

# Analýza stravovania

**Meno:** Zdravé Bruško

**Dátum vyhotovenia:** 14.05.2023

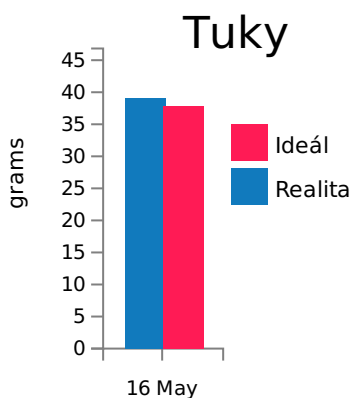
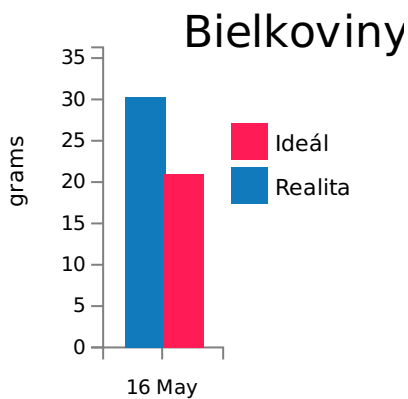
## Sledované parametre

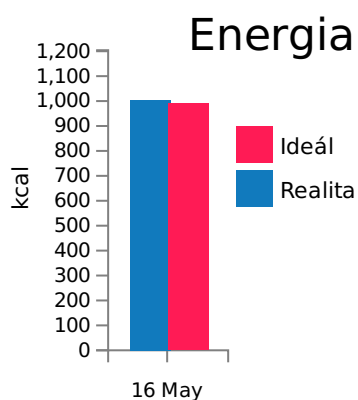
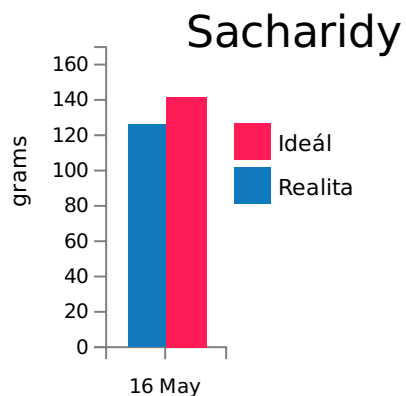
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

## Sledované dni

- 16.05.2023

## Prehľad podľa dní





## Prehľad mikronutrientov

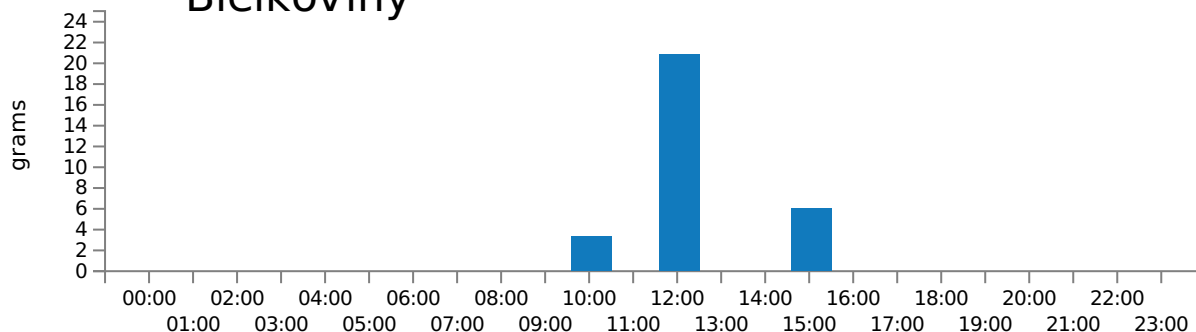
	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
16.05.	10.77 (128.16%)	37.16 (88.48%)	210.47 (50.11%)	7.84 (145.19%)
<b>Priemer</b>	10.77 (128.16%)	37.16 (88.48%)	210.47 (50.11%)	7.84 (145.19%)

## Makronutrienty priemerne

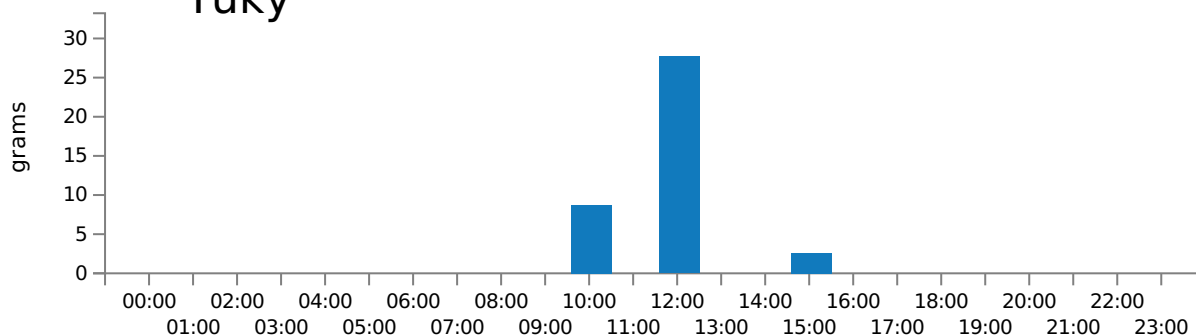
	<b>Bielkoviny g</b>	<b>Energia kcal</b>	<b>Sacharidy g</b>	<b>Tuky g</b>
Priemer	30.25	1003.37	125.96	39.02
Ideál	21	990	141.6	37.8

# 16.05.2023

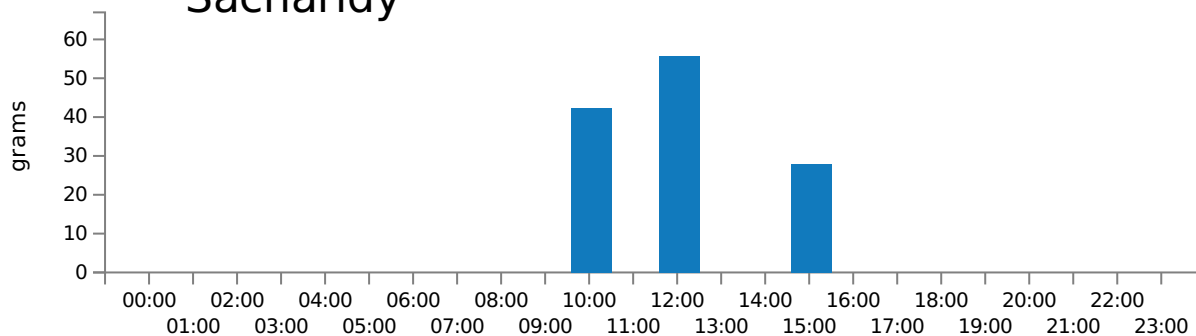
## Bielkoviny



## Tuky



## Sacharidy



## Energia

