

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 14.09.2022

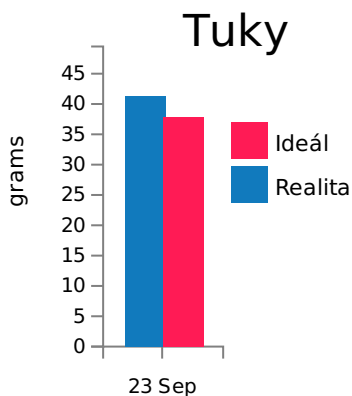
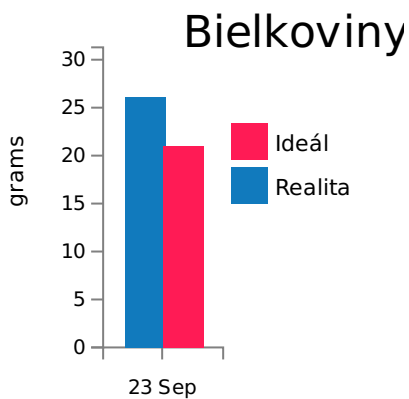
Sledované parametre

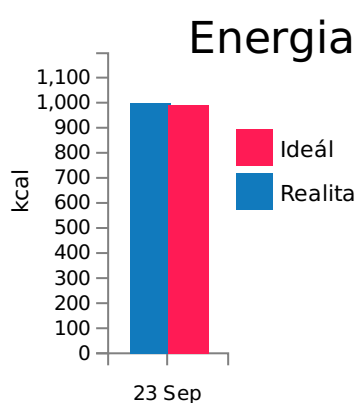
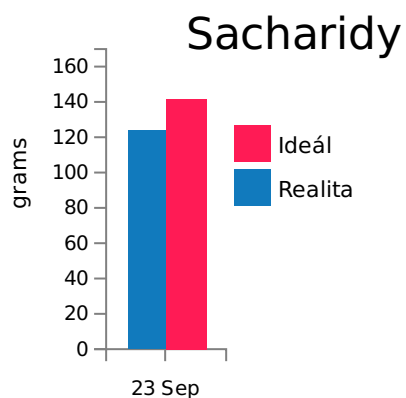
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 23.09.2022

Prehľad podľa dní





Prehľad mikronutrientov

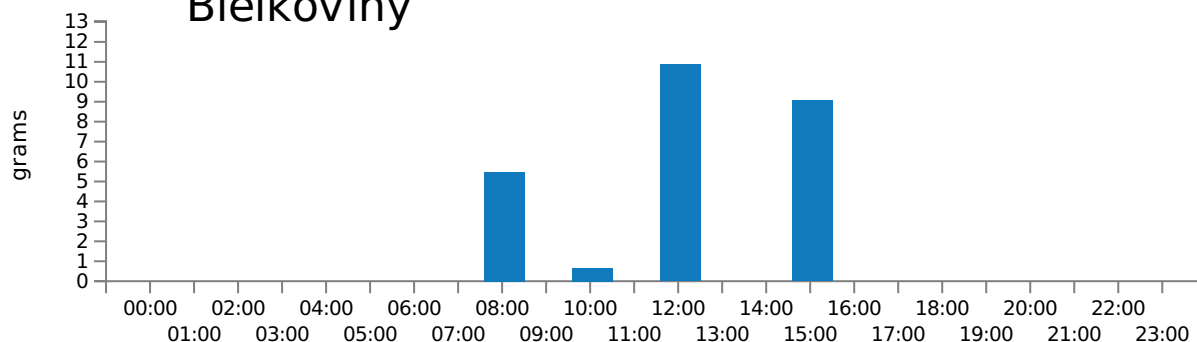
	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
23.09.	5.97 (71.05%)	31.85 (75.83%)	370.92 (88.31%)	4.11 (76.06%)
Priemer	5.97 (71.05%)	31.85 (75.83%)	370.92 (88.31%)	4.11 (76.06%)

Makronutrienty priemerne

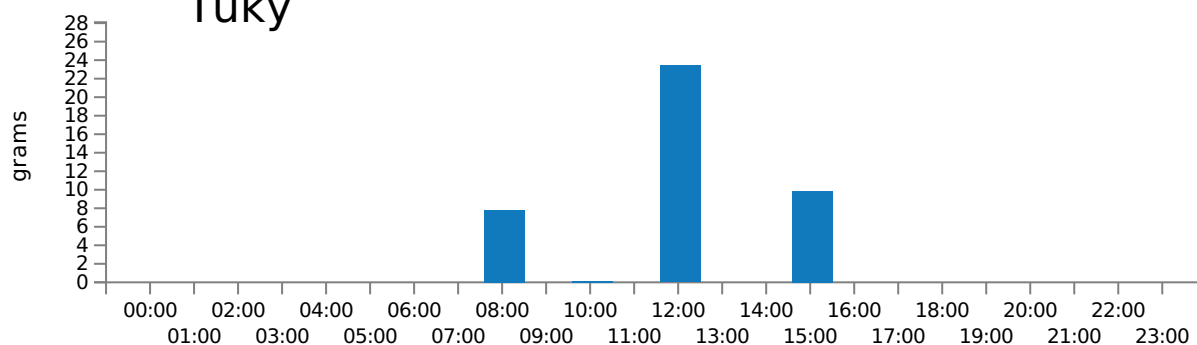
	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	26.07	997.83	123.77	41.24
Ideál	21	990	141.6	37.8

23.09.2022

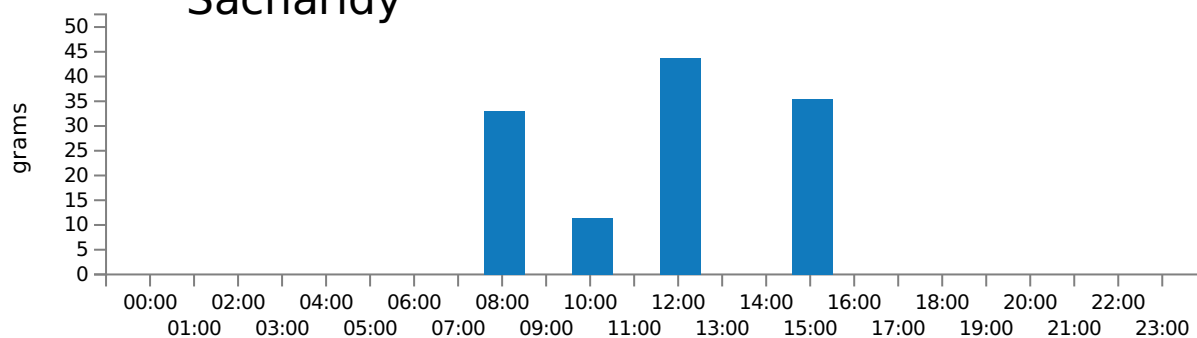
Bielkoviny



Tuky



Sacharidy



Energia

