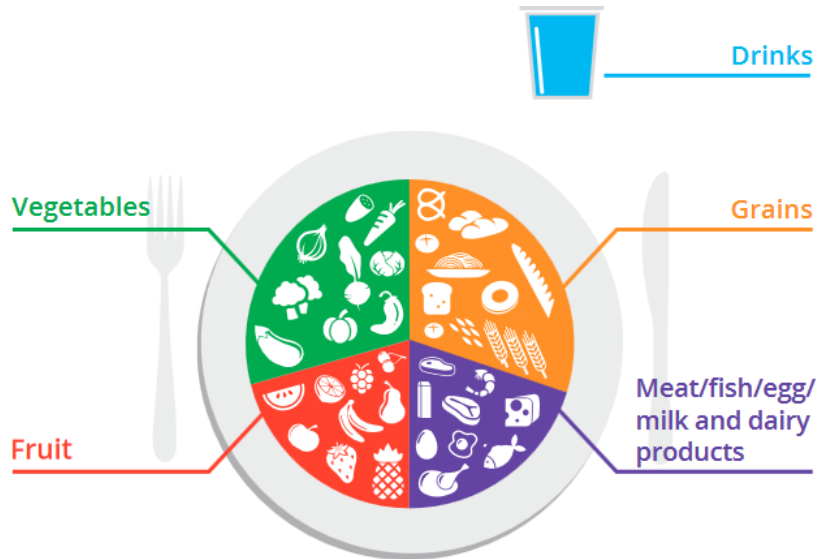


Country: Hungary

Authors: The Hungarian Dietetic Association (MDOSZ)  
with recommendation of the Food Science Scientific  
Committee of the Hungarian Academy of Sciences



### Key Message

Drink 8 glasses of fluid a day.  
5 glasses out of 8 should be water.  
1 glass = 200–250m

Date of Record: 2017

Source of Information: [Link](#)

