioxidants like vitamin C and caffeic acid, which help the skin defend against free radical damage caused by UV rays. Furthermore, nutritional and psychological research reveals that the crisp, crunchy texture and unique aroma of cucumbers help regulate the nervous system and relieve stress. It serves as nature's own remedy for stabilizing emotions and clearing heat during the scorching summer months.

 **Winter Melon :** Packed with potassium ions, winter melon acts as a natural diuretic to reduce swelling. It effectively helps the body flush out bloating and retained moisture accumulated from the intense summer heat. On a muggy summer afternoon, a bowl of light winter melon soup quickly replenishes fluids, leaving you feeling wonderfully light and refreshed.