

HYDRATE

Consume Foods with High Water Content

It's important for us to replace the water that our body loses to stay in good health. There are several ways that you can do this such as enjoying a variety of unsweetened beverages, as well as eating foods that have high water content such as fruits and vegetables.

Choose one item from the food options below to add more water to your day for 5 consecutive days.

Food options with a 90-100% water content include:

- Drinks like water, sparkling water, and fat-free milk.
- Cantaloupe
- Strawberries
- Watermelon
- Lettuce
- Cabbage
- Celery
- Spinach
- Cooked squash

Food options with a 70-89% water content include:

- Bananas
- Grapes
- Oranges
- Pears
- Pineapples
- Carrots
- Cooked broccoli
- Avocados

Date Completed

Food Consumed

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Submit to nmpsia.wellness@phs.org by November 10 to be eligible for a prize!

Name: _____

Email: _____

