



Hydrate your Body with Food

Hydrating your body through food is a great strategy, especially when combined with drinking adequate water. These fruits and vegetables not only help with hydration, but also provide essential vitamins, minerals, and fiber. Here are some choices, with approximate water percentages, to help keep you hydrated:

Fruits

- Watermelon 92%
- Strawberries 91%
- Cantaloupe 90%
- Peaches 89%
- Oranges 86%

Vegetables

- Cucumber 95%
- Lettuce 95%
- Celery 95%
- Radishes 95%
- Zucchini 94%
- Tomatoes 94%
- Bell Peppers 92%
- Cauliflower 92%
- Spinach 91%
- Broccoli 90%

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