

Country: Luxembourg

Author: Ministry of Health



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé

Comité d'experts Alimentation saine et Activité physique



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

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Source of Information: [Link](#)