

CHILDREN AND YOUNG PERSONS – you need 1-1.5 litres of liquids daily in addition to food

DRINK DAILY



Water



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



YOU CAN ALSO DRINK DAILY

A glass of fruit juice



Caffeine-free tea or coffee



DRINK ONLY INFREQUENTLY

Juice/juice drinks
Soft drinks
Sweetened or fatty milk, cocoa or drinkable yoghurt

Drinks containing caffeine, e.g. energy drinks, are not recommended for children under 15 years

