



DRINK DAILY

Water



Milk and fermented milk products ca. 5 dl, preferably products containing 0-1% of fat



ADULTS – you need 1-1.5 litres of liquids daily in addition to food



YOU CAN ALSO DRINK DAILY

Coffee, tea



A glass of fruit juice



DRINK ONLY INFREQUENTLY

**Juice/juice drinks
Soft drinks
Sweetened or fatty milk, coffee and tea drinks**



**Alcoholic beverages maximum:
women one portion/d
men two portions/d**