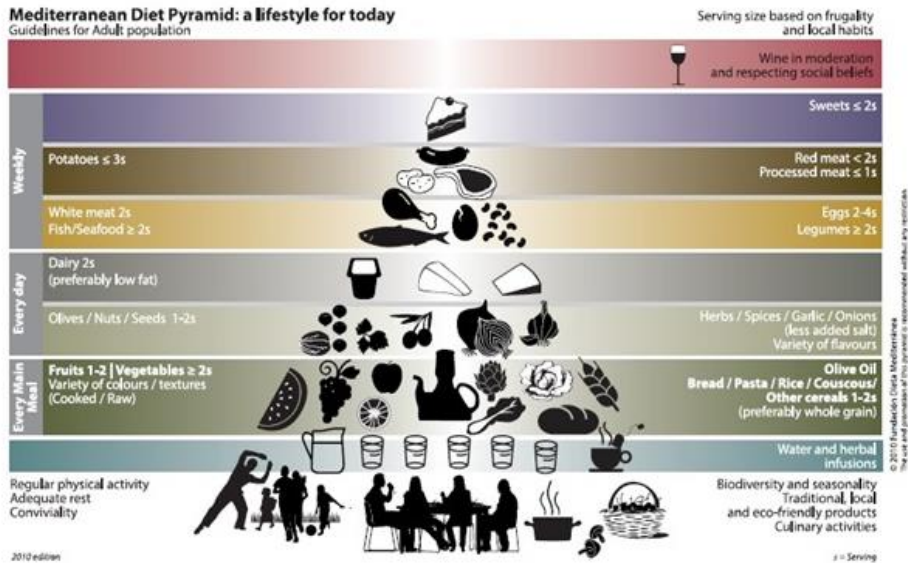


Region: The Mediterranean

Author: The Mediterranean Diet Foundation



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.



Date of Record: May 2015

Source of Information: [Link](#)

