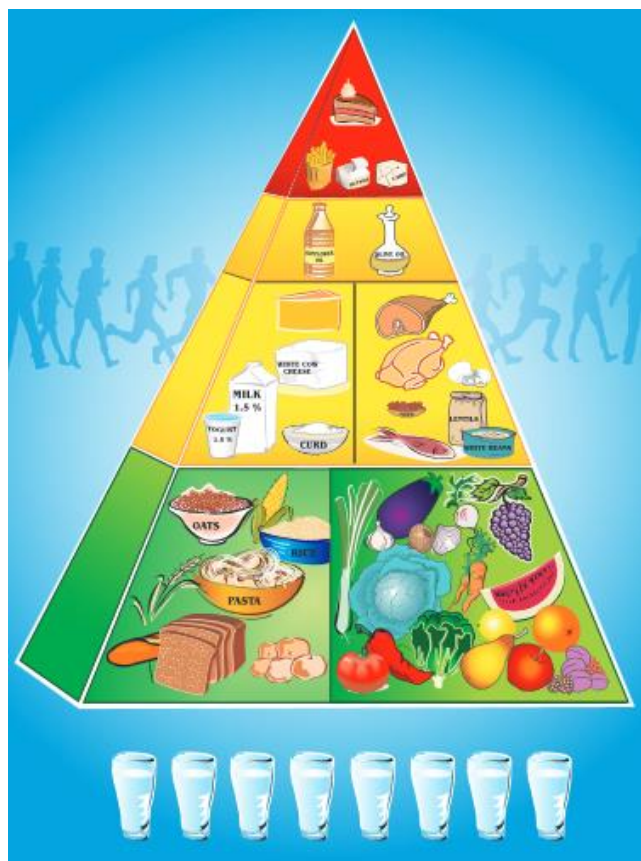


Water Consumption Guidelines - Bulgaria

Author: Ministry of Health



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

Website Link: <http://ncphp.government.bg/files/hranene-en.pdf>