

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 15.10.2024

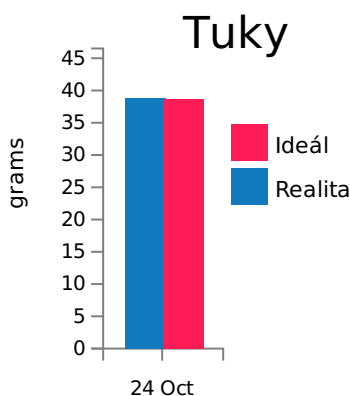
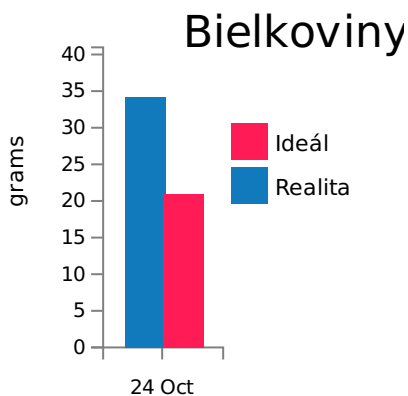
Sledované parametre

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

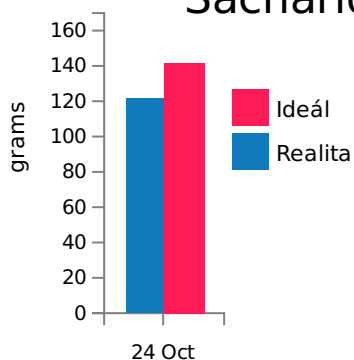
Sledované dni

- 24.10.2024

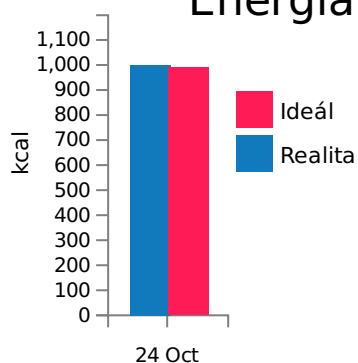
Prehľad podľa dní



Sacharidy



Energia

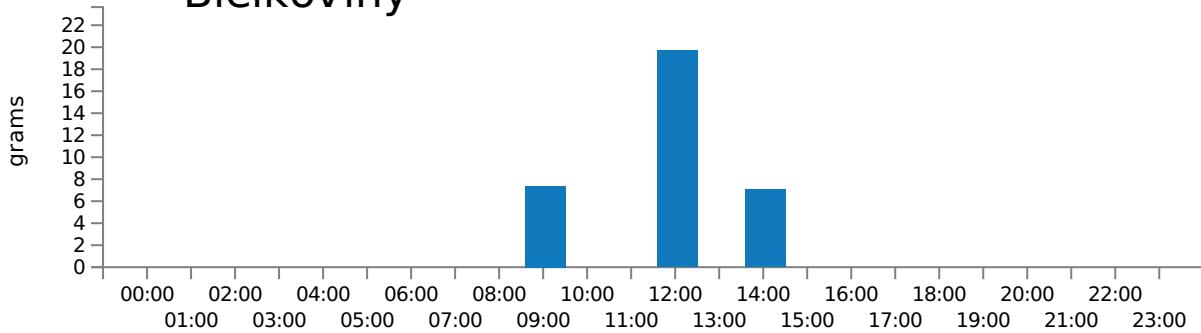
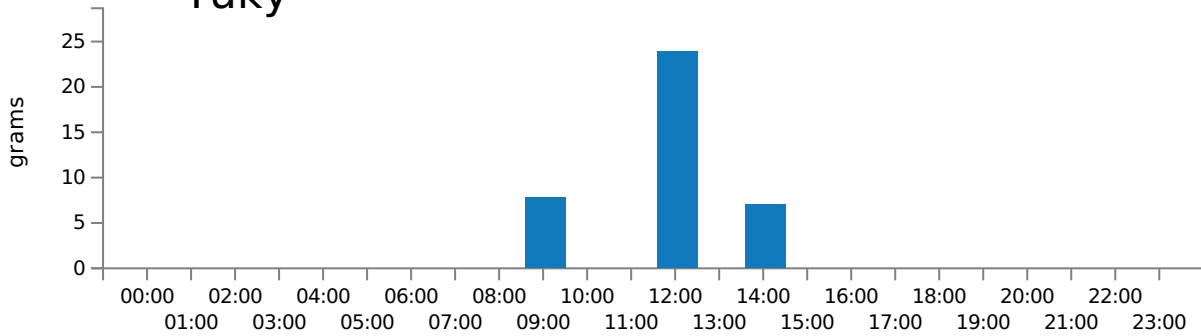
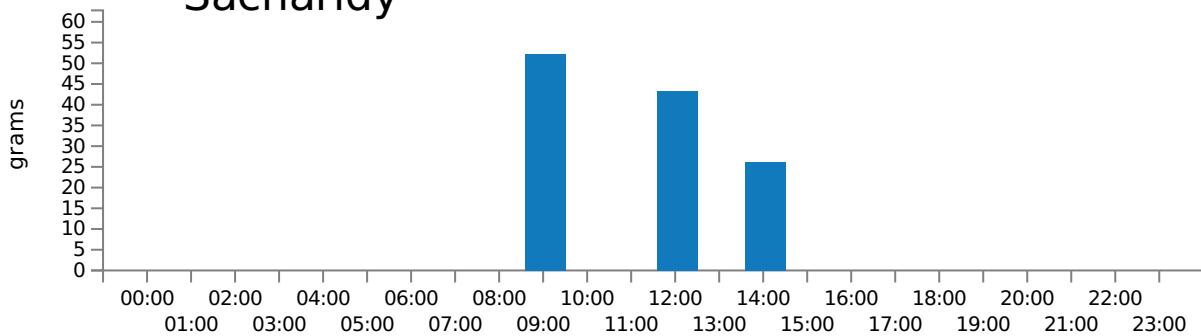


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
24.10.	8.63 (123.32%)	71.06 (142.12%)	278.24 (86.95%)	4.6 (85.23%)
Priemer	8.63 (123.32%)	71.06 (142.12%)	278.24 (86.95%)	4.6 (85.23%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	34.15	999.08	121.61	38.76
Ideál	21	990	141.6	38.7

24.10.2024**Bielkoviny****Tuky****Sacharidy****Energia**