

Country: Denmark

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### 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.

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Source of Information: [Link](#)