

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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