



# HYDRATING FOODS

FOODS TO EAT THAT WILL  
HELP KEEP YOU HYDRATED



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If you're anything like me, you have the best intentions with your water intake. You may be great at getting your water in each day, or you may need a little help remembering to stay hydrated. Either way, it's a daily task to remember to stay hydrated and avoid the rebounding affects of dehydration.

One way to offset any lack of sufficient water you may be getting is to make sure the foods you eat are hydrating foods. I'm not saying it's cool to skip that glass of water. I'm saying these delicious foods can be *added* to your plate daily to give you a hydration boost.



Two cucumbers are shown vertically on a white marble surface. The cucumber on the left is a standard English cucumber, characterized by its long, slender shape and bumpy skin. The cucumber on the right is a smaller, more rounded variety, possibly a pickling cucumber, with a smoother skin. Both are dark green and appear fresh.

# CUCUMBER

Cucumbers aren't just great on salads -- they're also ideal for adding more water into your day.

These cooling and refreshing veggies are great to use as a side item, on your salads, sandwiches, or as a filling snack.

Cucumbers contain 95% water...95%! And are a great way to stay hydrated.

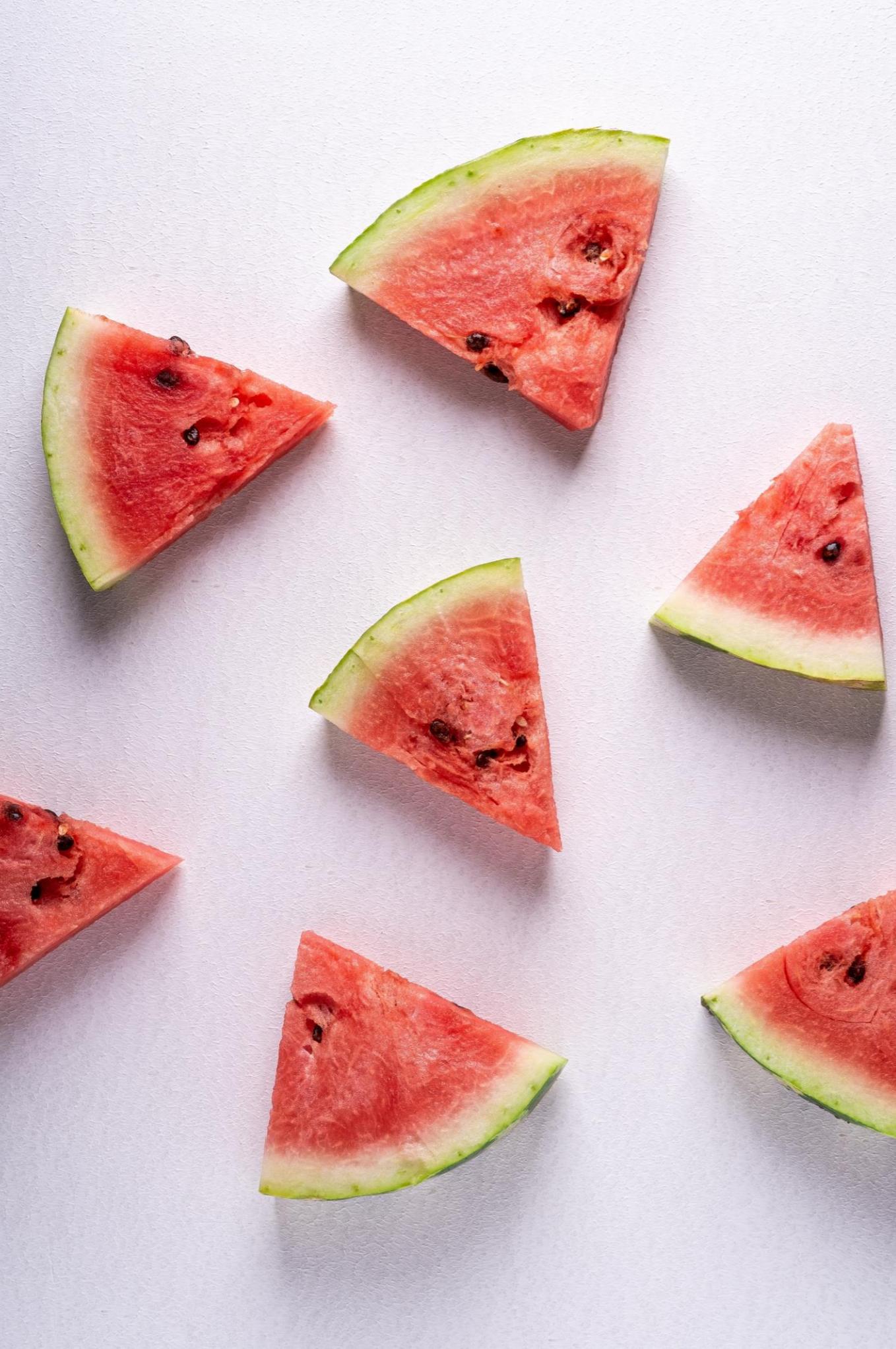
# ORANGE

Oranges are a sweet and delicious way to get more water in without actually drinking a glass.

Can you say, “portability?” If you keep slacking on refilling your water bottle, keep a bowl of oranges on your desk or table as a supplement.

Since they also contain vitamin C, you get a nice immunity boost, which is more important now than ever before.





# WATERMELON

Perhaps the best way to stay hydrated, especially in the summer, is to fill up on watermelon.

Not only does it taste sweet and refreshing, but it is almost 100% water by weight. Crazy, right?

It will curb your desire for something sweet while cooling you down and rehydrating you all at once.

Plus it's a brilliant addition to any smoothie.

Total one-stop shop.

# SPINACH

Try using spinach as a base for your salads, and you'll get more water in every mouthful. Like watermelon, it's almost wholly water by weight.

If you aren't a fan of the way it tastes, put it in a smoothie with your watermelon, and you'll never know it's there. No really!

Spinach also has loads of other nutrients you need, so you'll be getting more hydration *and* nourishment for a win-win.





# STRAWBERRY

Strawberries also have a high-water content, measuring in at over 90% water.

They taste great as everyone knows, and can be added to your oats, yogurt, smoothies, or even on that spinach salad we talked about. Oh yum.

Strawberries make a awesome addition to any breakfast -- savory or sweet. Keep a carton in your fridge, and you'll effortlessly find a way to add them to your plate. Yum again!

# INFUSED WATER

Another way to get creative in your hydration efforts is by mixing water and your favorite fruits to quickly and simply create water infusions.

This can be as simple as adding a few slices of lemon, lime, or grapefruit to your water bottle.

You can also take it up a notch by creating infusion recipes such as mixing fruit and herbs. Strawberry basil, lemon thyme, and cucumber mint are some popular, delicious options.



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