

Top 12 Hydrating Vegetables:

- Cucumbers – 96.7%
- Romaine Lettuce – 95.6%
- Celery – 95.4%
- Radishes – 95.3%
- Zucchini – 95%
- Tomatoes – 94.5%
- Peppers – 93.9%
- Cauliflower – 92.1%
- Spinach – 91.4%
- Broccoli – 90.7%
- Carrots – 90%
- Sprouts – 86.5%

Top 12 Hydrating Fruits:

- Starfruit – 91.4%
- Watermelon – 91.4%
- Strawberries – 91%
- Grapefruit – 90.5%
- Cantaloupe – 90.2%
- Pineapple – 87%
- Raspberries – 87%
- Blueberries – 85%
- Kiwi – 84.2%
- Apples 84%
- Pears – 84%
- Grapes – 81.5%

Source: <https://hydrationfoundation.org/guide-on-how-to-be-hydrated-eat-natures-water/>