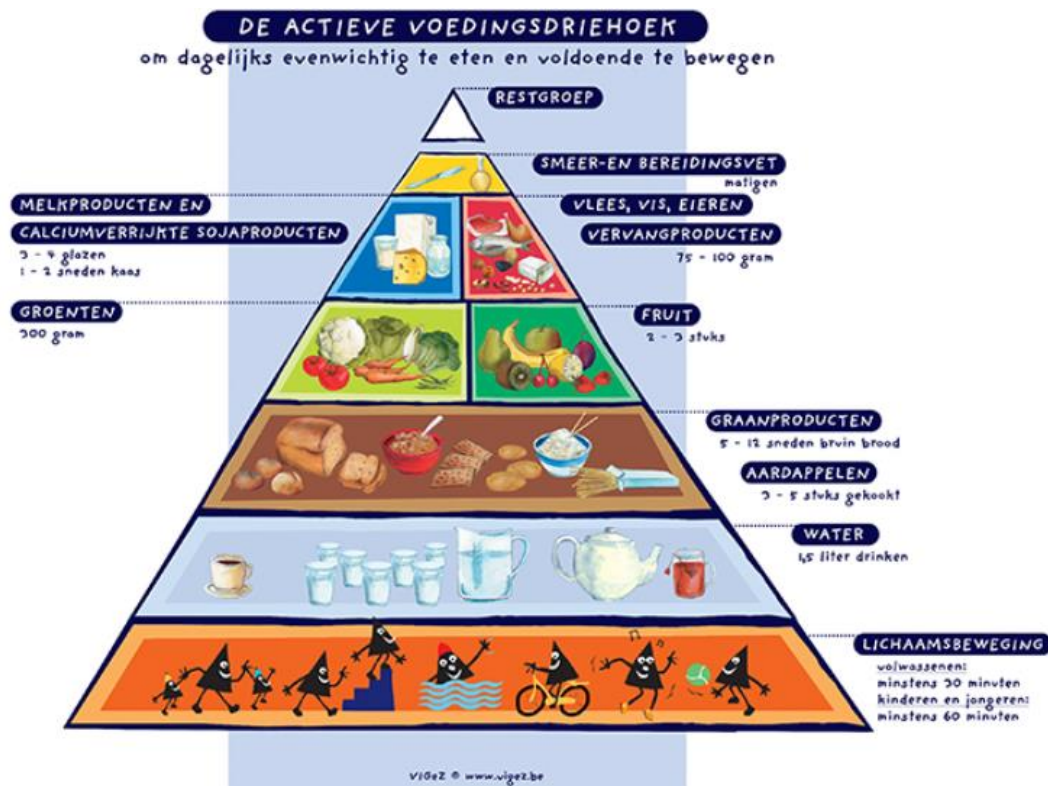


# Water Consumption Guidelines - Belgium

Author: Vigez (Flemish Institute for Health Promotion)



Key Message: Drink at least 1.5 liter/day of the water group with at least 1 liter/day of water

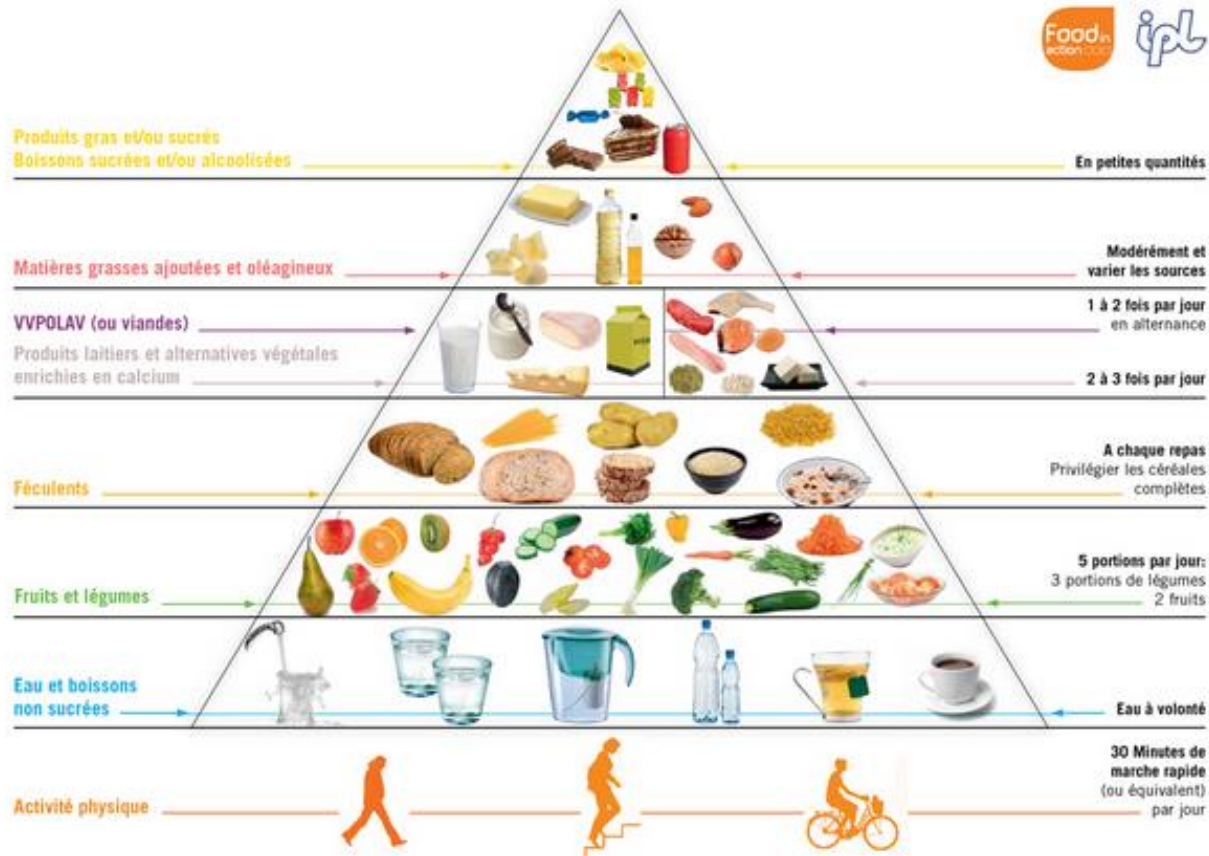
Date of record: 2017

Website Link: <http://www.vigez.be/themas/voeding-en-beweging/actieve-voedingsdriehoek/water>

Author: Food in Action and Institut Paul Lambin (Walloon recommendations)



## La pyramide alimentaire



**Key Message: Drink as much water as you want**

Date of record: 02/2017

Website Link: <https://www.foodinaction.com/telechargez-pyramide-alimentaire/>