

# EAT YOUR FOODS



There is no denying it, water-rich foods are also nutrient-rich, packed with antioxidants, proteins and their amino acids, minerals, and vitamins. They also carry nutrients like calcium, magnesium, potassium, and sodium.

Ranging between 80 to 98 percent water by volume, plants are the perfect biological packaging. Anytime you eat a plant, whether it's a leafy green, a pear, or even chia seeds, it is a form of water.

Top 12 Hydrating Veggies (percent water)	Top 12 Hydrating Fruits (percent water)
1.Cucumbers 96.7%	1.Starfruit 91.4%
2.Romaine lettuce 95.6%	2.Watermelon 91.4%
3.Celery 95.4	3.Strawberries 91%
4.Radishes 95.3%	4.Grapefruit 90.5%
5.Zucchini 95%	5.Cantaloupe 90.2%
6.Tomatoes 94.5%	6.Pineapple 87%
7.Peppers 93.9%	7.Raspberries 87%
8.Cauliflower 92.1%	8.Blueberries 85%
9.Spinach 91.4%	9.Kiwi 84.2%
10.Broccoli 90.7%	10.Apples 84%
11.Carrots 90%	11.Pears 84%
12.Sprouts 86.5%	12.Grapes 81.5%