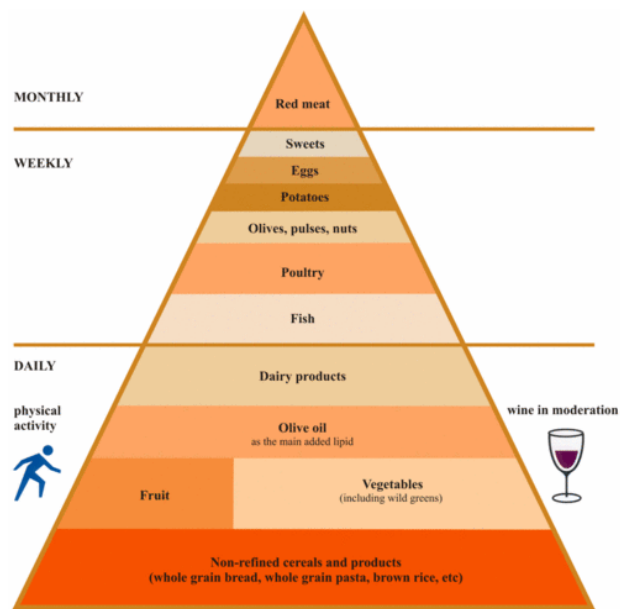


## Water Consumption Guidelines - Greece

Author: Ministries of Health, Education and Agriculture and by the National School of Public Health



Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g. oreganon, basil, thyme, etc)

**Key Message: Drink plenty of water**

Date of record: 1999

Website Link: <http://www.nut.uoa.gr./dietaryENG.html>