

# HEALTHY HYDRATION SUPPORT

## High Water-Content Food Reference Chart

<b>Vegetables</b>	<b>Water %</b>
Cucumber	96%
Lettuce (Iceberg)	96%
Celery	95%
Zucchini	94%
Tomatoes	94%
Bell Peppers	92%
Spinach	91%

  

<b>Fruits</b>	<b>Water %</b>
Watermelon	92%
Strawberries	91%
Cantaloupe	90%
Peaches	89%

<b>Fruits</b>	<b>Water %</b>
Oranges	<b>88%</b>
Pineapple	<b>86%</b>
Apples	<b>85%</b>

### **Hydration Tips**

â€¢ Eat 2-3 servings of hydrating fruits daily.

â€¢ Include raw vegetables in snacks or salads.

â€¢ Infuse water with citrus or cucumber for flavor.

â€¢ Note: Food provides roughly 20% of total fluid intake.

*This chart is for informational purposes only. Consult a healthcare professional for personalized nutritional advice.*