

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 06.05.2022

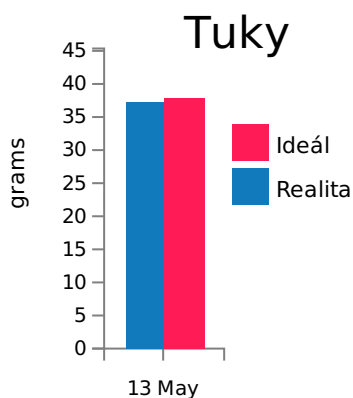
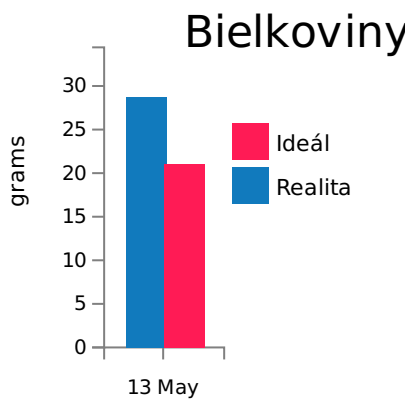
Sledované parametre

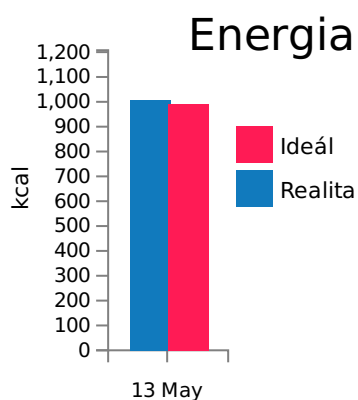
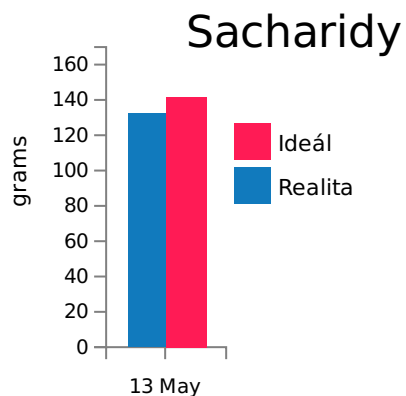
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 13.05.2022

Prehľad podľa dní





Prehľad mikronutrientov

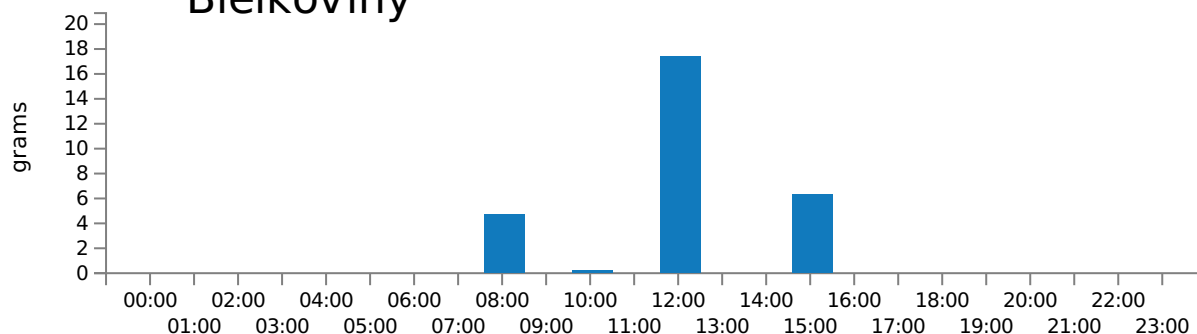
	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
13.05.	13.05 (155.32%)	22.41 (53.35%)	213.36 (50.8%)	7.92 (146.67%)
Priemer	13.05 (155.32%)	22.41 (53.35%)	213.36 (50.8%)	7.92 (146.67%)

Makronutrienty priemerne

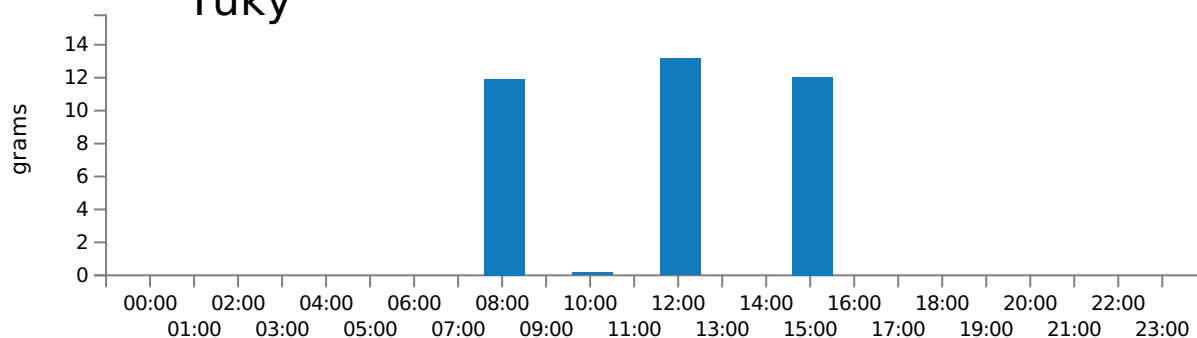
	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	28.7	1006.39	132.18	37.29
Ideál	21	990	141.6	37.8

13.05.2022

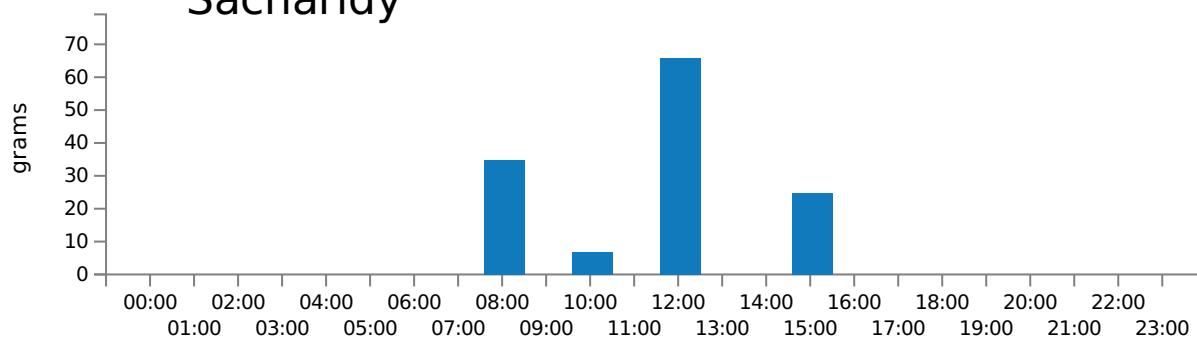
Bielkoviny



Tuky



Sacharidy



Energia

