

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 26.11.2024

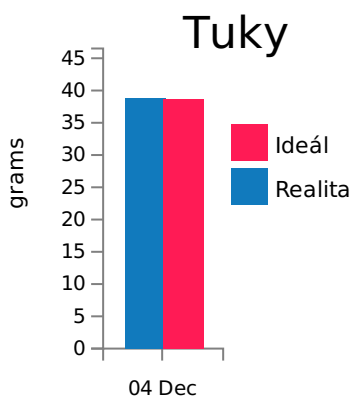
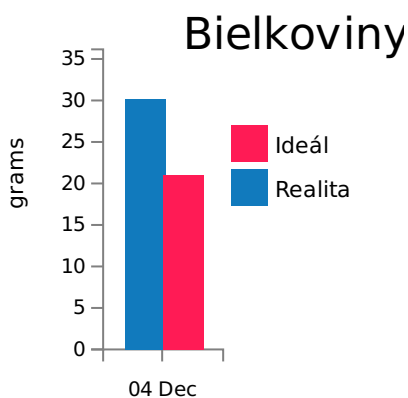
Sledované parametre

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

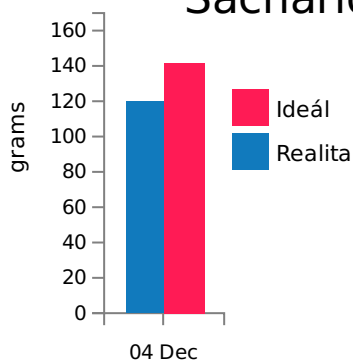
Sledované dni

- 04.12.2024

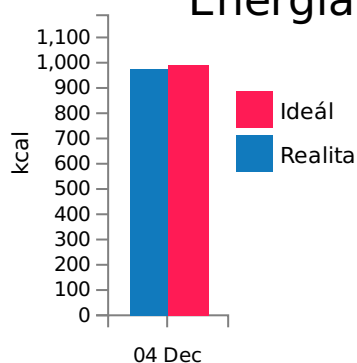
Prehľad podľa dní



Sacharidy



Energia

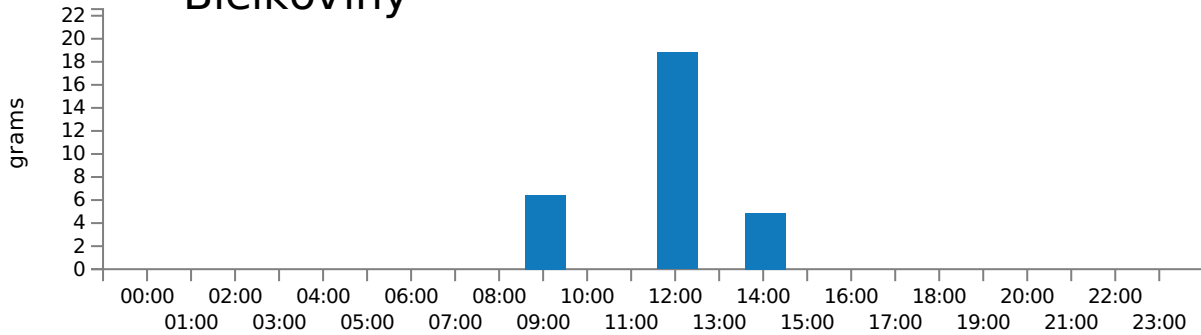
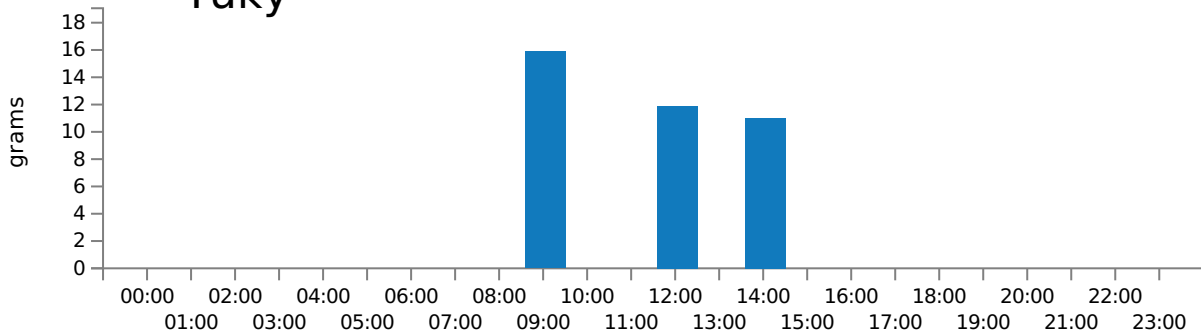
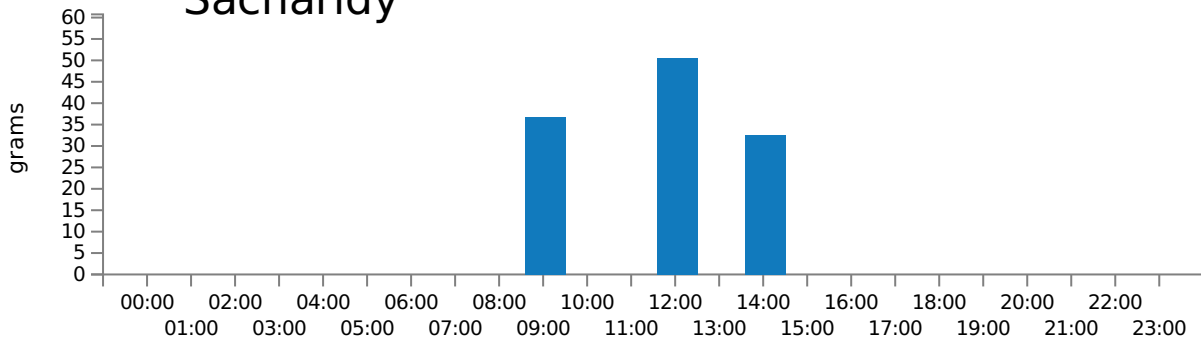


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
04.12.	11.98 (149.7%)	139.22 (139.22%)	244.7 (76.47%)	5.31 (113.02%)
Priemer	11.98 (149.7%)	139.22 (139.22%)	244.7 (76.47%)	5.31 (113.02%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	30.13	976.05	120	38.76
Ideál	21	990	141.6	38.7

04.12.2024**Bielkoviny****Tuky****Sacharidy****Energia**