

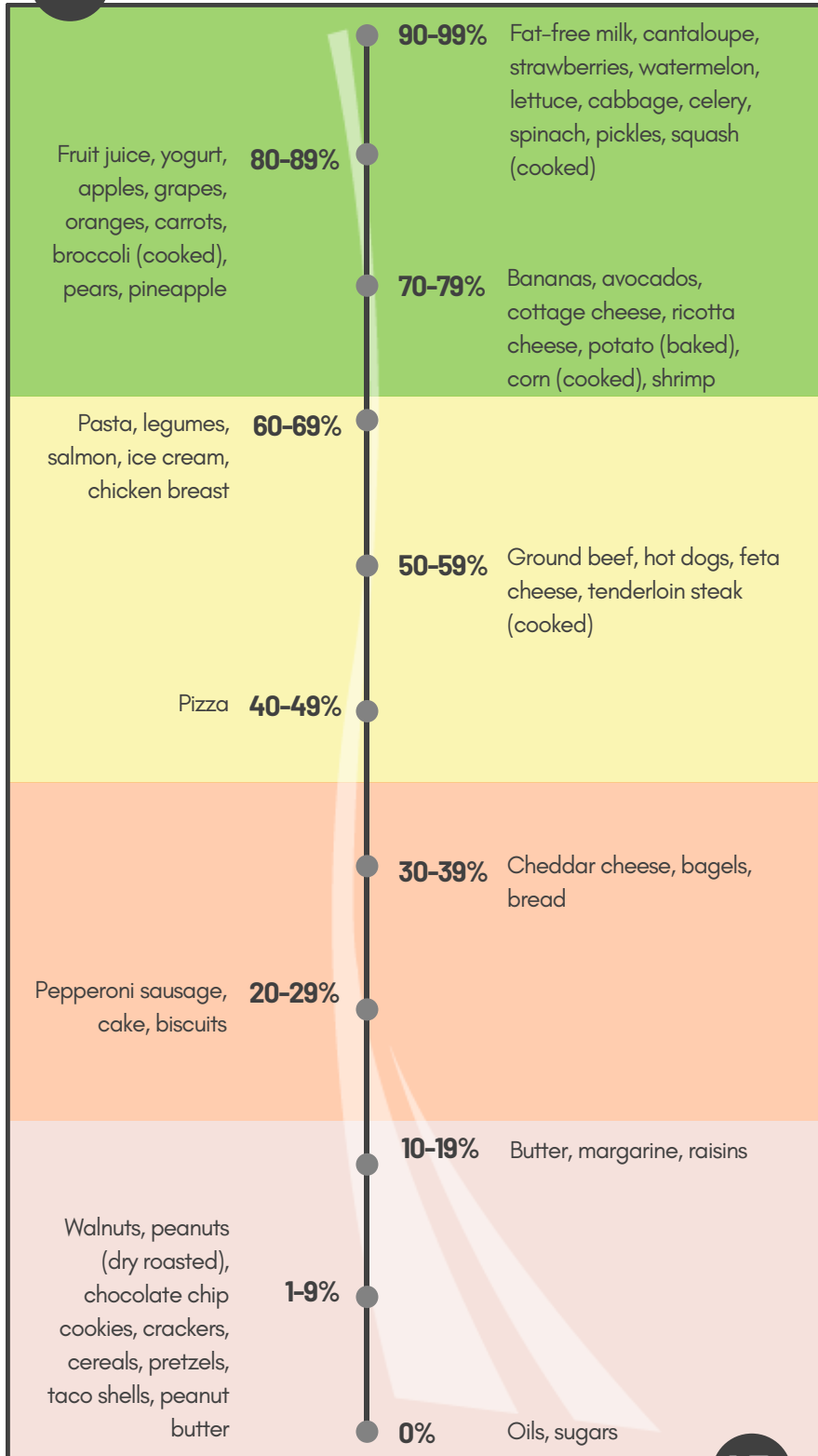


FOOD HYDRATION!

WATER IS NOT THE ONLY WAY TO STAY HYDRATED. FOODS IMPACT OUR HYDRATION LEVELS TOO! CHECK OUT THESE OPTIONS AND HYDRATE WITH WHAT YOU EAT TOO!



100% HYDRATION



0% HYDRATION



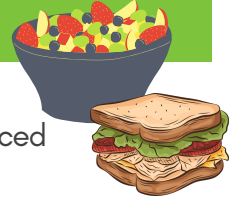
HYDRATING LUNCH IDEAS

Hydrating Salad



- Mix together higher hydrating foods like:**
- lettuce
 - cucumber
 - tomato
 - chicken
 - feta cheese
 - Greek dressing

Sandwich & Fruit



Sandwich:

- chicken breast sliced
- lettuce
- tomato
- cheddar cheese

Fruit Salad: Any combo:

Watermelon, strawberries, apples, grapes, pears, pineapple



FOODS TO LIMIT

Foods like this that we may commonly have as lunch or snacks rank low in hydration:

- Pretzels
- Chips
- Pizza
- Cookies
- Baked goods

***Moderation is key!**

Low hydration foods do not have to be eliminated, just moderated. Eat the majority of your meal with hydrating foods and use moderation with others.

