

Foods High in Water

0 sugary drinks and more water every day

Hydration is very important to your overall health and well-being. Drinking water is the best way to hydrate, and you can also boost your water intake by eating certain foods.

Here are some common foods that are full of water. The number inside the parentheses indicates the percentage of the food that is made up of water.

FOODS HIGH IN WATER

- Cucumbers (96%)
- Iceberg lettuce (95%)
- Celery (95%)
- Eggplant (95%)
- Radishes (95%)
- Green peppers (94%)
- Tomatoes (94%)
- Cauliflower (92%)
- Spinach (91%)
- Starfruit (91%)
- Strawberries (91%)
- Broccoli (91%)
- Watermelon (91%)
- Cantaloupe (90%)
- Grapefruit (90%)
- Grapes (80%)



"15 Foods That Help You Stay Hydrated." *Health*, www.health.com/health/gallery/0,,20709014,00.html.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.