Top 10 Hydrating Foods

1. Cucumber - 96% Water
2. Watermelon - 96% Water
3. Pineapple - 95% Water
4. Green Pepper - 95% Water
5. Tomato - 94% Water
6. Blueberries - 95% Water
7. Broccoli - 95% Water
8. Cantaloupe - 92% Water
9. Orange - 90% Water
10. Pear - 89% Water