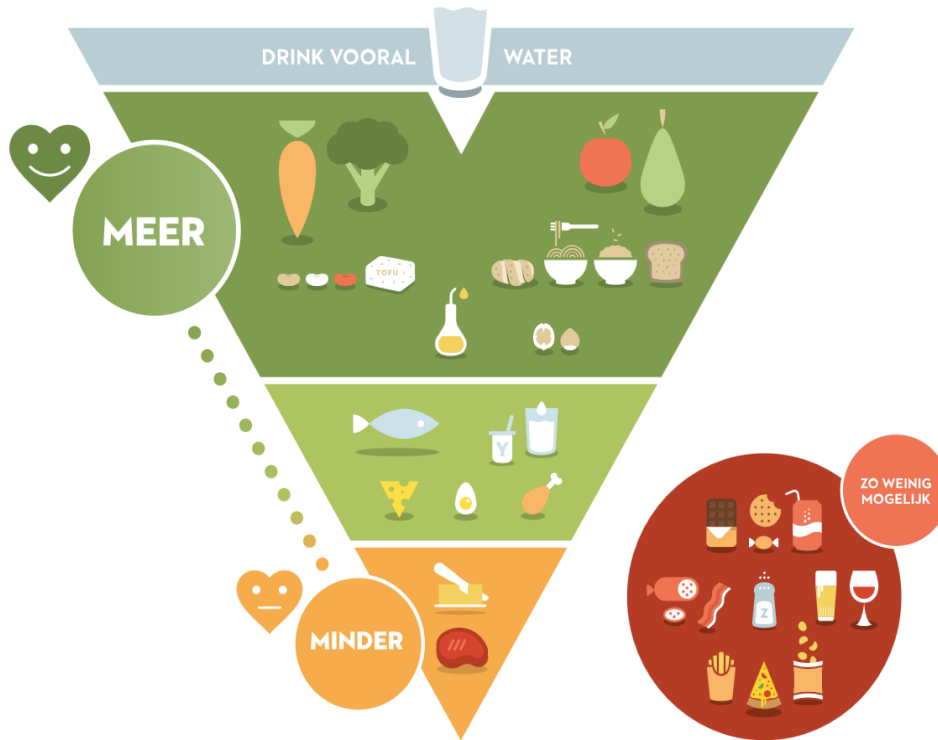


Country: Belgium

Author: Vlaams Instituut Gezond Leven
(Flemish Institute for Health Promotion)



Key Message

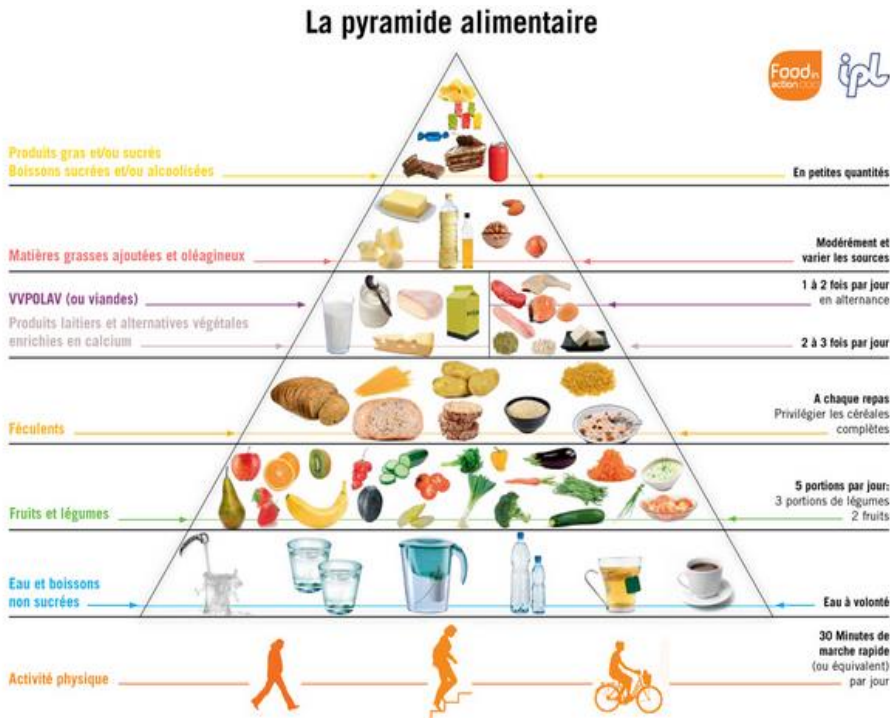
Drink water above all, 1.5 liter/day

Date of Record: October 2017

Source of Information: [Link](#)

Country: Belgium

Authors: Food in Action and Institut Paul Lambin
(Walloon recommendations)



Key Message

Drink as much water as you want

Date of Record: February 2017

Source of Information: [Link](#)