

Five Ways to Eat Your Water

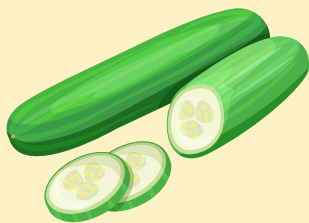
Most of us know that the best way to stay hydrated is to drink plenty of water. But if we're being honest: sometimes it can be boring. Thankfully, you're not limited to guzzling glass after glass of water to stay properly hydrated. Check out these five ways you can eat your way to better hydration.

Keep it raw

Fruits and vegetables are loaded with water. Better still? The water in fruits and veggies is where most of the nutrients lie. Grab, wash and snack on raw fruits and veggies such as berries, baby carrots, peppers and celery throughout your day.



Cool off with cucumber



Cucumbers have 95% water content. They're easy to find and inexpensive. Crunch your way to hydration with these on your sandwiches, in salads or by the slice with your favorite hummus.

It's called watermelon for a reason

Watermelon is plant-based hydration perfection wrapped up in a big green ball. Enjoy it fresh, frozen, tossed on a salad or blended (obviously ditch the seeds and the rind).



Behold, the banana

These potassium powerhouses are great in the summer. Potassium, which is an electrolyte we lose when we sweat, helps with muscle function while banana's water helps to hydrate you.



Squeeze in Spinach

Popeye may have been on to something. Spinach is made up of 92% water and packs more nutrients per bite compared to iceberg lettuce. Layer it into a sandwich, use it as the outside of a wrap or chop it into a pasta salad dish to add nutrients and hydration.

