

# How Much Water Is There In The Foods You Eat?

Match the FOOD with its % Water by Weight	
<u>FOOD</u>	<u>Percent (%) Water by Weight*</u>
LETTUCE (1/2 cup)	16
BROCCOLI (1/2 cup)	67
MILK (1 cup)	37
BAKED POTATO (1 med.)	38
KIDNEY BEANS, boiled (1/2 cup)	95
CHEDDAR CHEESE (1 ounce)	89
WHOLE WHEAT BREAD (1 slice)	91
BUTTER/MARGARINE (1 Tbsp.)	71

\*Calculated from "Food Values of Portions Commonly Used",  
Bowes & Church, 1994

**What other foods would be a good water source?**

1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	8. _____

Answers: lettuce-95%, broccoli-91%, milk-89%, baked potato-71%, kidney beans-67%, whole wheat bread-38%, cheddar cheese-37%, butter/margarine-16%



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