

Hoeveel water moet iemand dagelijks binnenkrijgen?

In liter

	Man	Vrouw
Heel inactief (bedlegerig)	3,0 	2,6 
Sedentair	3,3 	3,0 
Matig actief (werknemer in de bouw of één uur lopen per dag)	3,7 	3,3 
Actief (landbouwer zonder machines of twee uur zwemmen per dag)	4,0 	3,7 
Heel actief (professionele wielrenner)	5,6 	5,3 

Water Om Te Drinken Bedrijfsinformatie In Historisch Verband

Johan Hendrik Dale



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