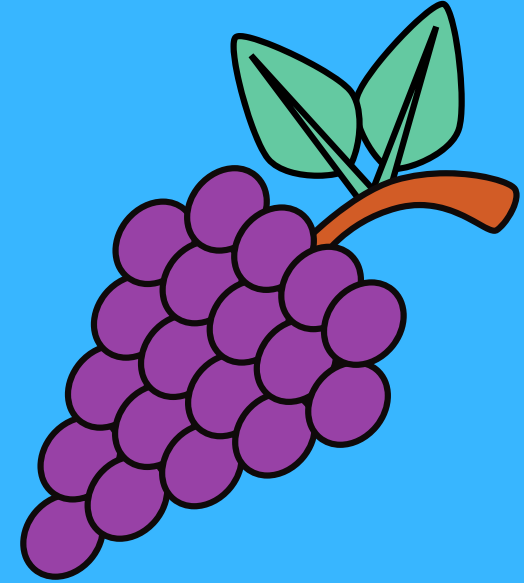
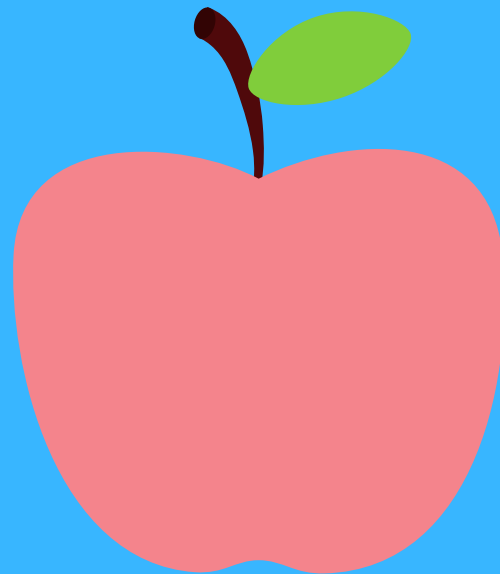
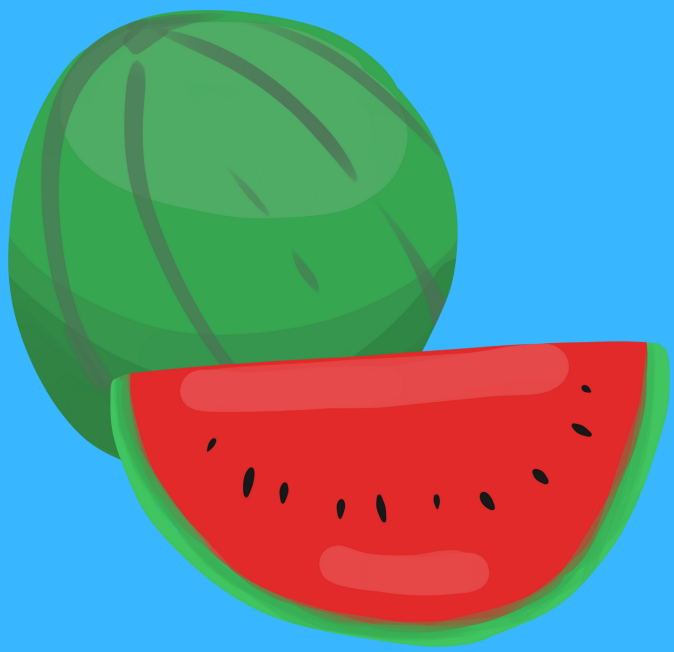


HYDRATING FOODS



1/5 of your daily
fluid intake comes
from food



Many fruits and vegetables such as the
ones pictured here are made up of more
than 85% water

