

10 Hydrating Foods to Keep You Refreshed

Published on 30 Sep 2025 | By IFI Correspondent



Staying hydrated is essential for maintaining optimal health, especially during hot weather or periods of increased physical activity. While drinking water is crucial, incorporating water-rich foods into your diet can further support hydration and provide additional nutrients. Here are 10 hydrating foods to keep you refreshed.

1. Cucumbers

Cucumbers are composed of 96% water, making them one of the most hydrating vegetables. They are also low in calories and high in fiber, promoting digestive health. Additionally, cucumbers contain antioxidants like flavonoids and tannins, which can help reduce inflammation and support skin health.

2. Lettuce

Lettuce is another vegetable with high water content, around 96%. It's a good source of fiber, which aids in digestion, and contains vitamins C and A, both of which are important for maintaining healthy skin and vision.

3. Tomatoes

Tomatoes are made up of 95% water and are rich in lycopene and beta-carotene antioxidants. Thus compounds have been linked to a reduced risk of certain cancers, improved bone health, and enhanced skin protection.

4. Radishes

Radishes contain 95% water with vitamin C and potassium. Therefore these nutrients contribute to heart health and have detoxifying properties, helping to cleanse the body.

5. Celery

Celery is composed of 95% water and is known for its high content of vitamins, minerals, and fiber. Overall can aid in digestion and reduce inflammation, making it a great addition to a hydrating diet.

6. Zucchini

Zucchini is made up of 93% water and provides vitamins A, E, and C. These antioxidants support skin health and can be consumed by eating zucchini raw or lightly cooked.

7. Watermelon

Watermelon is 92% water and is rich in vitamins A and C, as well as magnesium. It's a refreshing fruit that can help keep you hydrated and provide essential nutrients.

8. Strawberries

Strawberries are 91% water and are a good source of lycopene, an antioxidant that protects the skin from UV rays, and vitamin C, which stimulates collagen production.

9. Cantaloupe

Cantaloupe contains 90% water and is rich in vitamin A, which is vital for healthy skin. Its high water content makes it a hydrating and nutritious fruit choice.

10. Peaches

Peaches are 88% water and provide a combination of vitamins, minerals, and antioxidants. Therefore they contain beta-carotene and vitamin C, which help protect the skin from UV rays.

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL AND PROMOTIONAL FEATURE ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL CLIENTS/EXPERT/THEIR AUTHORISED REPRESENTATIVE/TRUNAL SAHUJI, TO WHICH EFFECT, PUBLICATION HOUSE/ITS REPRESENTATIVES/AFFILIATES ARE NOT RESPONSIBLE/LIABLE WHATSOEVER.