

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS

## Hidden Sources of Hydration

Raw fruits and vegetables are a great source of hidden fluids plus some extra nutrients like potassium, vitamins and fiber. Include a variety of fruits and vegetables with your meals and snacks to stay hydrated & healthy!

### FRUITS:

**Watermelon**  
**Cantaloupe**  
**Grapefruit**  
**Oranges**  
**Strawberries**  
**Grapes**



### VEGETABLES:

**Tomato**  
**Broccoli**  
**Cucumber**  
**Celery**  
**Romaine Lettuce**

Adapted by Courtney Lowe, MS, RDN, Extension Agent Health-Lamb, Castro & Hale Co.

Sources: Rethink Your Drink, Texas A&M AgriLife Extension & Better Living for Texans

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