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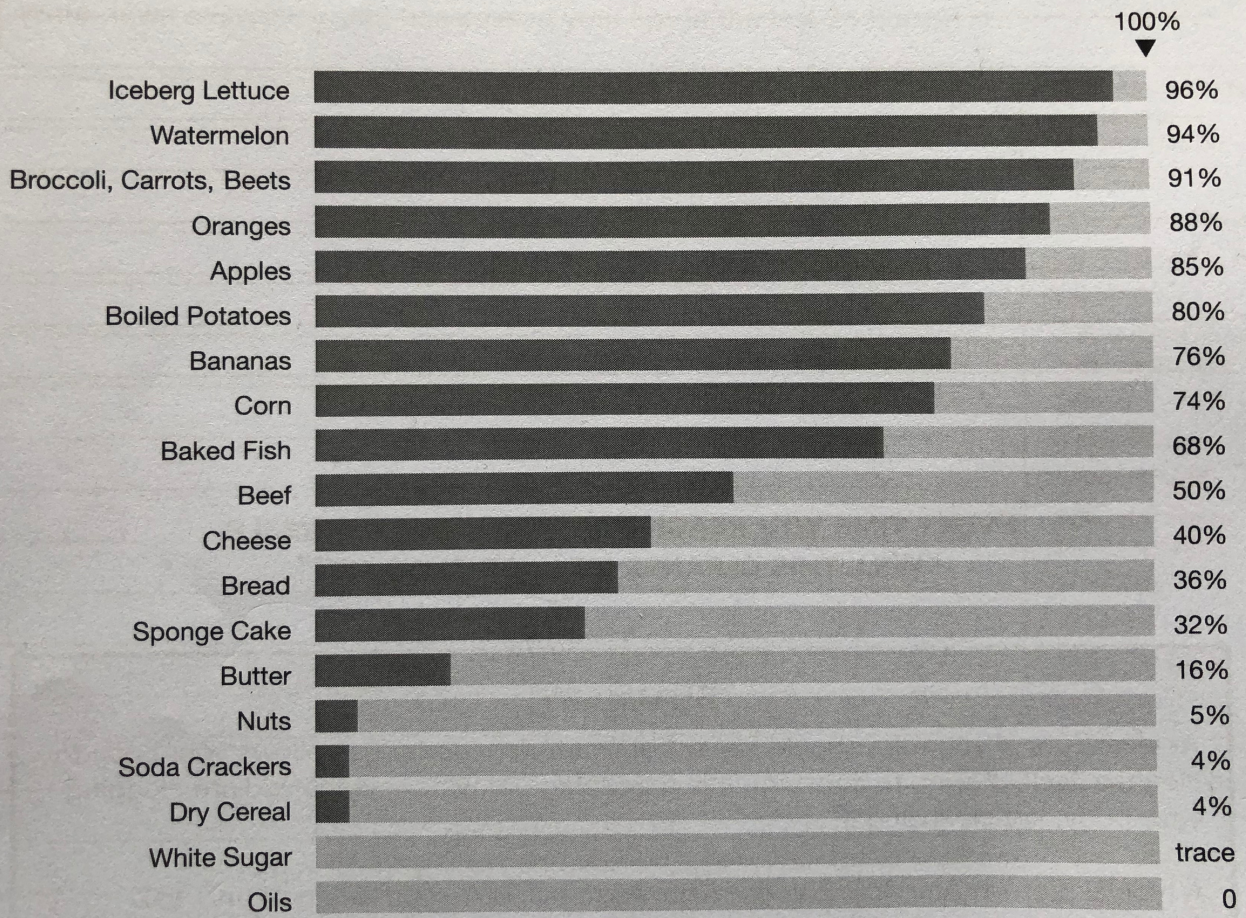
FOOD

CONTENT

WATER

TABLE

WATER CONTENT OF COMMON FOODS



**1. WRITE DOWN EVERYTHING THAT HAS
PASSED YOUR LIPS IN THE 24 HOURS:**

EXAMPLE: ONE MAN DIET 24 HOURS

1 GLASS OF MILK, 1 GROUND BEEF PIZZA, 1 MCDONALD'S BIG MAC, 1 ROAST DUCK
3 PEARS, 6 SODAS, 1 PLATE OF PASTA, 1 BAG OF THEATER STYLE POPCORN

**2. LOOK AT YOUR LIST OF EVERYTHING THAT
HAS PASSED YOUR LIPS IN THE PAST 24
HOURS. WHAT PERCENTAGE OF YOUR DIET IS
MADE UP OF WATER-RICH FOOD?**

3. WHAT ARE SOME FOODS THAT YOU ENJOY THAT HAVE A HIGH WATER CONTENT?
