

Hydrating Through Fruits and Vegetables

During these hot summer months, it's important to make sure you're drinking enough water to stay hydrated. And while most advice says to drink around eight 8-ounce glasses of water per day, you also can meet that level by eating certain fruits and vegetables.

There are many different foods that you can eat that are over 90 % water and that will help keep you hydrated all summer long. Here's a list of foods with high water content that are refreshing and nutrient dense:

- **Cucumbers** have the highest water content of any solid food at 97 %.
- **Iceberg lettuce** may not have the highest nutrient rating, but it is 96 % water.
- **Celery** has folate and vitamins A, C, and K and is also 96 % water.
- **Radishes** have high-antioxidant content and also a water content of 95 %.
- **Tomatoes** are high in the antioxidant lycopene and have a water content of 95 %.
- **Red, yellow, and green peppers** all have about 92-93 % water content.
- **Cauliflower** may look pale and devoid of nutrients, but it is actually filled with vitamins and phytonutrients and is 92 % water.
- **Watermelon** can thank the powerful cancer-fighting antioxidant lycopene for its red hue and is 92 % water.
- **Spinach** is rich in lutein, potassium, fibre, and folate and is 91% water.
- **Berries** are all great sources of water, hovering in the high 80th percentile, but strawberries have the highest water content with 91 %.
- **Broccoli** is a cruciferous vegetable, which means it is great at fighting cancer cells, but it is also 91% water.
- **Grapefruit** is high in vitamin C and contains 90 % water.



96% water



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95% water



94% water



92% water



90% water



89% water



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