

ELDERLY PERSONS – you need 1-1.5 litres, or 5-8 glasses of liquids daily

DRINK DAILY

Water



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



Fruit, berry and vegetable juices, soups and soft drinks



Coffee, tea, cocoa



Milkshakes and drinkable yoghurt



DRINK ONLY INFREQUENTLY

Alcoholic beverages maximum one portion/d

Elderly people are more susceptible to the adverse effects of alcohol

