

Water can be obtained not only from drinks, but also from food. That's what it is especially worth paying attention to if you want to refresh.

Cucumber. They are 96% of the water, and in pickled form – by 95%. There are also many nutrients in cucumbers.

Iceberg salad. This type of lettuce consists of 95.6% water. Two cups of such a chopped salad will give the body 16 kcal and 20 mg of calcium.

Celery. The water content in it is 95%. In addition, there is a lot of fiber in the celery, useful for digestion.

Radish. The root crop, which contains fiber and vitamin C. It also consists of water.

Romaine lettuce. It has more nutrients than in the Iceberg salad, as well as 95% of water.

Zucchini. It contains many nutrients, 94.8% of water consists of water, has low calorie content.

Tomatoes. They contain 94% of water, as well as a large amount of nutrients, including potassium, vitamin C, folic acid, antioxidants.

Bulgarian pepper. It consists of 94% water, contains a lot of fiber.



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Asparagus. These shoots are 93% of the water. They are also low -calorie, contain fiber, folic acid, vitamins K, C and A.

Portobello mushrooms. They consist of 92%of water, very low -calorie, contain little fat.

Watermelon. It consists of 92% water, is considered an excellent source of vitamin C and other antioxidants.

Spinach. This vegetable is rich in fiber, vitamins A, C, K, folic acid, calcium, iron, consists of 92% of water.

Strawberry. This berry consists of 91%water. It is also considered a good source of vitamin C, manganese and fiber, contains antioxidants.

Small milk. Such milk is 91% water. It also has as much calcium as in the whole one.

Broccoli. It contains vitamins C and K, folic acid, iron, potassium, fiber, as well as 90% of water.

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