

Water Content of Foods

The human body is approximately 70% water.

| Food Item | Water Content |
|---------------------|---------------|
| Chicken noodle soup | 93% |
| Broccoli, raw | 91% |
| Milk | 89% |
| Orange, raw | 87% |
| Cooked oatmeal | 85% |
| Grapes | 81% |
| Cooked rice | 68% |
| Roasted chicken | 60% |
| Roast beef | 57% |
| Whole wheat bread | 38% |
| Beef jerky | 23% |
| Raisins | 15% |
| Oatmeal cookie | 6% |
| Saltine cracker | 4% |
| Crispy rice cereal | 2½% |