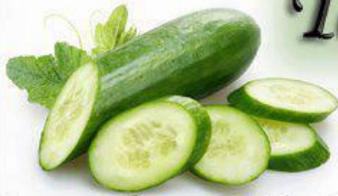


Top Water-Rich Foods

Raw For Beauty



Cucumbers 96% Water



Tomatoes 94% Water



Celery 95% Water



Watermelon 96% Water



*Watercress
90% Water*



*Grapefruit
90% Water*



*Broccoli
92% Water*



*spinach
92% Water*



*Lettuce
96% Water*



*Carrots
90% Water*