


Country: Switzerland

Author: Swiss Nutrition Society

 sge Schweizerische Gesellschaft für Ernährung
ssn Société Suisse de Nutrition
ssn Società Svizzera di Nutrizione



Key Message

Drink 1–2 litres of unsweetened beverages per day, preferably water.

Date of Record: 2011

Sources of Information: [Link](#) & [Link](#)