



This month we're focusing on **Hydration**

Staying hydrated is important! You already drink water but did you know you can EAT your water too? Many fruits & veggies like strawberries, watermelon and cucumbers have high water content to help you stay healthy and hydrated. Plus, you get the benefit of their other nutrients as well!

Read on for more hydrating fun facts.

- When the body is dehydrated it lets you know by making you feel thirsty. Listen to the body's cues and quench your thirst with water!
- Fruits & vegetables can be a great source of water. Cucumbers, strawberries, bell peppers and cantaloupe all contain over 90% water. Try adding them to your dinner or as a snack.
- This might be the first water bottle: Early explorers used to use watermelons to carry and hold their water!
- Watermelon is over 90% water, making it a nutritious and refreshing snack during the warmer months.
- Sparkling water is a great sub for soda. You'll have the carbonation you crave & the hydration you need without added sugar.
- Looking for a hydrating meal? Try a salad! Lettuce, tomatoes and cucumber are all not only full of vitamins and nutrients but are also water-rich veggies that help you stay hydrated throughout the day.
- Dehydration can cause dizziness and lack of focus. The best defense? Water. Drink up to do your best!
- Have you tried Jicama? This type of turnip (pronounced "hah-cah-mah") with crisp, crunchy and slightly sweet flesh originated in Mexico. Hydrating jicama has around 86% water and is a great addition to your salad.