

Water Consumption Guidelines - Germany

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Deutsche Gesellschaft für Ernährung e.V.

Der Wissenschaft verpflichtet – Ihr Partner für Essen und Trinken



Message: Water is essential to life. Make sure your daily fluid intake is approximately 1½ litres. Rather choose water, carbonated or non-carbonated, and other beverages low in calories.

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Website Link: <http://www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge/>