

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 13.09.2023

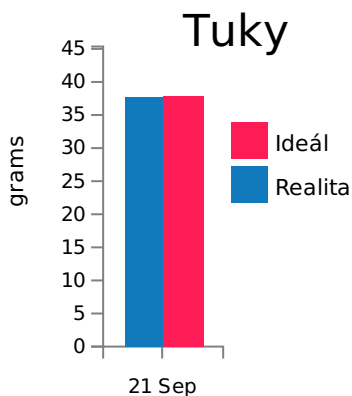
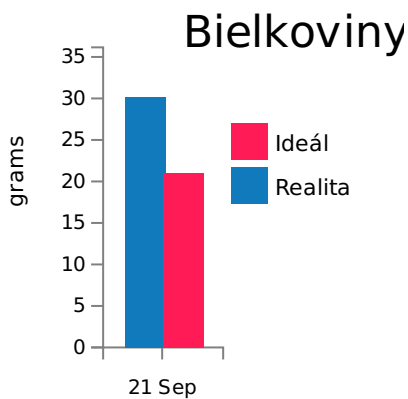
Sledované parametre

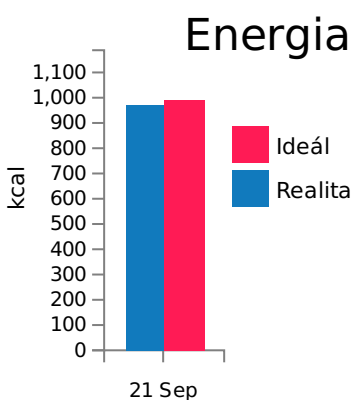
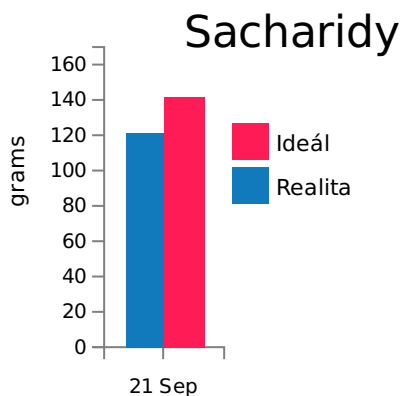
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 21.09.2023

Prehľad podľa dní





Prehľad mikronutrientov

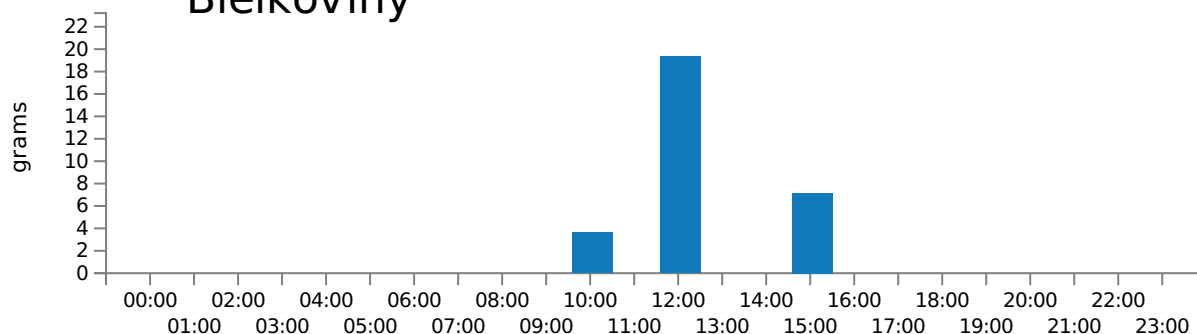
	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
21.09.	9.76 (116.24%)	41.96 (99.91%)	346.97 (82.61%)	6.1 (113%)
Priemer	9.76 (116.24%)	41.96 (99.91%)	346.97 (82.61%)	6.1 (113%)

Makronutrienty priemerne

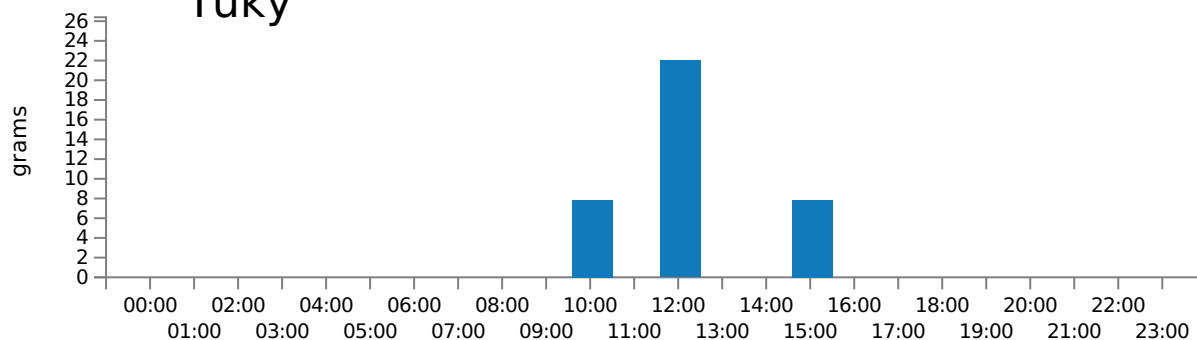
	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	30.13	971.54	121.36	37.68
Ideál	21	990	141.6	37.8

21.09.2023

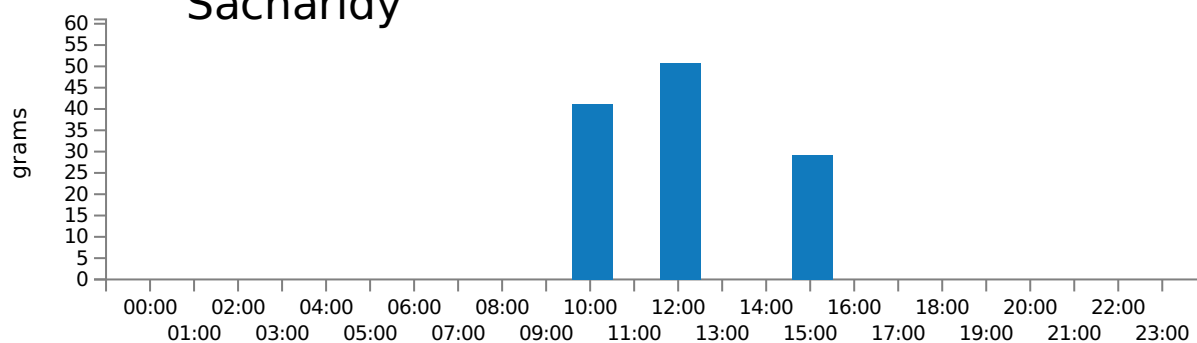
Bielkoviny



Tuky



Sacharidy



Energia

