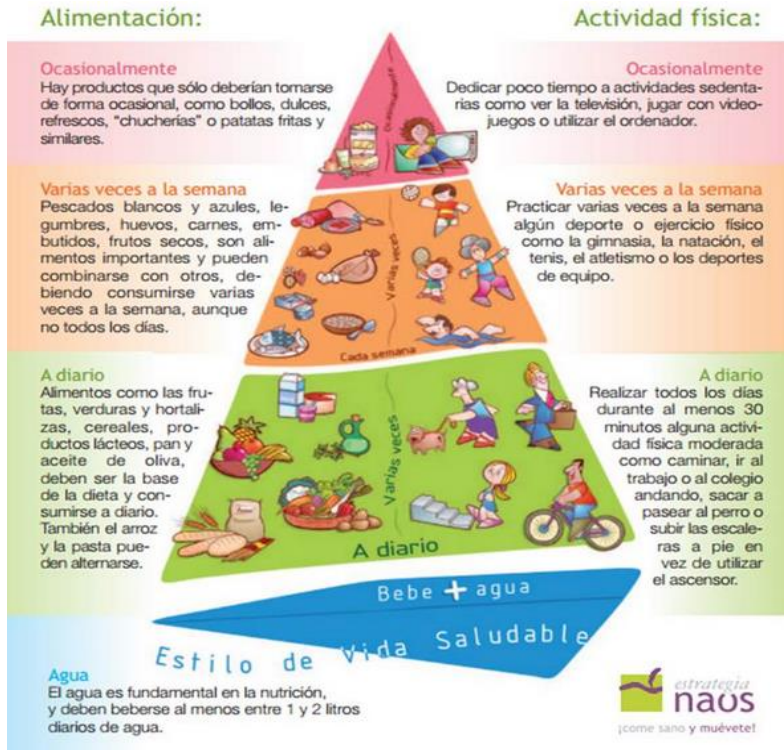


Country: Spain

Author: Spanish Government- Spanish Agency for Consumers, Food Safety and Nutrition



Key Message

Water is fundamental in nutrition, and one must drink at least 1 to 2 litres of water per day.

Date of Record: 2015

Source of Information: [Link](#)

