Natural Mineral & Spring Waters

The Natural Choice For Hydration
National Water Intake Guidelines In Europe 2017
- Austria
- Belgium
- Bulgaria
- Croatia
- Czech Republic
- Denmark
- France
- Germany
- Greece
- Hungary
- Ireland
- Italy
- Latvia
- Luxembourg
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- Mediterranean Diet
- Netherlands
- Nordic Countries
- Poland
- Portugal
- Romania
- Slovak Republic
- Slovenia
- Spain
- Switzerland
- Turkey
- United Kingdom
Key Message
Drink at least 1.5 litres of fluid, preferably low-energy drinks in the form of water, natural mineral water, unsweetened fruit or herbal teas or diluted fruit and vegetable juices.
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](#)
Key Message
Drink Plenty of Water Every Day. The best drink to satisfy thirst is drinking water and natural mineral water. Drink about 6-8 glasses of water every day (1.5-2 l) - this amount includes other drinks as tea etc.
Experts nowadays recommend 6-8 glasses of water daily throughout the year but recent studies have raised this amount even further to 10 cups for women and 12 cups for men.
Key Message
Ensuring proper drinking regime, i.e. daily intake for adults - 1.5 - 2 litres of suitable beverages (when increased physical exertion or higher ambient temperature proportionally more), preferably unsweetened with sugar, preferably with natural fruit ingredients.
Country: Denmark

Author: The Danish Veterinary and Food Administration

Key Message
The body needs water to function optimally. Water covers your fluid needs without adding unnecessary calories. Drinking water instead of beverages with added sugar or alcohol makes it easier to reach or maintain a healthy weight. Drink water instead of soft drinks, alcohol, juice and lemonade. On a day with normal temperatures, the recommended fluid intake is to drink 1-1½ litres of fluids.

Date of Record: September 2013

Source of Information: Link
Country: France
Authors: National Health & Nutrition Program & French Public Health

<table>
<thead>
<tr>
<th>Category</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits et légumes</td>
<td>au moins 5 par jour</td>
</tr>
<tr>
<td>Pains, céréales, pommes de terre et légumes secs</td>
<td>à chaque repas et selon l'appétit</td>
</tr>
<tr>
<td>Lait et produits laitiers (yaourts, fromages)</td>
<td>3 par jour</td>
</tr>
<tr>
<td>Viandes et volailles, produits de la pêche et œufs</td>
<td>1 à 2 fois par jour</td>
</tr>
<tr>
<td>Matières grasses ajoutées</td>
<td>limiter la consommation</td>
</tr>
<tr>
<td>Produits sucrés</td>
<td>limiter la consommation</td>
</tr>
<tr>
<td>Boissons</td>
<td>de l'eau à volonté</td>
</tr>
<tr>
<td>Sel</td>
<td>limiter la consommation</td>
</tr>
<tr>
<td>Activité physique</td>
<td>au moins l'équivalent de 30 minutes de marche rapide par jour pour les adultes et au moins 1 heure pour les enfants et les ados</td>
</tr>
</tbody>
</table>

**Key Message**

Drink water as much as you want, throughout the day

Date of Record: 2017

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

Water is essential to life. Make sure your daily fluid intake is approximately 1½ litres. Rather choose water, carbonated or non-carbonated, and other beverages low in calories.
Country: Greece

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

**Key Message**
Drink plenty of water

Date of Record: 1999

Source of Information: [Link](#)
Country: Hungary

Authors: The Hungarian Dietetic Association (MDOSZ) with recommendation of the Food Science Scientific Committee of the Hungarian Academy of Sciences

Key Message
Drink 8 glasses of fluid a day. 5 glasses out of 8 should be water. 1 glass = 200–250m

Date of Record: 2017

Source of Information: [Link](#)
Key Message

Drink at least 8 cups of fluid a day – water is best
Key Message
Drink plenty of water every day, to be healthy it is important to drink a lot, at least 6 – 8 glasses, of water. Anticipate thirst, drinking 1.5 – 2 litres per day.
Country: Latvia

Author: Ministry of Health

Key Message
Drink 1.5–2 litres of liquid, including water, every day

Date of Record: 2008

Source of Information: Link
Country: Luxembourg

Author: Ministry of Health

Key Message
A healthy diet contains water in an adequate quantity. Drink sufficient quantities of fluids: at least 1.5 litre per day of liquid, preferably water.

Date of Record: September 2015

Source of Information: Link
Key Message
Drink plenty of water. Choose plain water as your beverage as often as possible. Drink adequate amounts (1.5 to 2.0 litres) of fluids, especially water, each day.
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.
Key Message
Water is a good thirst quencher as it does not contain calories. The recommendation for adults is to drink 1.5 to 2 liters per day.
Key Message
The guiding value for daily intake of drinking fluids for adults and children performing moderate physical activity and living under moderate temperate conditions is 1–1.5 litres of water in addition to the water derived from foods.
Key Message
Drink 1.5L water
Country: Portugal

Author: National Health Service

**Key Message**
Water is essential for life, it is fundamental that you drink plentiful every day. The need for water varies between 1.5 and 3 litres per day.

Date of Record: 2003

Source of Information: Link
Key Message
In order to have a healthy life, one should consume a minimum of 2 to 2.5 liters of water per day
**Key Message**
Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.

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**Ten rules of a healthy plate**

1. Eat regularly 5 times a day: breakfast, morning snack, lunch, afternoon snack and dinner.
2. Reduce intake of salt to less than 5 g of salt per day.
3. Avoid consuming a lot of foods or drinks with added sugar.
4. Consume at least 5 portions of fruit and vegetables each day.
5. Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.
6. To increase your fiber intake you could: go for whole grains breads, pastries or wholemeal.
7. Replace saturated fats (e.g. margarine) by virgin oils (e.g. sunflower seeds oil, olive oil).
8. Choose a variety of proteins, which include fish, lower-fat meat and poultry, eggs, beans and peas, soya products and natural seeds and unsalted mixed nuts.
9. Increase intake of skimmed milk, low fat yoghurt and reduced fat cheese.
10. Eat smaller food portions.
Key Message
Consume enough fluids, preferably drinking water, natural mineral water, unsweetened fruit or herbal teas or diluted fruit and vegetable juices.
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.
Key Message
Drink 1–2 litres of unsweetened beverages per day, preferably water.
Country: Turkey

Authors: The Ministry of Health of Turkey
The General Directorate of Primary Health Care
Hacettepe University

Key Message
Water and beverages are important in securing body-water balance. We must drink water which is a vital element for life, from healthy and clean sources. Drink 1200-1500 L/day

Date of Record: November 2006

Source of Information: Link
**Country:** United Kingdom

**Author:** Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

**Date of Record:** July 2016

**Source of Information:** [Link](#)

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**Key Message**

Drink 6-8 cups/glasses of fluid a day.

Don’t get thirsty.