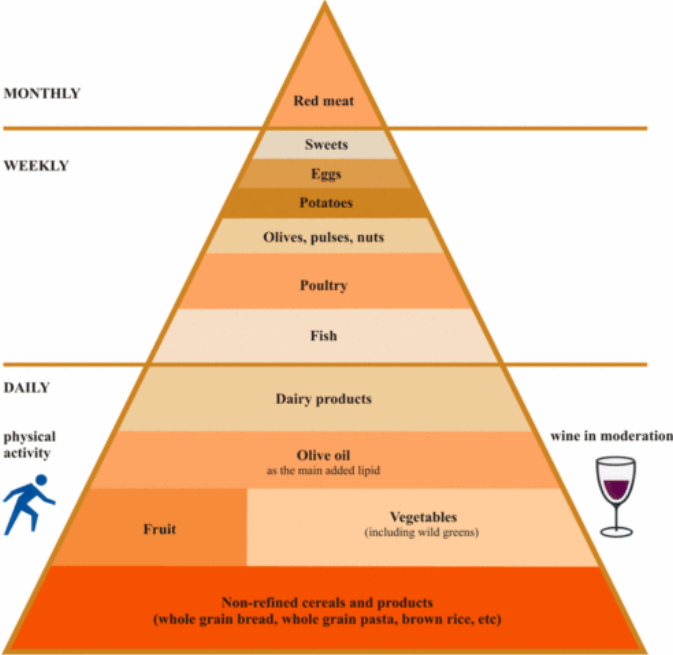


Country: Greece

Authors: Ministries of Health, Education and Agriculture
and the National School of Public Health



Key Message
Drink plenty of water

Also remember to:
• drink plenty of water
• avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

Date of Record: 1999

Source of Information: [Link](#)

