

# Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 24.07.2024

## Sledované parametre

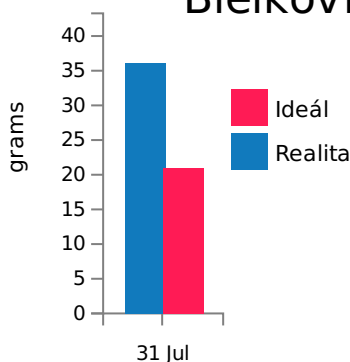
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

## Sledované dni

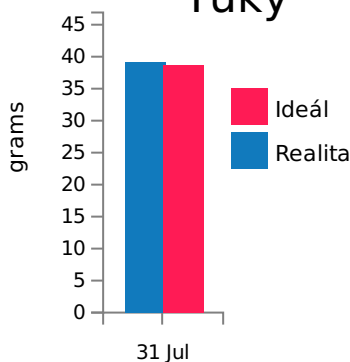
- 31.07.2024

## Prehľad podľa dní

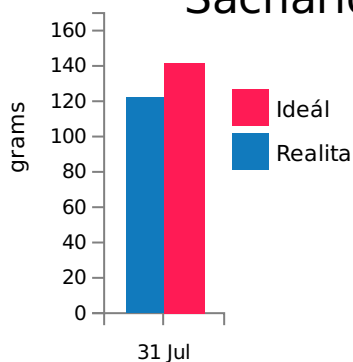
### Bielkoviny



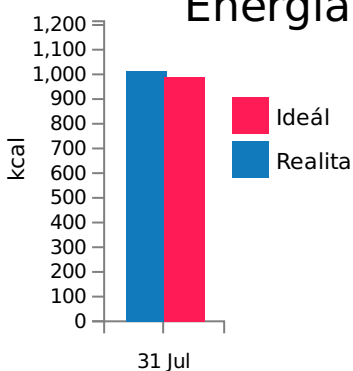
### Tuky



## Sacharidy



## Energia

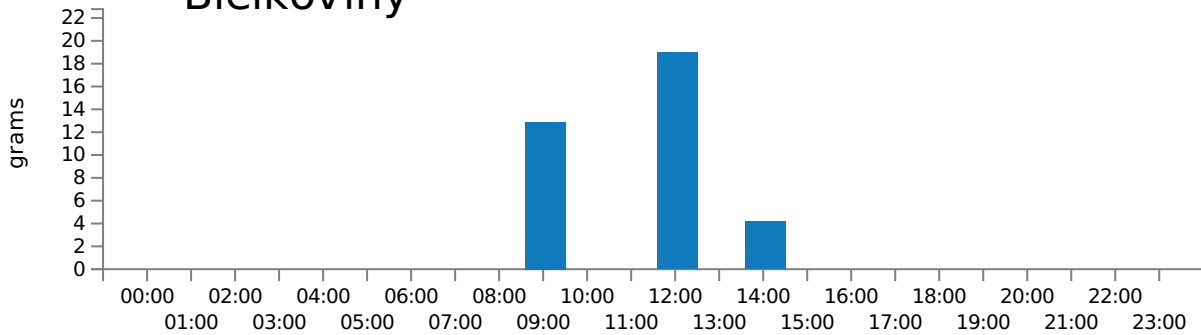
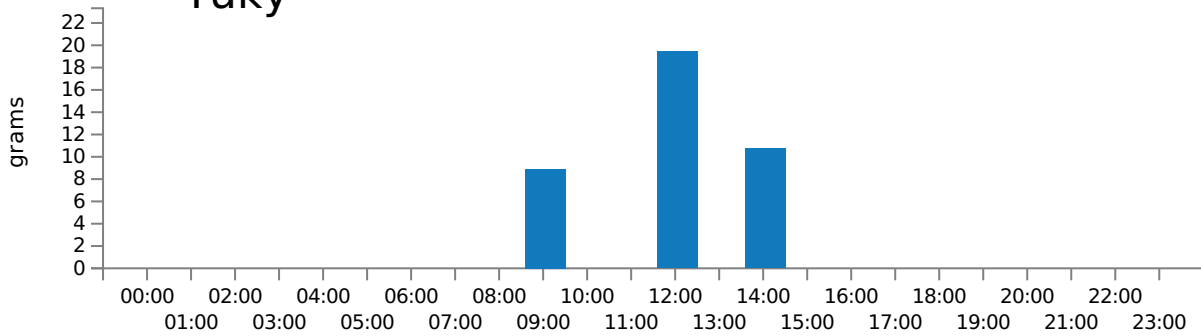
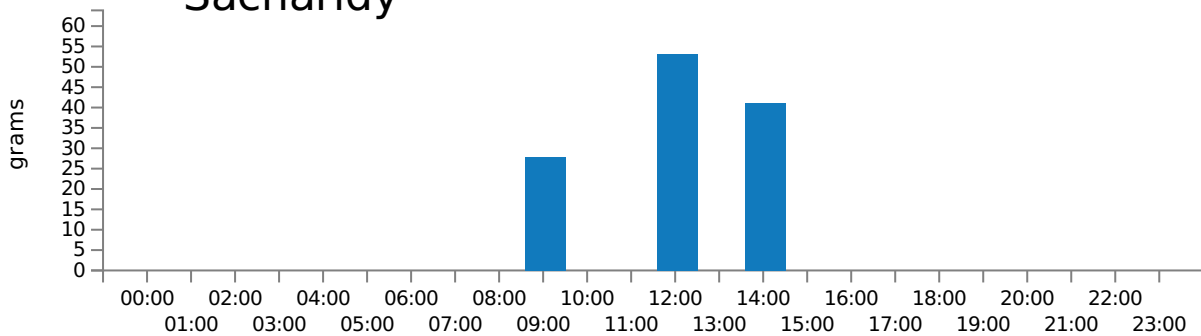


## Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
31.07.	8.38 (119.74%)	121.39 (242.78%)	371.12 (115.98%)	6.85 (126.84%)
<b>Priemer</b>	8.38 (119.74%)	121.39 (242.78%)	371.12 (115.98%)	6.85 (126.84%)

**Makronutrienty priemerne**

	<b>Bielkoviny g</b>	<b>Energia kcal</b>	<b>Sacharidy g</b>	<b>Tuky g</b>
Priemer	36.06	1012.73	122.28	39.09
Ideál	21	990	141.6	38.7

**31.07.2024****Bielkoviny****Tuky****Sacharidy****Energia**