

# JULY 2023

## Fruits & Veggies That Help You Stay Hydrated

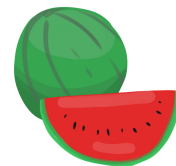
By including a variety of water-rich fruits and vegetable products in your diet, you can consume a significant amount of water. You won't have a problem staying hydrated during these hot summer months, as long as you're eating plenty of water-rich foods and drinking water when you feel thirsty!



TOMATO



GRAPEFRUIT



WATERMELON



BROCCOLI



CAULIFLOWER



CARROTS



CUCUMBER



CELERY



STRAWBERRY



SPINACH

For more ideas & information: [19 Water-Rich Foods That Help You Stay Hydrated](#)

**Bonus idea! Place a few pieces of your favorite fruit into the bottom of a glass and add your choice of sparkling or flat water and some ice! You can even use a long spoon to break up some of the fruit to infuse the juices into your drink. Enjoy!**