



































Water Amounts in Fruits and Vegetables

The tables provide the percent water of some common raw fruits and vegetables. Fruits and vegetables water with **85% or more water** can help you stay hydrated.

Fruits		Percent Water
Strawberries		92
Watermelon		92
Grapefruit		91
Cantaloupe		90
Peach		88
Cranberries		87
Orange		87
Pineapple		87
Raspberries		87
Apricot		86
Blueberries		85
Plum		85
Apple		84
Pear		84
Cherries		81
Grapes		81
Banana		74

Vegetables		Percent Water
Cucumber		96
Lettuce (iceberg)		96
Celery		95
Radish		95
Zucchini		95
Red Tomatoes		94
Green Tomatoes		93
Green Cabbage		93
Red Cabbage		92
Cauliflower		92
Eggplant		92
Sweet Peppers		92
Spinach		92
Broccoli		91
Carrots		87
Green Peas		79
White Potato		79