

# Analýza stravovania

Meno: Zdravé Bruško

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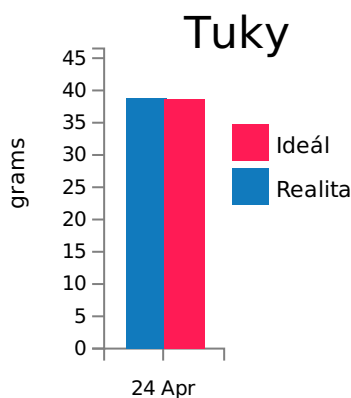
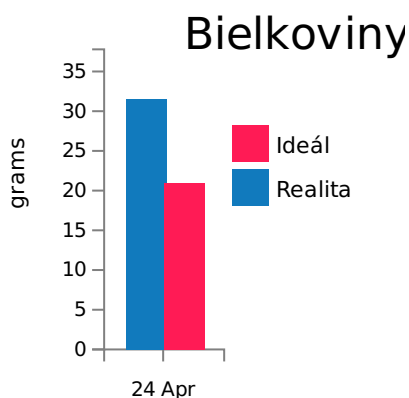
## Sledované parametre

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

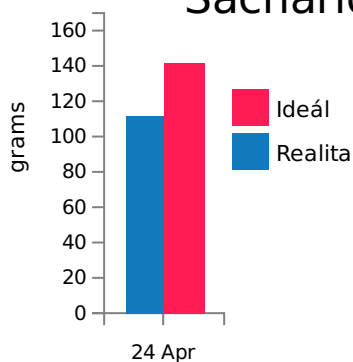
## Sledované dni

- 24.04.2024

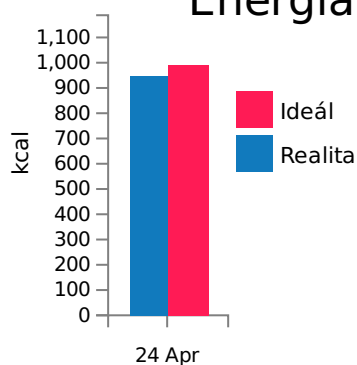
## Prehľad podľa dní



## Sacharidy



## Energia

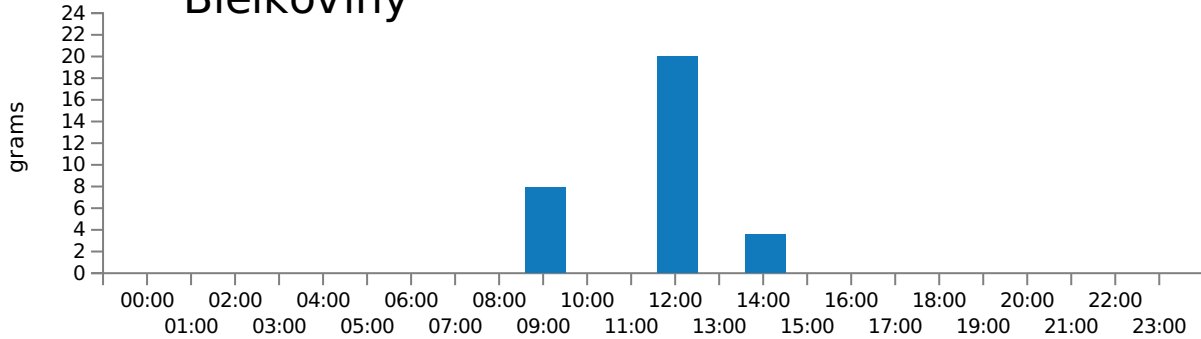
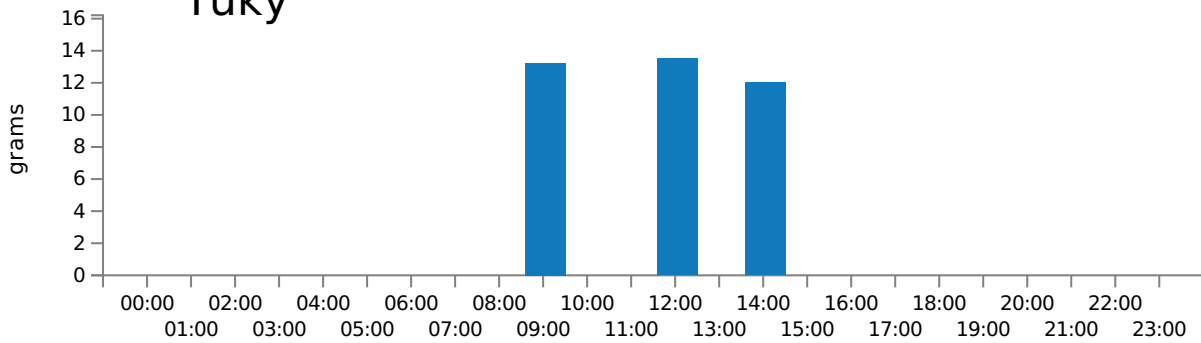
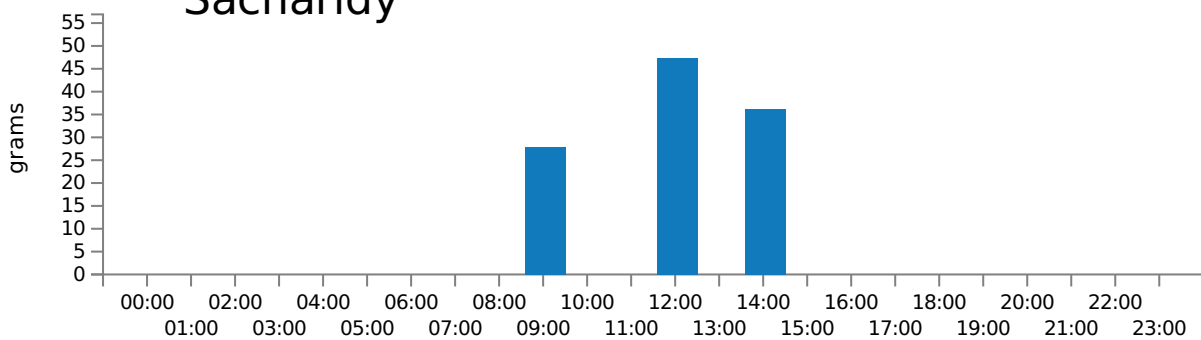


## Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
24.04.	12.19 (121.93%)	112.45 (224.91%)	330.25 (103.2%)	7.03 (130.16%)
<b>Priemer</b>	12.19 (121.93%)	112.45 (224.91%)	330.25 (103.2%)	7.03 (130.16%)

**Makronutrienty priemerne**

	<b>Bielkoviny g</b>	<b>Energia kcal</b>	<b>Sacharidy g</b>	<b>Tuky g</b>
Priemer	31.49	946.93	111.57	38.75
Ideál	21	990	141.6	38.7

**24.04.2024****Bielkoviny****Tuky****Sacharidy****Energia**