



# Top 10 Hydrating Fruit and Veg



**96%**  
water



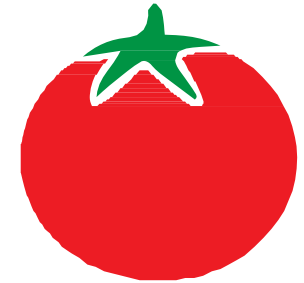
**96%**  
water



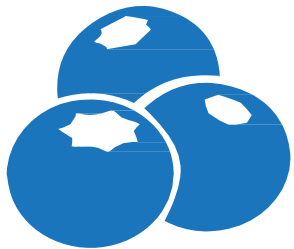
**95%**  
water



**95%**  
water



**94%**  
water



**95%**  
water



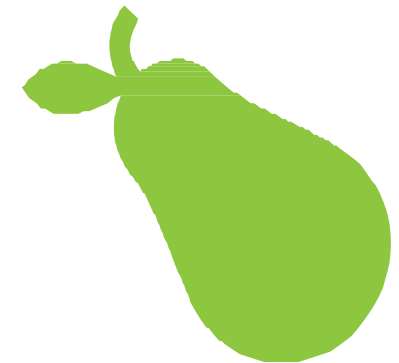
**95%**  
water



**92%**  
water



**90%**  
water



**89%**  
water