

Water Consumption Guidelines - Ireland

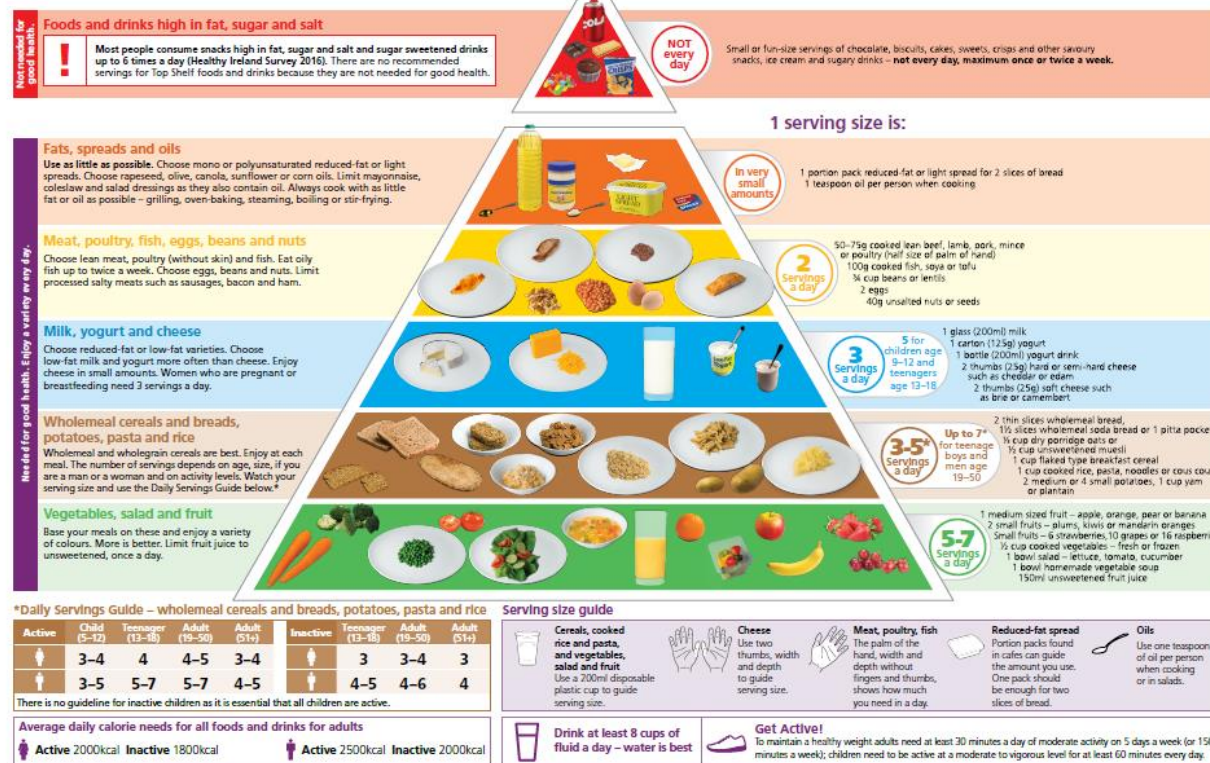
Author: Department of Health



The Food Pyramid

For adults, teenagers and children aged five and over

www.healthyireland.ie



Key Message: Drink at least 8 cups of fluid a day – water is best

Source: Department of Health, December 2016.

Date of record: December 2016

Website Link: www.healthyireland.ie