

25 Water-Rich Foods



CUCUMBER: 96% water



TOMATO: 94% water



CELERY: 95% water



WATERMELON: 92% water



ZUCCHINI: 94% water



STRAWBERRY: 92% water



LETTUCE: 96% water



BROTH: 92% water



SKIM MILK: 91% water



PEACH: 89% water



PLAIN YOGURT: 88% water



BROCCOLI: 92% water

➤ **Staying hydrated is particularly important because roughly 50%-70% of our body mass is made up of water. Cells, blood, muscles, tissues, and the brain all rely on water to function properly.**

➤ **Many healthy foods are high in water content, and they can help you stay hydrated. More than 20% of your daily water intake should come from something you eat rather than drink.**

More water-rich fruits and vegetables

- Radishes 95%
- Watercress 95%
- Portobello mushrooms 93%
- Okra 93%
- Bell pepper 92%
- Kiwi 90%
- Orange 88%
- Grapefruit 88%
- Carrot 88%
- Pineapple 86%
- Blueberries 8%
- Apple 84%
- Grapes 81%