



## *Water Content of Fruits and Vegetables*

Water makes up about 60% of the body's weight. For the body to function properly, we need to consume about two quarts of water (or liquid) per day. Water needs vary but depend on the food a person eats, environmental temperature and humidity, a person's activity level and other factors. Fruits and vegetables contain large quantities of water in proportion to their weight. When these foods are eaten, the water can be absorbed by the body. The following table provides the water content of several popular raw fruits and vegetables.

Fruits				Vegetables			
<i>Item</i>	<i>Food Weight (g)</i>	<i>Water Weight</i>	<i>Percent Water</i>	<i>Item</i>	<i>Food Weight (g)</i>	<i>Water Weight</i>	<i>Percent Water</i>
Apple	138	116	84	Broccoli	44	40	91
Apricot	106	92	86	Cabbage (green)	35	32	93
Banana	114	85	74	Cabbage (red)	35	32	92
Blueberries	145	123	85	Carrots	72	63	87
Cantaloupe	160	144	90	Cauliflower	50	46	92
Cherries	68	55	81	Celery	40	38	95
Cranberries	95	82	87	Cucumber	52	50	96
Grapes	92	75	81	Eggplant	41	38	92
Grapefruit	123	112	91	Lettuce (iceberg)	20	19	96
Orange	140	122	87	Peas (green)	72	57	79
Peach	87	76	88	Peppers (sweet)	50	46	92
Pear	166	139	84	Potato (white)	112	88	79
Pineapple	155	135	87	Radish	45	43	95
Plum	66	56	85	Spinach	28	26	92
Raspberries	123	106	87	Zucchini	65	62	95
Strawberries	149	136	92	Tomato (red)	123	115	94
Watermelon	160	146	92	Tomato (green)	123	114	93

Prepared by Sandra Bastin, Foods and Nutrition Specialist and Kim Henken, Extension Associate for ENRI. Information taken from Bowes & Church's Food Values, 1994.