



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 22.10.2025

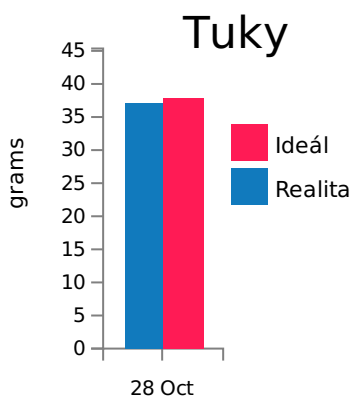
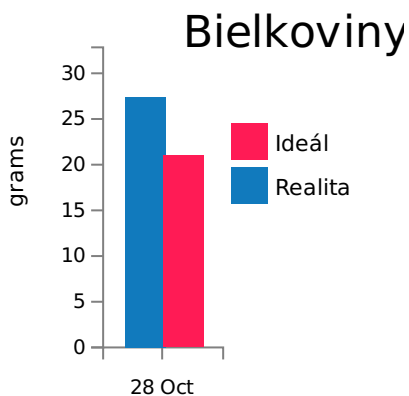
Sledované parametre

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

Sledované dni

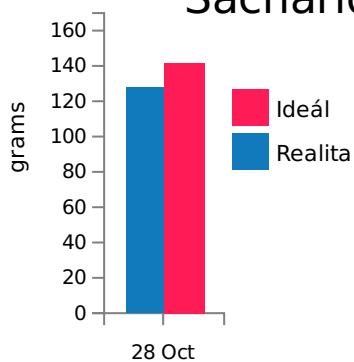
- 28.10.2025

Prehľad podľa dní

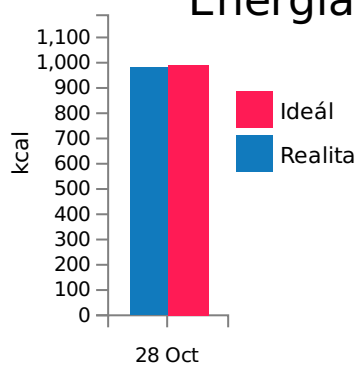




Sacharidy



Energia



Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
28.10.	17.72 (210.98%)	84.33 (200.79%)	200.51 (47.74%)	6.92 (128.2%)
Priemer	17.72 (210.98%)	84.33 (200.79%)	200.51 (47.74%)	6.92 (128.2%)

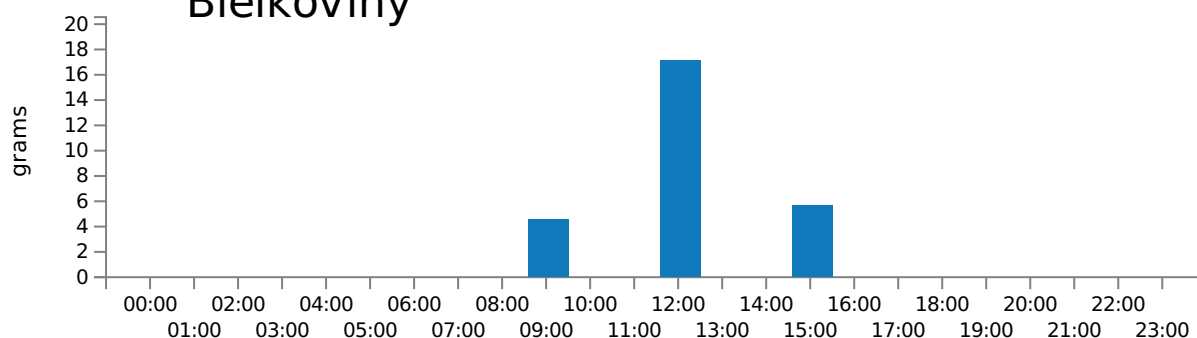


Makronutrienty priemerne

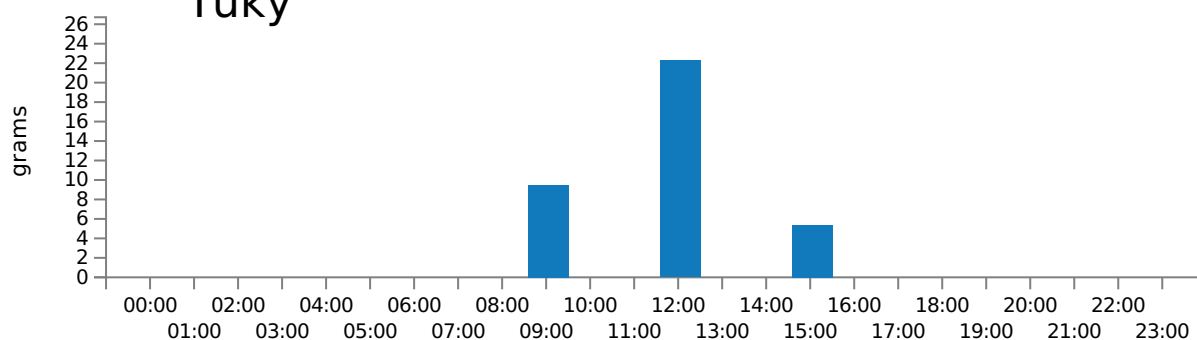
	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	27.37	980.93	127.76	37.09
Ideál	21	990	141.6	37.8

28.10.2025

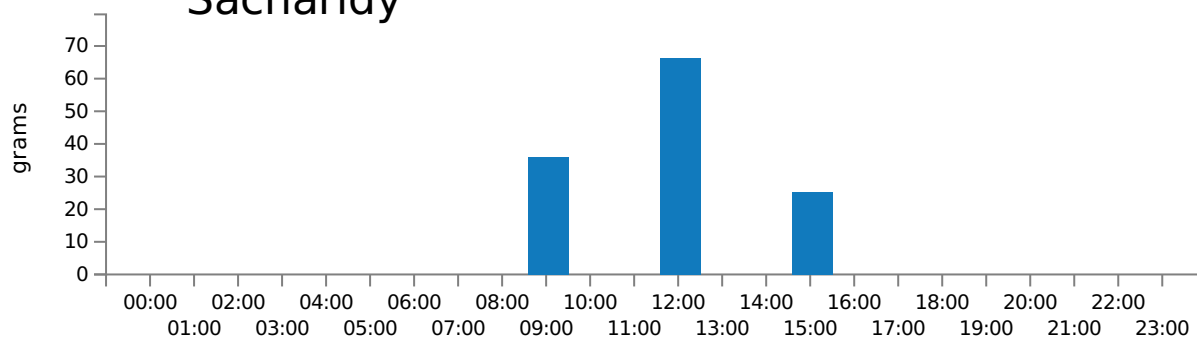
Bielkoviny



Tuky



Sacharidy



Energia

