

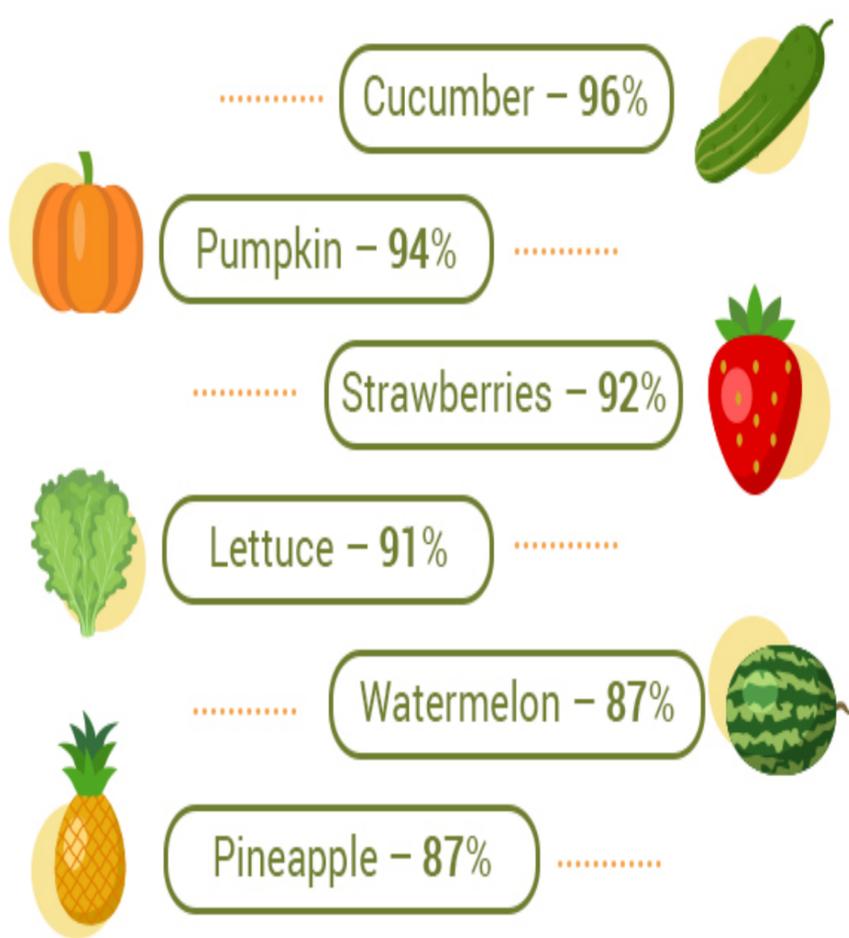


# Fruits And Vegetables

With High Water Content To

## Stay Hydrated

A pregnant woman is recommended to have nine cups or about 2.3 liters of fluid per day. Here are the water-rich foods with their respective water content percentages



### Ways to incorporate them into your diet

- Slice the fruits and add to your water to have fruit-infused water.
- Prepare a salad of veggies or fruits as snacks with your favorite dressing and toppings.
- Blend the fruits or veggies into a morning smoothie or a cooling summer beverage.

### References

1. Water – a vital nutrient; Better Health
2. Nutritional value of foods; USDA