

# Top 11 Fruits & Vegetables for Natural Hydration

## 1. Broccoli

91% water, broccoli is a real star of the veggie world. Packed full of protein, calcium, Magnesium and Vitamin C, it also contains iron to help us vegetarians stay healthy and strong. We recommend this easy, tasty broccoli side dish.

## 2. Celery

The combination of mineral salts (potassium) and amino acids in celery are thought to hydrate better even than a glass of water. Nutrient dense and 95% water, celery is a great way to hydrate and provides a nutritional boost of potassium, magnesium and phosphorus (potassium and magnesium deficits are linked with headaches. If you don't like celery, perhaps try green apples).

## 3. Cucumber

Cucumbers are an excellent vegetable for hydrating naturally. It weighs in at a mighty 96% water and is also rich in iron and Vitamins K & B6. Other benefits are that it reduces swelling, and is great used topically to soothe skin irritation from sunburn.

## 4. Zucchini

A great source of potassium and folate, and an excellent hydrating food containing a quenching 95% water. You can find great recipes for raw noodles to substitute into your favorite pasta dish for a great summer meal.

## 5. Watermelon

Why not try watermelon for breakfast or whenever you feel that afternoon energy slump coming on? With a high-water content and packed with calcium, magnesium and potassium – hydrating the watermelon way is far better than even water or any sports drink you can buy. It also contains beta-carotene and lycopene, which can help you protect your skin from UV light and sun damage, naturally.

## 6. Romaine Lettuce

Full of folate, magnesium, calcium and beta carotene this summer lettuce is filling, rich in fiber and helps prevent dehydration while also improving bone health. Choose this type over iceberg (though iceberg has more water) Romaine packs more bang for your nutrient buck and rehydrates more effectively.

## 7. Strawberries

92% water and full of natural summer goodness, fiber and folate, this seasonal fruit is delicious any time of day. Some might say summers were made for eating these. Organic strawberries do have a higher nutrient content, so if you can afford to pay a little extra, it is worth it.

## 8. Tomatoes

Seasonal and 95% water, add these to your lunch or afternoon snack and enjoy all the benefits of these anti-oxidant rich fruits, which contain lycopene (which is also linked with good bone health).

## 9. Pineapple

Hydrating, as well as natural anti-inflammatory this fun and tropical fruit packs a double punch – eat your pineapple at

lunch or as a late afternoon snack if you feel back pain, fatigue or RSI from your computer mouse. Add a teaspoon of turmeric to your water, juice or milk (any kind including coconut or almond), and you will double the effect.

## 10. Grapefruit

Our California retreat trees are brimming with these bitter gems. Full of vitamin C grapefruit is perfect for hydrating with a satisfying zing. It naturally cleanses the liver and provides an excellent bitter, astringent flavor that helps balance summer lethargy or oily skin.

## 11. Carrots and Raspberries

Hydrating and bright, these foods always cheer us up, but also protect against cancer.

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