






Water In The Foods We Eat

Percent Water by weight

Lettuce	-----95%	
Watermelon	92%	
Broccoli	-----91%	
Grapefruit	91%	
Milk	-----89%	
Orange Juice	88%	
Carrot	-----87%	
Apple	84%	
Cottage cheese	-----79%	
Yogurt	75%	
Baked potato	-----71%	
Canned tuna	70%	
Cooked rice	-----69%	
Kidney beans	67%	
Cooked pasta	-----66%	
Roasted chicken	65%	
Beef	-----64%	
Whole wheat bread	38%	
Cheddar cheese	-----37%	
Raisins	15%	
Vegetable oil	-----0%	

Source: Bowes & Church's Food Values of Portions Commonly Used, 16th Edition, 1994.



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