

Water Consumption Guidelines – Czech Republic

Author: The Czech Society for Nutrition



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.

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Website Link: <http://www.vyzivapol.cz/vyzivova-doporuceni-pro-obyvatelstvo-ceske-republiky/>