

# Water Content in Food

How much water am I eating?



Each of these foods contains water. Number them in order from greatest amount of water to least amount of water.



Broccoli

**4.** 91% water

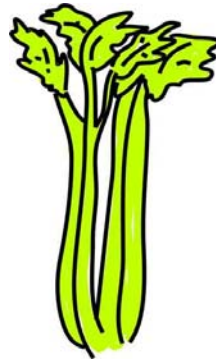
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Whole Wheat Bread

**5.** 33% water

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Celery

**2.** 95% water

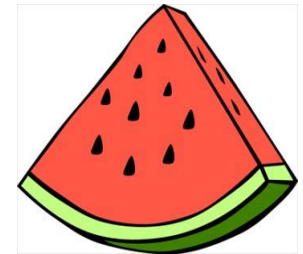
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Lettuce

**3.** 93% water

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Watermelon

**1.** 97% water

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