

Water Consumption Guidelines - Italy



Author: National Research Institute for Food and Nutrition

Key Message: Drink plenty of water every day, to be healthy it is important to drink a lot, at least 6 – 8 glasses, of water. Anticipate thirst, drinking 1.5 – 2 litres per day.

Date of record: 2003

Website Link: http://nut.entecra.it/files/download/linee_guida/lineeguida_05.pdf