

NATURAL HYDRATION SOURCES

Essential Hydrating Foods for Daily Wellness

FOOD ITEM	CATEGORY	WATER CONTENT
Cucumber	VEGETABLE	96%
Lettuce (Iceberg)	VEGETABLE	96%
Celery	VEGETABLE	95%
Zucchini	VEGETABLE	94%
Watermelon	FRUIT	92%
Strawberries	FRUIT	91%
Skim Milk	DAIRY	91%
Cantaloupe	FRUIT	90%
Peaches	FRUIT	89%

FOOD ITEM	CATEGORY	WATER CONTENT
Oranges	FRUIT	88%

Recommended: Consume a variety of high-water foods to supplement fluid intake.