

## Water Consumption Guidelines - Portugal

Author: National Health Service



**Key Message: Water is essential for life, it is fundamental that you drink plentifully every day. The need for water varies between 1.5 and 3 litres per day.**

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Website Link: <https://www.dgs.pt/promocao-da-saude/educacao-para-a-saude/areas-de-intervencao/alimentacao.aspx>