

HYDRATING FRUITS & VEGETABLES



ADDING FRUITS AND VEGGIES TO YOUR DIET WILL KEEP YOU HYDRATED AND HELP LOWER YOUR BODY TEMPERATURE!



CUCUMBER

95%



ROMAINE LETTUCE

95%



CELERY

95%



TOMATO

95%

PERCENTAGE
OF WATER
CONTENT



ZUCCHINI

95%



SPINACH

92%



WATERMELON

91%



HONEYDEW MELON

90%



KALE

90%



BROCCOLI

90%



PEACH

88%



CARROT

88%