



HEALTH AND WELLBEING CHECKLIST

Date

25

Hydration-Friendly Foods

Incorporating hydrating foods into your diet helps maintain optimal water levels and supports overall health. Use this checklist to boost hydration through your meals.

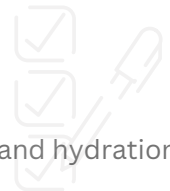
Add Water-Rich Fruits

- Include fruits like watermelon, strawberries, and oranges to boost hydration.
- Example: Have a bowl of watermelon or a mixed fruit salad as a snack.



Include Leafy Greens

- Eat lettuce, spinach, and kale in salads or smoothies to add water content.
- Tip: Use baby spinach or romaine as a base for your favourite salads for added crunch and hydration.



Snack on Cucumbers and Celery

- These vegetables are over 95% water and perfect for hydrating snacks.
- Tip: Pair cucumbers or celery with hummus or a yoghurt dip for extra flavour.



Incorporate Tomatoes

- Add fresh tomatoes to salads, sandwiches, or soups for hydration and nutrients.
- Tip: Use cherry tomatoes as a quick snack or roast them for a sweet, juicy addition to dishes.



Choose Bell Peppers

- Red, yellow, and green peppers are hydrating and full of vitamins like C and A.
- Tip: Slice peppers for snacks or add them to stir-fries, fajitas, or raw veggie platters.



Eat Courgette

- Roast or spiralise them for hydrating side dishes or pasta substitutes.
- Tip: Add courgette to soups or bake it into casseroles for a water-rich ingredient.





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Include Broth-Based Soups

- Opt for clear, low-sodium broths or soups as part of your meals to stay hydrated.
- Example: Enjoy chicken noodle soup or a vegetable broth for a comforting, hydrating meal.



Enjoy Yoghurt

- Plain or Greek yoghurt contains water and supports gut health with probiotics.
- Tip: Top yoghurt with fresh fruit or granola for a balanced, hydrating snack.



Drink Coconut Water

- Hydrate with natural electrolytes found in coconut water, especially after exercise.
- Tip: Look for unsweetened varieties to avoid added sugars while staying hydrated.



Snack on Grapes or Melons

- Keep these water-rich fruits handy for quick hydration and a refreshing treat.
- Tip: Freeze grapes or melon cubes for a cooling snack during hot weather.



Try Smoothies

- Blend fruits and veggies with water or coconut water for a hydrating treat.
- Tip: Add ice cubes to make your smoothie extra refreshing and enjoyable.



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