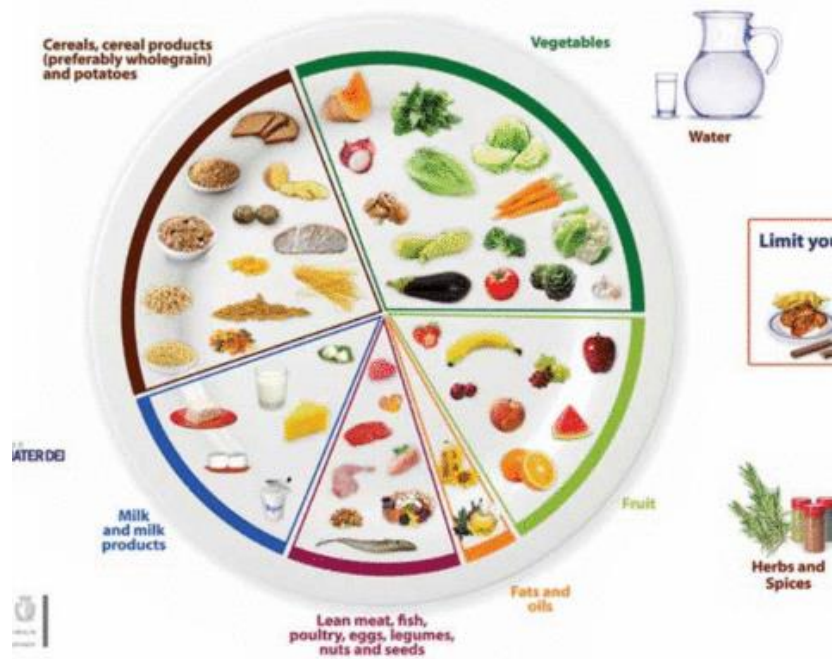


Water Consumption Guidelines – Malta

Author: The Maltese Health Promotion & Disease Prevention Directorate



Key message: Drink plenty of water. Choose plain water as your beverage as often as possible. Drink adequate amounts (1.5 to 2.0 litres) of fluids, especially water, each day.

Date of record: November 2015

Website Link: <https://deputyprimeminister.gov.mt//en/health-promotion/documents/library/publications/healthy%20plate%20en.pdf>