

Summer Fruits to Stay Hydrated and Healthy

Drinking plenty of water is an important part of staying hydrated, but the fruits that you enjoy can also play a vital role in making sure you're getting enough H₂O. In addition to helping you stay hydrated, enjoying fresh fruit provides multiple health benefits, such as a healthy dose of fiber, feel-good nutrients to boost your mood and lower inflammation, iron to boost your immune system and nutrients that help with weight loss. Try adding these summer fruits to your meals and snacks for an extra hydration boost.

Cucumbers. Cucumbers are considered a fruit and are made up of 95% water. Chop fresh cucumbers to sprinkle on a salad or slice them up and add to sandwiches.

Watermelon. Made up of 92% water, watermelon isn't just great for staying hydrated—it's also loaded with fiber and vitamin C. Try slicing watermelon into cubes, stick each cube with a popsicle stick, and freeze for a vitamin-packed, hydrating boost that cools you off fast.

Tomatoes. Red tomatoes are loaded with even more water than watermelon at 94% water content and give you an antioxidant punch. They taste great grilled with some summer kabobs.

Apples. They're not just for fall and come in at 84% water content. Eating an apple first thing in the morning can provide you with more of an energy boost than drinking a cup of coffee. Apples can also support gut health and may lower the risk of heart disease. They add a nice burst of sweetness to summer slaws.

Oranges. With a water content of 87%, oranges are the perfect way to hydrate on hot summer days. While orange juice can be hydrating, you're better off eating the whole fruit. Incorporate its juice into sweet and tangy marinades.

Strawberries. Also with a 92% water content, they're perfect to add into whole fruit smoothies.

Source: <https://evidation.com/blog/summer-fruits>