

## Hydrate with Food

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Summertime thirst is a “demanding mistress”!

“The body uses water to regulate internal body temperature, lubricate joints, maintain muscle integrity and help ease other bodily functions,” **says fitness trainer Franci Cohen, CEO of Fuel Fitness NY.** On a daily basis, the body loses water through respiration, perspiration, urination and even digestion.”

If the water bottle gets a little boring, don’t forget that some foods, especially fruits and vegetables, pack in major moisture. Snacks that you can keep at close hand for tasty hydration include:

- **Cucumber**—tops the list of fruits and vegetables when it comes to water content, plus contains vitamin K.
- **Celery**—full of water, rich in fiber and also containing potassium, which helps the body to retain water.
- **Iceberg lettuce**—lacks the high fiber of darker salad greens, but the highest water source of all lettuces.
- **Radish**—lots of antioxidants, too.
- **Zucchini**—a veggie with protein.
- **Tomato**—whether technically a fruit or vegetable, definitely a leader in water content.
- **Cabbage**—green or red, a water winner.
- **Cauliflower**—also lowers cholesterol.
- **Eggplant**—another food blessed with antioxidants.
- **Pepper**—green leads the colors in water load.
- **Mushroom**—good fiber content as well.
- **Spinach**—the folate feeds your brain.
- **Broccoli**—one of the overall best foods you can eat.
- **Carrot**—cooked or raw, a root with hydration.
- **Many fruits**—water accounts for more than 80% of the weight of watermelon, strawberries, grapefruit, cantaloupe, peaches, pineapple, cranberries, orange, raspberries, apricots, blueberries, plums, apples, pears, cherries and grapes.