



Top Fresh Fruits and Vegetables to Keep You Hydrated in Summer

It has been a while since the summer season and we are already feeling drained. The energy level is dropping and affecting our productivity. One of the major reasons for the same is dehydration. Thus, the problem can be solved to a great extent by incorporating more juices, beverages, and soups into our diet. This would help us to maintain the hydration level. So, [buy fresh fruits and vegetables online](#), and incorporate them actively in your diet to beat the heat. Also, read along the blog to know more about the fruits and vegetables that are ideal for this scorching heat.

5 Fruits and Vegetables that are Rich in Water

Watermelon

The staple fruit for summer picnics is made up of 92.0% of water. Thus, this boosts hydration in the body. Additionally, it is rich in antioxidants, fiber, and vitamin C, which promotes gut health and maintains skin well-being. It also promotes the amino acid arginine, which helps boost the immunity system. The antioxidants present in the fruit help to reduce oxidative damage to cells, thus reducing the risk of heart disease and diabetes. It can be consumed as a snack, side dish, or blended into a refreshing juice. You can also try other melons including muskmelon, cantaloupe, honeydew, and more.



Cucumber

Cucumbers are made up of 96.0% water. Thus, they are great to have in summer. Cucumber hydrates in the summer. Due to the high content of water and soluble fibers, they help in digestion and also prevent constipation. They also help in removing excess heat from the stomach, promoting fresh breath. Also, fiber, potassium, and magnesium help in lowering and regulating blood pressure. The potassium also helps in soothing dry skin during summer. Cucumbers are low in calories and high in antioxidants that promote heart health. It also acts as a natural detoxifying agent.



Tomato

Tomato is 94.0% water by weight. It is also rich in nutrients including fiber, vitamins C and K, potassium, and antioxidants such as lycopene. This can be added to a variety of recipes including gravies, soups, and salads. The fruit reduces the risk of hypertension and contributes to the development of healthy skin. The vitamin A content in tomatoes also helps to reduce muscular degeneration, which promotes eye health and prevents vision loss.



Oranges

These contain 86.0% water by weight. Oranges are rich in nutrients such as fiber, vitamin C, potassium, antioxidants, and other trace nutrients. Thus, oranges keep you hydrated during the scorching heat, and vitamin C and potassium boost your immune system, while also maintaining heart health. Additionally, antioxidants, including flavonoids help the body fight against diseases, prevent cell damage, and reduce inflammation. The water and fiber in oranges also keep you full, keeping the appetite under control, and aiding in weight loss. Furthermore, the consumption of citrus fruits like oranges protects you against kidney stones. This is because the citric acid binds with stone-forming calcium oxalate, and helps in flushing it out of the body. Also, as oranges promote hydration they help to reduce the risk of kidney stone development.



Zucchini

Zucchini is another great option for summer with a significant water content of 94.0%. The fiber content in zucchini helps to keep you full, thus supporting weight loss. Also, it is low in calories. It also contains vitamin C. Vitamin C helps to build a strong immune system, thus protecting against several

diseases. It can be added to soups, salads, stir-fries, and more. You can also make tasty snacks using zucchini such as noodles, pasta, muffins, and more.



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So now that you know the various fruits and vegetables that are rich in water content, make sure to include them actively into your diet this summer. You can also order [fresh vegetable delivery online](#), saving yourself lots of time, so no more excuses, eat fresh and healthy! GreenChopper is one of the best platforms to buy chopped produce in Bangalore online. It offers fresh vegetable delivery in Bangalore, chopped in a variety of shapes and sizes. It is also known for providing healthy ozone-washed vegetable delivery in Bangalore. It also offers a variety of chopped veggie salads and [exotic vegetables in Bangalore](#), for a healthier overall meal. Additionally, they make use of sanitized tools [to cut vegetables](#) and ensure ultimate hygiene. So, do not wait, and visit GreenChopper now.