

5 Ways to Hydrate Without Drinking Water

While “eight glasses of water a day” is a [myth](#), staying hydrated is still paramount to one’s well-being. Water is essential for health and balance within our bodies. Being hydrated keeps our cells better equipped to stay clean, vibrant, and efficient, not to mention it’s the [simplest detox](#) around. There are many ways to get the water and hydration that we need aside from the standard 8-ounce glass. Try one of these five sources of flavorful hydration that will give you a little more nutritional bang for your buck.

1. Chia & Oatmeal. Chia and oatmeal are two fiber rich starches with hydrophilic molecules. A hydrophilic food is one that holds onto water, thus helping you stay hydrated. Chia seeds have the ability to hold up to 12 times their weight in water, and they’re also a great source of protein and antioxidants. Oatmeal is also a great source of also protein, phosphorus, potassium, selenium, manganese, and iron. Oatmeal and chia seeds swell up when mixed with water, evidence of hydrophilic foods in action. as they swell up when mixed with water.

2. Fruits. Many fruits are more than 90 percent water. Watermelon and strawberries contain about 92 percent water per volume. Grapefruit has 91 percent, cantaloupe has 90 percent, and peaches have 88 percent. Eating fruit with high-water content may hydrate you twice as effectively as a glass of water because of the natural sugars, mineral salts, amino acids, and vitamins that are found in fruit.

3. Vegetables. Cucumbers and lettuce top the vegetable water content list at 96 percent. Zucchini, radish, and celery, which are 95 percent water, are a close second. Tomatoes are 94 percent water, whereas cauliflower, eggplant, cabbage, peppers, and spinach are all 92 percent water. Most vegetables also contain high levels of calcium, magnesium, sodium, and potassium.

4. Homemade Soup. Soup is basically just seasoned water with an array of ingredients. The canned stuff, however, is often over-seasoned, extremely high in sodium, not to mention the often “less-than-nutritious” ingredients. Try making your own, it’s easy to do and allows include as many hydrating vegetables as you’d like! Our [Cleansing Cauliflower and Kale Soup](#) is a great option—it’s filled with vegetables like cauliflower, onions, and kale and has a full serving of Daily Good Greens, providing healthy doses of potassium, calcium, and magnesium.

5. Tea. Don’t like the taste of plain water? Try an unsweetened, herbal tea. ALOHA Teas have zero calories, zero chemicals, and are guaranteed to hydrate. The teas have a variety of delicious tastes (not to mention, numerous health qualities) made from real herbs (sans natural flavors that are found in most major tea labels). So...who's ready for tea time!?