



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 16.03.2023

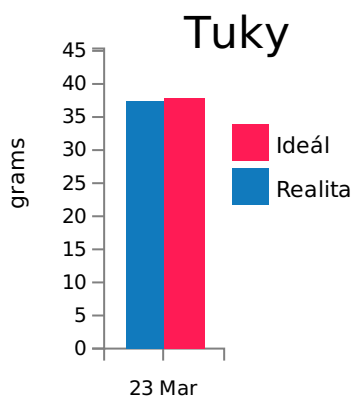
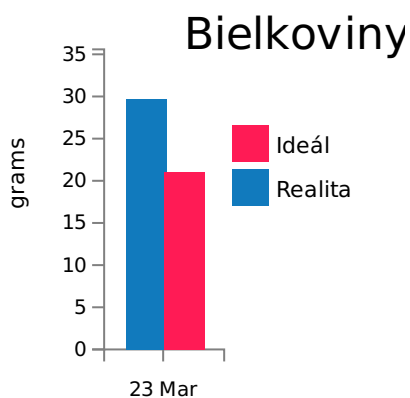
Sledované parametre

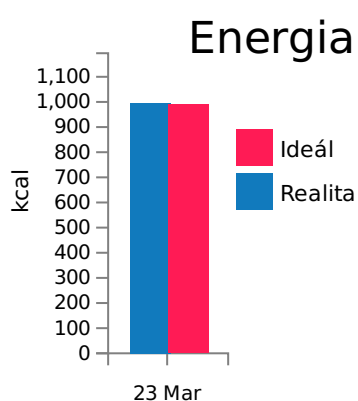
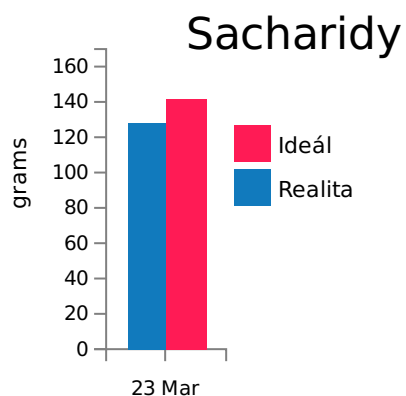
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 23.03.2023

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
23.03.	14.57 (173.49%)	49.89 (118.78%)	217.23 (51.72%)	9.28 (171.87%)
Priemer	14.57 (173.49%)	49.89 (118.78%)	217.23 (51.72%)	9.28 (171.87%)



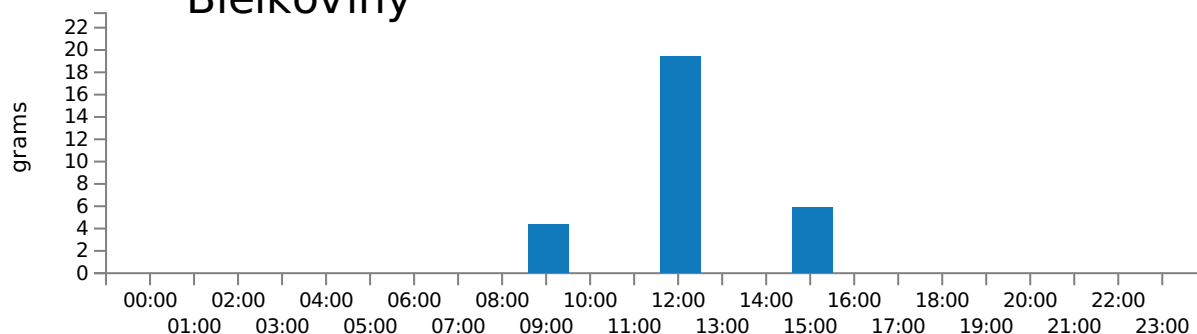
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	29.66	994.83	128.13	37.41
Ideál	21	990	141.6	37.8

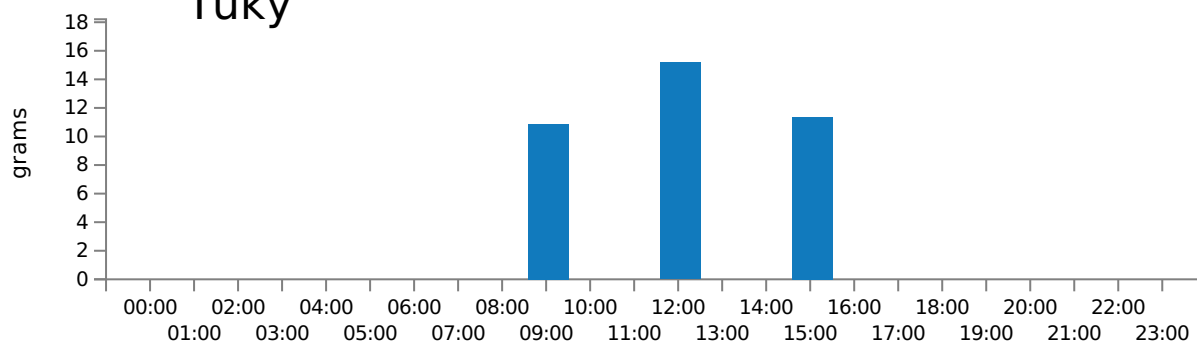


23.03.2023

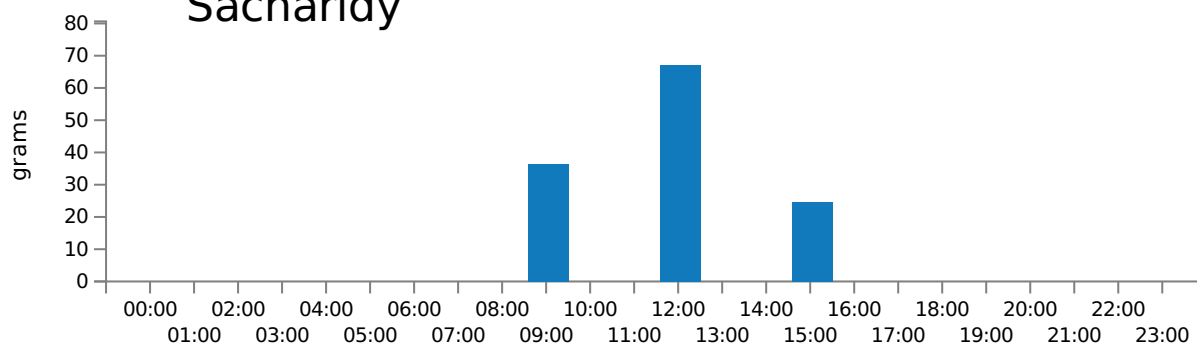
Bielkoviny



Tuky



Sacharidy



Energia

