

Country: Germany

Author: German Nutrition Society



Deutsche Gesellschaft für Ernährung e.V.

Der Wissenschaft verpflichtet – Ihr Partner für Essen und Trinken



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.

Date of Record: 2017

Source of Information: [Link](#)

