

Foods to keep you hydrated



Drinking water throughout the day is a great way to stay hydrated. But did you know foods can also be a great source of hydration? Here are a few foods that are also great sources of water.



Apples



Broccoli



Cantaloupe



Carrots



Celery



Cucumber



Eggplant



Jicama



Kiwi



Peaches



Potatoes



Plain Yogurt



Radishes



Strawberries



Soup



Tomatoes



Watermelon



Zucchini

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