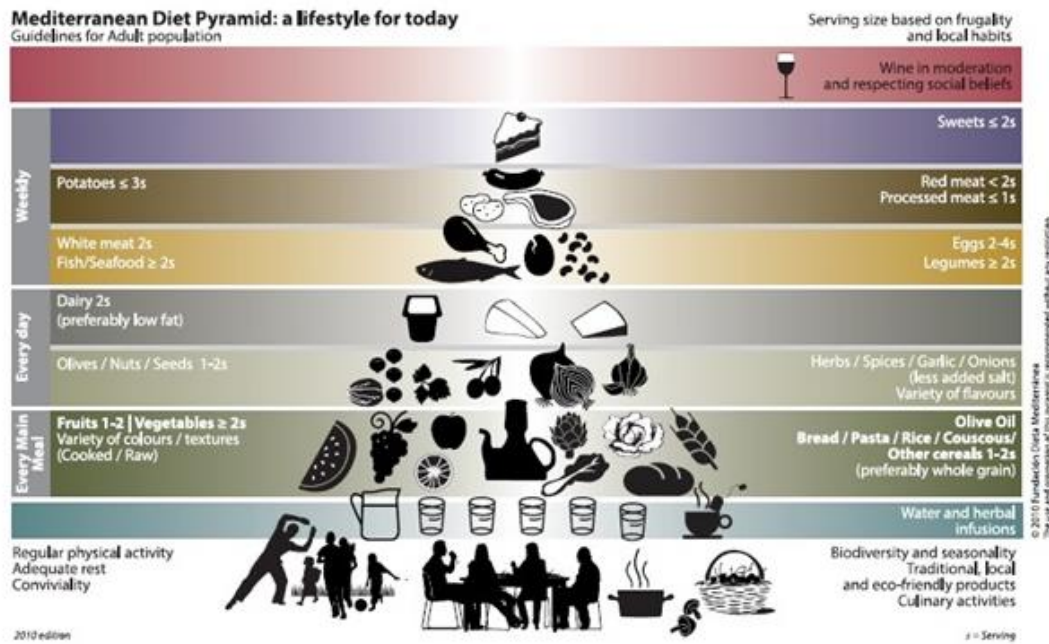


Water Consumption Guidelines - Mediterranean Diet

Author: The Mediterranean Diet Foundation



Key Message: A daily intake of 1.5 to 2 litres of water should be guaranteed. A good hydration is essential to maintain the corporal water equilibrium, although needs may vary among people because of age, physical activity, personal circumstances and weather conditions.



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Website Link: <https://dietamediterranea.com/en/nutrition/>