

# Health benefits of Water Rich Foods

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If you want to **lose weight**, drink water before, during and after a meal. This was one of the most popular diet trick eating more **water-rich foods**, however, can help reduce those calories and will help you feel more energized.

**Fruits and vegetables high in water** are also low in calories and makes us feel full and satisfied eating less. Our diet automatically improves because we are **eating healthy** calories packed with enzymes and nutrients.

## **Diet rich in fruits and vegetables with high-water content:**

- It's a diet rich in minerals, vitamins, antioxidants and fiber.
- It keeps the body hydrated, preventing tiredness and fatigue.
- It helps to flush waste and toxins out of the body. Water-rich foods are popular in detoxing and cleansing diets.
- It reduces water retention.
- It decreases the need for insulin in the body.

## **Water-Rich foods are: Vegetables with a water content of 90 percent or more**

- Bell pepper
- Broccoli
- Celery
- Cucumber
- Eggplant
- Pumpkin
- Radish
- Spinach
- Tomato
- **Zucchini**

## **Fruits with a water content of 85 percent or more**

- Apricot
- Blueberry
- Cantaloupe
- Grapefruit
- Orange
- Pineapple
- Strawberry
- Watermelon

For Water Rich Food recipes visit [www.womenspage.in](http://www.womenspage.in)