



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 13.11.2023

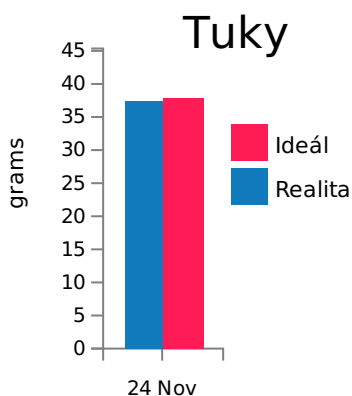
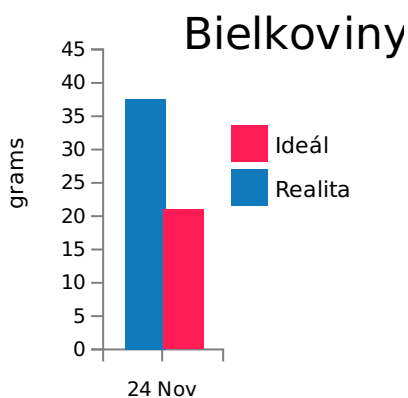
Sledované parametre

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

Sledované dni

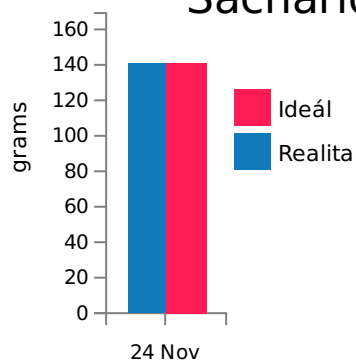
- 24.11.2023

Prehľad podľa dní

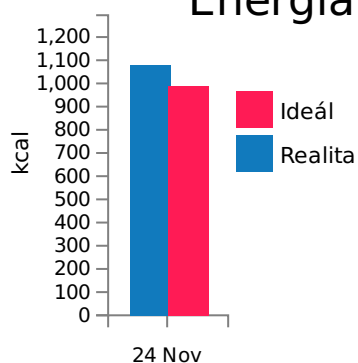




Sacharidy



Energia



Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
24.11.	18.93 (225.41%)	20.84 (49.62%)	414.37 (98.66%)	9.1 (168.49%)
Priemer	18.93 (225.41%)	20.84 (49.62%)	414.37 (98.66%)	9.1 (168.49%)



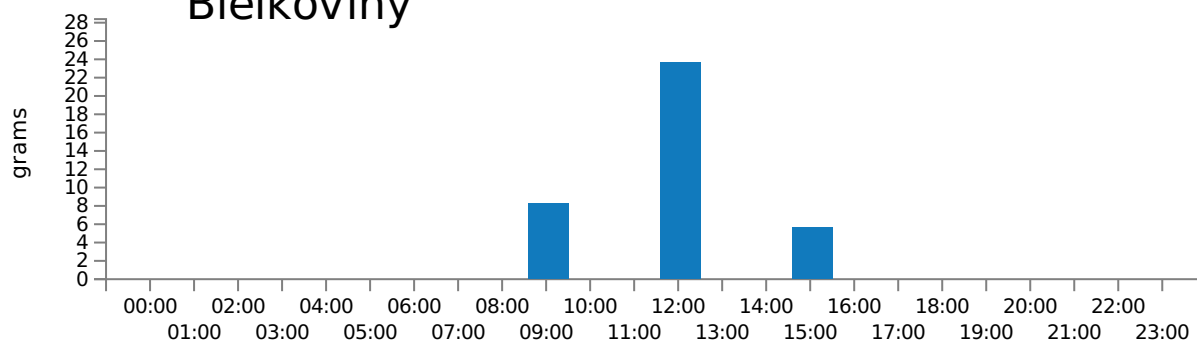
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	37.53	1078.5	140.65	37.42
Ideál	21	990	141	37.8

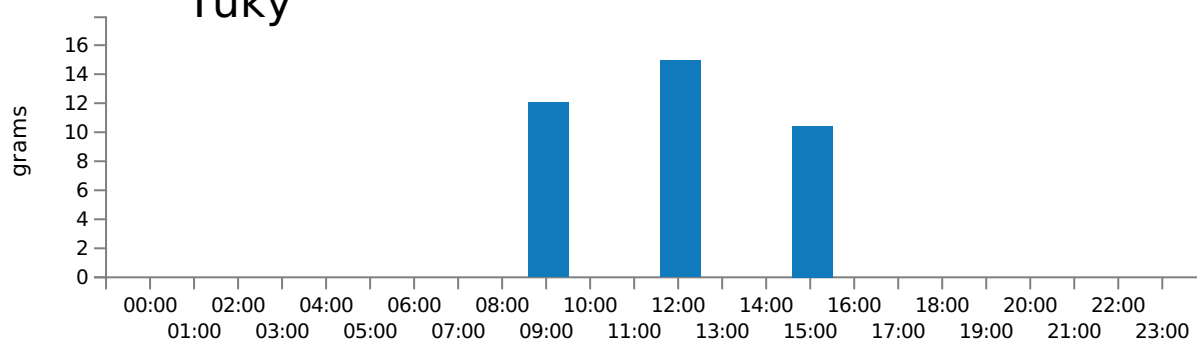


24.11.2023

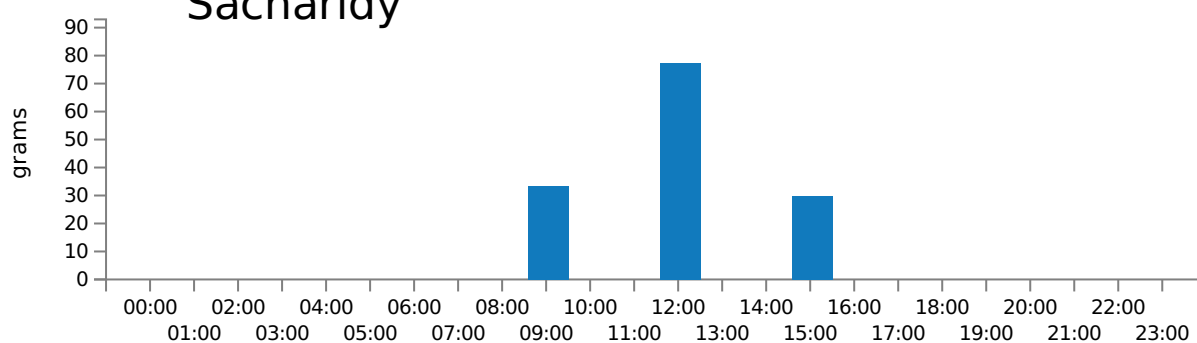
Bielkoviny



Tuky



Sacharidy



Energia

