

LIFE / HEALTH & FITNESS / FITNESS & EXERCISE

EDIT ARTICLE

Nutrition for Scuba Divers: Healthy Holiday Cider

December 23, 2014

1:02 PM MST



Served hot or cold this cider helps fend off winter illnesses.

Gretchen M. Ashton, Photographer

A cold or the flu can prevent [water sports](#) enthusiasts from their favorite activities.

This healthy holiday cider helps boost the

immune system and prevent other health maladies.

Scuba divers, surfers, snorkelers, stand up paddlers, kayakers, wind surfers, and swimmers are exposed to the elements year-round. This cider may be enjoyed chilled to cool off on a hot summer day or as a hot beverage to warm up and refuel during the winter months.

Healthy Holiday Cider is loaded with vitamins A, B1, B2, C and E. Along with the fruit juice, added coconut water contains important nutrients such as potassium, calcium, and sodium which help maintain and balance hydration. The natural sugars fructose and glucose help maintain energy, and the high fiber content helps keep digestive and elimination systems of the body functioning well. Combined anti-oxidant and anti-carcinogen properties of the pear, kiwi and watermelon help to prevent and lower high blood pressure, reduce the risk of stroke and protect cells from the damage of free radicals which can be produced during physical activity. Pear juice and cinnamon both help sooth a sore throat, a kiwi contains more vitamin C than an orange, and the lycopene in watermelon helps reduce respiratory inflammation. Cinnamon helps lower blood sugar and sooth muscle spasms among other healthful properties.

Healthy Holiday Cider

Using a juicer, wash and prepare the following:

1 Whole Pear (*small to medium*)

1 Whole Kiwi (*rub the skin gently underwater but keep the peel*)

1 Cup Watermelon (*remove the rind*)

Add:

1/2 Cup Coconut Water

1/2 Teaspoon Cinnamon

For more information about fitness and [nutrition](#) for diving:

Contact gretchen@scubafit.com

SUGGESTED LINKS

- [Scuba Fitness: Winter Warm Up for Divers](#)
- [Nutrition for Scuba Divers: Sweet Potato stuffed Portobello Mushrooms](#)
- [Scuba Fitness Focus for Divers: Tips for staying on track during the holidays](#)
- [Is blowing raspberries good for scuba divers?](#)
- [Yum Yum Yellow Squash](#)



Gretchen Ashton

Carlsbad Scuba Fitness Examiner