



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 19.01.2023

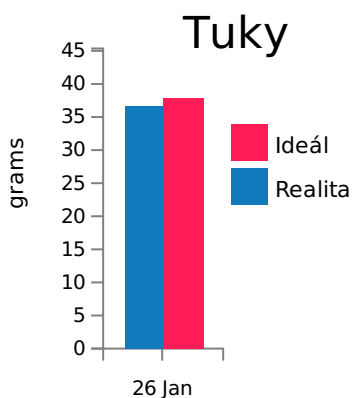
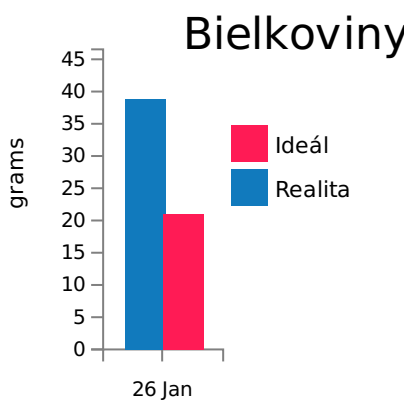
Sledované parametre

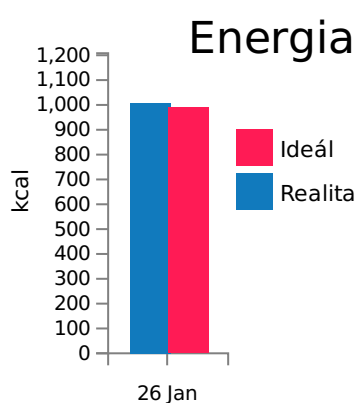
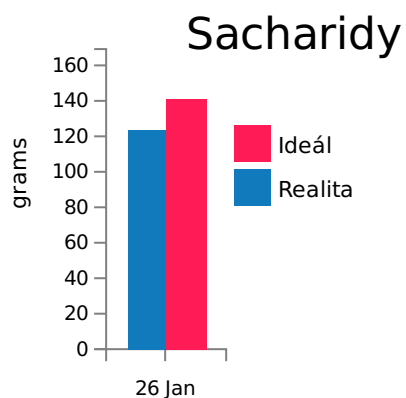
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 26.01.2023

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
26.01.	9.58 (114.09%)	100.1 (238.33%)	277.31 (66.03%)	6.62 (122.53%)
Priemer	9.58 (114.09%)	100.1 (238.33%)	277.31 (66.03%)	6.62 (122.53%)



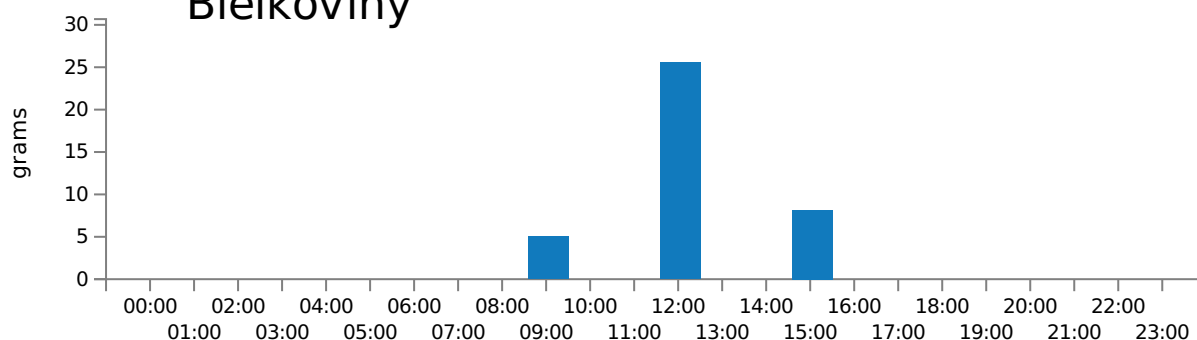
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	38.79	1006.83	123.53	36.7
Ideál	21	990	141	37.8

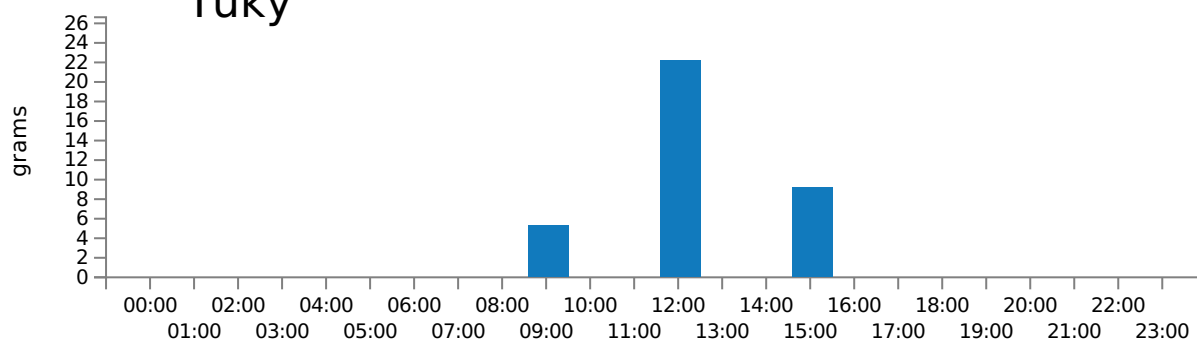


26.01.2023

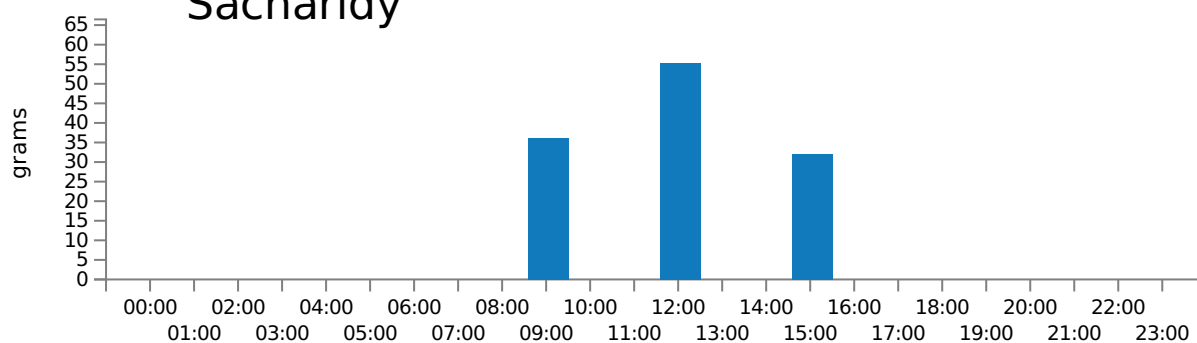
Bielkoviny



Tuky



Sacharidy



Energia

