

"WATER-GAIN" TO MAKE UP FOR THE "WATER-LOSS"

Check out this list of fruits and vegetables with a high water content that will help you stay hydrated.

FRUITS



Watermelon



Cucumber



Strawberries



Cantaloupe



Pineapple

VEGETABLES



Zucchini



Bell peppers



Broccoli



Celery



Lettuce

REFERENCES:

1. How hydration during pregnancy can benefit you and your baby; Intermountain Healthcare
2. 5 superfoods during pregnancy; Aster Hospitals