

10 Juicy Foods to Keep you Hydrated this Summer!



Image: Watermelons and Grapefruits are two of our favourite hydrating foods

We often associate being hydrated with drinking plenty of water; however the foods we choose to eat can either dry us out or they can provide us with nourishing hydration. By choosing to eat raw and juicy foods more often you will be increasing your fluid intake as well as giving yourself a super nutrient boost. Here are our top 10 juicy foods to keep you hydrated this summer:

1. **Watermelons** are super juicy and fantastic on their own but are also great in salads with nuts and seeds. You can simply blend watermelons with lemon juice and mint to make a refreshing drink or blend and pour into homemade icy pole molds. Watermelons are 92% water and contain potassium, calcium, magnesium and sodium to get you hydrated fast.
2. **Capsicums** are also 92% water and are an ideal raw ingredient to add to salads or to enjoy just on their own. Red capsicums have the highest levels of nutrients and have a sweet almost fruity flavour. Orange capsicums have the next most amounts of nutrients followed by yellow and then green with the least. This is because green capsicums are harvested before they have ripened. The nutrients capsicums contain are B1, B6, folic acid, vitamin C and beta-carotene.
3. **Grapefruits** are perhaps one of the most under-rated of the fruits as they play a key role in appetite control, healthy insulin levels and in the liver detox system. They are also rich in vitamin C, lycopene (an anti-oxidant) and choline. Grapefruits also help to promote healthy blood fats and especially the ruby red fruits, are delightfully sweet.
4. **Pineapples** are not only juicy and super flavoursome, they contain bromelain. This enzyme is used by our body to digest the proteins that are in our diet and it is also a powerful anti-inflammatory, playing a key role in wound healing and calming down arthritis.

5. Another fruit with high water content is the humble **pear**. They are very deliciously sweet but the high levels of beneficial dietary fibre will help to keep your blood sugar balanced as well as your bowels regular.
6. The flesh of the **cucumber** is mainly water but it also contains vitamin C and caffeic acid. It is this molecule that helps with puffy eyes and can help cool and soothe the skin, especially irritations and sunburn.
7. **Lettuce** contains an incredible 94% water with high levels of vitamin A. Large lettuce leaves make the perfect wrap alternative for this hotter weather.
8. **Carrots** are around 87% water and have the highest levels of beta-carotene than any other food. This nutrient is converted to vitamin A in the body, which is a powerful anti-oxidant that plays a critical role in neurological function and maintaining healthy vision.
9. **Tomatoes** are vitamin packed rosy gems that are high in water and ideal for making summer salsas and sauces to drizzle over salads to keep you cool. They are a good source of vitamin A and vitamin C.
10. **Zucchini's** are packed full of water as well as the nutrients potassium, folate, vitamins A and C. Try slicing them thinly along with the juicy radish and mixing with salad greens, cooked beans, olive oil, lemon juice and your homemade salsa.

Water plays a crucial role in the health and integrity of each cell in our body and with as little as 2% dehydration our well-being starts to decline, including our brain function. These top 10 juicy treasures, along with adequate fresh and clean water intake, is a must this summer to keep your cells happy, your digestion functioning well and your energy levels on fire.

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