



Food: A Water Source

It's not easy to figure just how much water you consume each day. While drinks – plain water and other beverages – supply a good portion of your water needs, solid food also provides a surprising amount.

Food	% Water by Weight	Food	% Water by Weight
Lettuce (1/2 cup)	95	Watermelon (1/2 cup)	92
Broccoli (1/2 cup)	91	Grapefruit (1/2)	91
Milk (1 cup)	89	Orange juice (3/4 cup)	88
Carrot (1/2 cup)	87	Apple (1 medium)	84
Cottage cheese, low-fat (1/2 cup)	79	Yogurt (1 cup)	75
Potato, baked with skim (2 medium)	71	Tuna, canned & drained (3 oz.)	65
Rice, cooked (1/2 cup)	69	Kidney beans, boiled (1/2 cup)	67
Pasta, cooked (1/2 cup)	66	Chicken, roasted & no skin (3 oz.)	65
Beef, lean & roasted (3 oz.)	64	Cheddar cheese (1 oz.)	37
Whole wheat bread (1 slice)	38	Bagel (1/2)	29
Honey (1 tablespoon)	17	Butter or margarine (1 tablespoon)	16
Raisins (1/3 cup)	15	Pecans, dried (2 tablespoons)	5

Dehydration: Look for the body signals

The effects of dehydration, or loss of body water, are progressive: thirst, then fatigue, next weakness, followed by delirium, and finally death. Although you need to pay attention to the signals of water loss, all these steps won't happen over the course of a single day.

% Loss of body water by total body weight	Progressive effects of dehydration (partial list)	% Loss of body water by total body weight	Progressive effects of dehydration (partial list)
0 to 1%	Thirst	2 to 5%	Dry mouth, flushed skin, fatigue, headache, impaired physical performance
6%	Increased body temperature, breathing rate and pulse rate	8%	Dizziness, increased weakness, labored breathing with exercise
10%	Muscle spasms, swollen tongue, delirium, wakefulness	11%	Poor blood circulation, failing kidney function

Calculated from: Bowes & Church's Food Values of Portions Commonly Used, 16th Edition, Jean A. T. Pennington, Philadelphia: J.B. Lippincott Company, 1994.

This information is from: *The American Dietetic Association's Complete Food and Nutrition Guide*, by Roberta Larson Duyff, MS, RD, CFCS.