

Feel Good

SHOPPING LIST

HYDRATION MONTH

Adequate hydration during the hot summer months is crucial for our health. Just like we use sunscreen to protect our skin from the sun, getting enough water can internally protect us from the strain that dehydration puts on the body. But drinking heaps of water every day can be tricky when we're out having fun, so why not focus on foods that are naturally high in water! You're in luck--many of these foods are in season right now. Click on the links below for recipes that feature these cooling ingredients.

Cucumber: With 96% water, you can't go wrong adding cucumber to any dish from salads, to smoothies, popsicles and cocktails.

Zucchini: You may not consider zucchini to be the most hydrating fruit, but it has an impressive 95% water content. It's also high in vitamin C, which helps protect skin from sun damage.

Iceberg Lettuce: Crisp iceberg lettuce on a hot day is underrated! It's super hydrating with 96% water. Use it as a base for your salad or as a low-carb lettuce wrap.

Strawberries: Bite into a juicy strawberry and you can feel the hydration with 91% water.

Oranges: Often known for their vitamin C punch, but don't forget about their hydrating 86% water.

Watermelon: A sweet and delicious fruit with a whopping 92% water! This melon is also an excellent source of the antioxidants lycopene, which helps protect our skin from sun damage.

Tomato: Nothing's better than a ripe summer tomato. And it happens to be 94% water!

Coconut Water: A healthy beverage to keep you hydrated throughout the summer with 95% water content. It's loaded with electrolytes to help you replenish after exercise.

Cantaloupe: At 90% water, snacking on a juicy piece of cantaloupe is a tasty way to hydrate. It's also a great source of vitamins A and C, which help protect the skin from sun damage.

Peaches: Not only are peaches a great source of fiber and vitamins (like A and C), they're especially hydrating with around 90% water. Plus they're delicious in a cobbler!

