



















PRIPOROČENA TABELA PITJA

KOLIKO NAJ POPIJEM?

Starost	Do 10h	10h-12h	12h-14h	14h-16h	16h-18h	18h-20h	Skupaj v 24h
5-9 let							1000 ml
	300 ml	200 ml	200 ml	150 ml	100 ml	50 ml	
10-14 let							1400 ml
	400 ml	300 ml	300 ml	200 ml	100 ml	100 ml	
15-18 let							2000 ml
	500 ml	500 ml	400 ml	300 ml	200 ml	100 ml	

