Global Water Consumption Guidelines 2018
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Author: Ministry of Health

Website Link:

Key Message:

*Throughout the day drink at least 2 liters of liquids, without sugar, preferably water. Do not wait to be thirsty to hydrate.*

Date of record: 04/2016
2. Australia

Author: Australian Government

Website Link:

Key Message:

*Drink plenty of water.*

Date of record: 05/2017
3. Austria

Author: Ministry of Health and Women’s Affairs

Website Link:
https://www.bmgf.gv.at/cms/home/attachments/7/3/0/CH1046/CMS1290513144661/folder_erpyr_web.pdf

Key Message:

*Drink at least 1.5 litres of fluid, preferably low-energy drinks in the form of water, mineral water, unsweetened fruit or herbal teas or diluted fruit and vegetable juices.*

Date of record: 07/2016
4. Bahamas

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as849e.pdf

Key Message:

*Drink plenty of water every day.*
*Aim to drink six to eight glasses daily.*

Date of record: 2002
5. Bangladesh

Author: Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders (BIRDEM)

Website Link: http://www.fao.org/3/a-as880e.pdf

Key message:

_water is an essential nutrient. All biochemical reactions occur within the water components in our body. Water is also required for digestion, absorption, transportation, dissolving nutrients, elimination of waste products and thermo-regulation. Infants exclusively fed breast milk do not require supplemental water. A pregnant woman has slightly increased water requirements because of expanding extracellular fluid space, the needs of the fetus and the amniotic fluid. A lactating woman must drink extra water to replace the fluid lost in breast milk._

Date of record: June 2013
6. Belgium

Author: Vlaams Instituut Gezond Leven
(Flemish Institute for Health Promotion)

Website Link:
https://www.gezondleven.be/themas/voeding/voedingsdriehoek

Key Message:
Drinking water above all,
1.5 liter/day.

Date of record: 2017

Author: Food in Action and Institut Paul Lambin
(Walloon recommendations)

Website Link:
https://www.foodinaction.com/telechargez-pyramide-alimentaire/

Key Message:
Drink as much water as you want.

Date of record: 02/2017
7. Benin

Author: Governmental agencies, academic institutions, international organizations and civil society

Website Link:

Key Message:
*Drink healthy water to quench your thirst every day. Increase water intake when it is hot or when you have a physical activity.*

Date of record: 2014
8. Bolivia

Author: Ministry of Health

Website Link:
https://www.minsalud.gob.bo/images/Libros/DGPS/PDS/p342_bt_dgps_uan_BASES_TECNICAS_DE_LAS_GUIAS.pdf

Key Message:
Drink 6 to 8 glasses of water daily.

Date of record: December 2013
9. Brazil

Author: Ministry of Health

Website Link:
http://portalsaude.saude.gov.br

Message:
*Drink at least 2 litres of water a day (6 to 8 glasses).*

Date of record: 2014
10. Bulgaria

Author: Ministry of Health

Website Link:

Key Message:
*Drink Plenty of Water Every Day. The best drink to satisfy thirst is drinking water and mineral water. Drink about 6-8 glasses of water every day (1.5-2 l) - this amount includes other drinks as tea etc.*

Date of record: 2006
11. Canada

Author: Government of Canada

Website Link:

Key Message:

*Water is a calorie-free way of staying hydrated.*

*Make water your drink of choice.*

Date of record: 2011
12. Chile

Author: Ministry of Health

Website Link:

Key Message:
To stay hydrated, drink 6–8 glasses of water a day.

Date of record: 2013
13. China

Author: Chinese Nutrition Society

Website Link:
http://dg.en.cnsoc.org

Key Message:
*Drink a sufficient amount of water every day, and select suitable beverages Drink 1200 ml of water per day.*

Date of record: 2016
14. Costa Rica

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as859s.pdf

Key Message:
It is recommended to take six to eight glasses of fluid a day, of which at least four must be pure water.

Date of record: 2011
15. Croatia

Author: Croatian National Institute for Public Health

Website Link: https://www.hzjz.hr/en/

Key Message:

*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.*

Date of record: 2017
16. Czech Republic

Author: The Czech Society for Nutrition

Website Link:

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.

Date of record: 2017
17. Denmark

Author: the Danish Veterinary and Food Administration

Website Link: 
http://altomkost.dk/english/

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: Sept 2013
18. Dominican Republic

Author: The Office of the First Lady and the Ministry of Public Health

Website Link: http://www.fao.org/3/a-as866s.pdf

Key Message: *Drink at least 8 glasses of water every day to ensure quality of life.*

Date of record: October 2009
19. El Salvador

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as867s.pdf

Key Message:

*Drink at least 6–8 glasses of water every day.*

Date of record: 2017
20. Fiji

Author: Ministry of Health & National Food & Nutrition Centre

Website Link:
http://www.fao.org/3/a-as883e.pdf

Key Message:
You should have at least 6 – 8 cups of water per day. That is about 1 1/2- 2 litres.
Water is the best drink.

Date of record: March 2013
21. France

Author: National Health & Nutrition Program & French Public Health

Website Links:
http://www.mangerbouger.fr/pro/sante/alimentation-19/determinants-de-l-etatnutritionnel/de-l-eau-a-volonte-moins-d-alcool-et-de-boissons-sucrees.html

Key Message:

*Drink water as much as you want, throughout the day.*

Date of record: 2017
22. Guatemala

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as870s.pdf

Key Message:
*Drink 8 glasses of safe water every day.*
23. Germany

Author: German Nutrition Society

Website Link:
http://www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge

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
24. Greece

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

Website Link:

Key Message:
Always prefer water over soft drinks.

Date of record: 1999
25. Honduras

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as874s.pdf

Key Message:

*Drink at least 8 glasses of water a day to ensure the proper functioning of your body.*

Date of record: 2013
26. Hungary

Author: The National Public Health and Medical Officer Service

Website Link:

Key Message:
To quench your thirst, drink water or mineral water instead of sugary drinks.

Date of record: 2004
27. India

Author: National Institute of Nutrition

Website Link:
http://ninindia.org/DietaryGuidelinesforNINwebsite.pdf

Key Message:

*Drink plenty of water and take beverages in moderation. Water is the most important nutrient of all and helps in the upkeep of our health. A normal healthy person needs to drink about 8 glasses (2 litres) of water per day.*

Date of record: 2011
28. Indonesia

Author: Ministry of Health

Website Link:

Key Message:

*Drink enough safe water.*

Date or record: May 2016
29. Iran

Author: Ministry of Health and Medical Education

Website Link:

Key Message:

During the day drink water and unsweetened beverages frequently.

Date of record: 2015
30. Ireland

Author: Department of Health

Website Link: www.healthyireland.ie

Key Message: *Drink at least 8 cups of fluid a day – water is best.*

Date of record: December 2016
31. Israel

Author: Ministry of Health

Website Link:
http://www.health.gov.il/English/Topics/FoodAndNutrition/Nutrition/Adequate_nutrition/Pages/food_pyramid.aspx

Key Message:

*It is recommended that plenty of water be consumed throughout the day, between and during meals.*

Date of record: 2008
32. Italy

Author: National Research Institute for Food and Nutrition

Website Link:
http://nut.entecra.it/files/download/linee_guida/lineeguida_05.pdf

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.*

Date of record: 2003
33. Japan

Author: Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries

Website Link:

Key Message:
*The guide recommends drinking plenty of water.*

Date of record: 2010
34. Kenya

Author: Ministry of Health

Website Link:

Key message:
*Drink plenty of safe water.*

Date of record: 2017
35. Korea

Author: The Korea Health Industry Development Institute

Website Link:

Key Message:
This symbol outlines the importance of a balanced diet and a sufficient water intake for the improvement of an individual’s health status and the prevention of obesity through adequate exercise.

Date of record: 2010
36. Latvia

Author: Ministry of Health

Website Link:

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

Date of record: 2008
37. Lebanon

Author: Ministry of Public Health

Website Link:

Key Message:
*Drink at least 12 cups per day (up to 3.7 liters) for men, at least 8 cups per day (up to 2.7 liters) for women.*

Date of record: 2013
38. Luxembourg

Author: Ministry of Health

Website Link:

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
39. Malaysia

Author: Ministry of Health

Website Link:

Key Message:

*Drink six to eight glasses of plain water daily.*

Date of record: 2010
40. Malta

Author: The Maltese Health Promotion & Disease Prevention Directorate

Website Link:

Key message:
*Drinking 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. Avoid soft and sweetened drinks especially in children. Increase your water intake in hot weather and with increased activity.*

Date of record: November 2015
41. Mediterranean Diet Message

Author: The Mediterranean Diet Foundation

Website Link:
https://dietamediterranea.com/en/nutrition

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
42. Mexico

Author: National Institute of Public Health

Website Link:

Key Message:
*Drink sufficient plain water every day. The quantities vary depending on the activities, the atmosphere and the place you live. However it is recommended to take 3 to 8 glasses of plain water a day (750 to 2000ml).*

Date of record: 2015
43. Netherlands

Author: Food Centre

Website Link:
http://www.voedingscentrum.nl/encyclopedie/water.aspx

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.

Date of record: 2017
44. New Zealand

Author: Ministry of Health

Website links:

Key Message:
Make plain water your first choice over other drinks.

Date of record: October 2015
45. Nordic Countries

Author: Nordic Council of Ministers

Website link:

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.

Date of record: 2014
46. Oman

Author: Department of Nutrition, Ministry of Health

Website Link:

Key Message:

*Be active, exercise regularly and drink plenty of water.*

Date of record: 2009
47. Panama

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as876s.pdf

Key Message:

*Drink at least 8 glasses (2 litres) of water every day.*

Date of record: August 2013
48. Paraguay

Author: National Institute for Food and Nutrition and the Ministry of Public Health and Social Welfare

Website Link: https://drive.google.com/file/d/0B0fO30Y7z_VPSVpIVVdSMGRzNWM/view

Key Message: 
*Drink at least 8 glasses of water throughout the day for the proper functioning of your body.*

Date of record: 2016
49. Philippines

Author: Food and Nutrition Research Institute

Website Link:

Key Message:
*Consume safe foods and water to prevent diarrhea and other food and water-borne diseases.*

Date of record: 2000
50. Poland

Author: National Food and Nutrition Institute in collaboration with the Ministry of Health

Website Link: http://www.izz.waw.pl/en

Key Message: 
*Drink 1.5L water.*

Date of record: 2016
51. Portugal

Author: National Health Service

Website Link:

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

Date of record: 2003
52. Qatar

Author: Supreme Council of Health

Website Link:
http://www.fao.org/3/a-az908e.pdf

Key Message:

*Drink 2-3 litres (8-12 cups) of fluid each day, choosing water often. Choose water as a drink with meals. Choose water instead of sugar-sweetened beverages to help maintain your weight and the health of your teeth.*

Date of record: 2015
53. Romania

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as693o.pdf

Key Message:

In order to have a healthy life, one should consume a minimum of 2 to 2.5 liters of water per day.

Date of record: 2006
54. Seychelles

Author: Ministry of Health and Social Services

Website Link:  
http://www.fao.org/3/a-as997e.pdf

Key Message:  
*Drink at least 8 glasses of water every day.*

Date of record: 2006
55. Sierra Leone

Author: FAO & Ministries of Agriculture, Forestry and Food Security and Health and Sanitation


Key Message:

Water serves many roles in the functioning of the body, these include:
1. Water transports nutrients to cells, waste from cells and functional substances such as hormones and enzymes. 2. Many substances dissolve or are suspended in water and so react to form new compounds. This facilitates the excretion of waste products and toxins in urine. 3. Water combines with other molecules to form lubricating fluids for joints, mucous to lubricate the digestive and genitourinary tracts, saliva and secretions in the digestive tract. 4. Water absorbs heat so helps to regulate body temperature by absorbing heat and releasing it through production and vaporation of perspiration. 5. Water cushions organs from damage.

Date of record: 2016
56. Slovak Republic

Author: Public Health Authority of the Slovak Republic

Website Link:

Key Message:

*Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.*

Date of record: 2014-2015
57. Slovenia

Author: National Institute of Public Health

Website Link:

Key Message:
*Consume enough fluids, preferably drinking water, mineral water, unsweetened fruit or herbal teas or diluted fruit and vegetable juices.*

Date of record: 2011
58. South Africa

Author: Department of Health

Website Link:
http://www.fao.org/3/a-as842e.pdf

Key Message:
*Drink lots of clean, safe water. General recommendations for total daily water intake are between 2 and 3.7 l for women and men, 0.7 l for infants aged 0-6 months, 0.8 l for infants aged 7-12 months, 1.3 l for children aged 1-3 years, and 1.7 l for children aged 4-8 years.*

Date of record: 2013
59. Spain

Author: Spanish Government- Spanish Agency or Consumers, Food Safety and Nutrition

Website Link:

Key Message:
*Water is fundamental in nutrition, and one must drink at least 1 to 2 litres of water per day.*

Date of record: 2015
60. Sri Lanka

Author: Ministry of Health

Website Link:
http://www.fao.org/3/a-as886e.pdf

Key Message:
*Drink plenty of water.*
61. Switzerland

Author: Swiss Nutrition Society

Website Links:

Key Message:

*Drink 1–2 litres of unsweetened beverages per day, preferably water.*

Date of record: 2011
62. Turkey

Author: The Ministry of Health of Turkey - The General Directorate of Primary Health Care, and Hacettepe University, Department of Nutrition and Dietetics

Website Link:
http://www.fao.org/3/a-as697e.pdf

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 the record: Nov. 2006
63. United Kingdom

Author: UK Government

Website Link:

Key Message:

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

Date of record: 2015
64. Uruguay

Author: Ministry of Health

Website Link:

Key Message:
*Always prefer water to other beverages.*
65. USA

Author: Health Government

Website Link:
https://health.gov/dietaryguidelines/2015/guidelines/

Key Message:
*Strategies include choosing beverages with no added sugars, such as water, in place of sugarsweetened beverages, ...Beverages that are calorie free – especially water – or that contribute beneficial nutrients, such as fat-free and low-fat milk and 100% juice, should be the primary beverages consumed.*

Date of record: 2015
66. Venezuela

Author: National Nutrition Institute and the Cavendes Foundation

Website Link:
http://www.fundacionbengoa.org/publicaciones/guias_alimentacion_venezuela.asp

Key Message:
*Water is essential for life and its consumption helps to maintain health.*

Date of record: 1991 rev. 2010