

Stručnjaci danas preporučuju 6 – 8 čaša dnevno tijekom cijele godine, ali nedavna proučavanja su podigla ovu količinu na čak i više: 10 čaša za žene i 12 čaša za muškarce. Nova tehnička dostignuća omogućuju kvalitetniju procjenu prometa vode u ljudskom tijelu i sve je više dokaza da adekvatan unos vode ima ulogu u prevenciji kroničnih bolesti.

→ Experts nowadays recommend 6-8 glasses of water daily throughout the year but recent studies have raised this amount even further to 10 cups for women and 12 cups for men. New technical advances allow better evaluation of water circulation in the human body and there is growing evidence that an adequate intake of water plays a role in the prevention of chronic diseases.

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