



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 03.06.2024

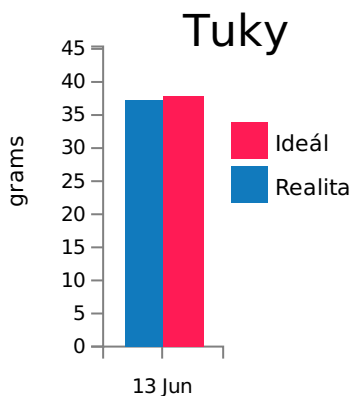
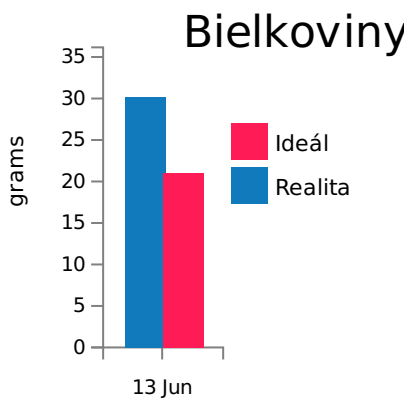
Sledované parametre

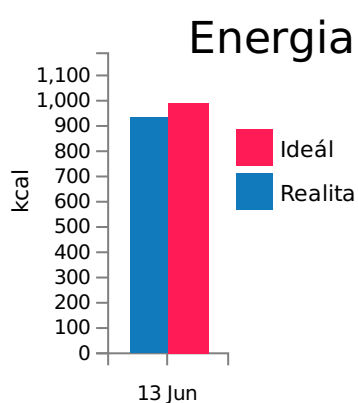
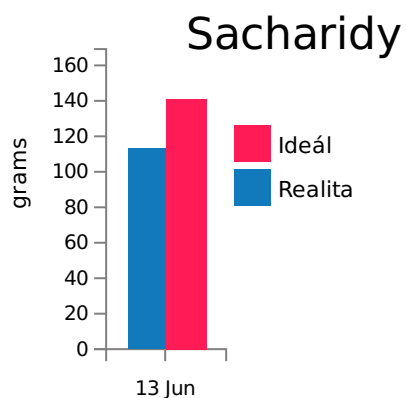
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 13.06.2024

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
13.06.	11.13 (132.51%)	26.14 (62.24%)	131.29 (31.26%)	6.14 (113.68%)
Priemer	11.13 (132.51%)	26.14 (62.24%)	131.29 (31.26%)	6.14 (113.68%)



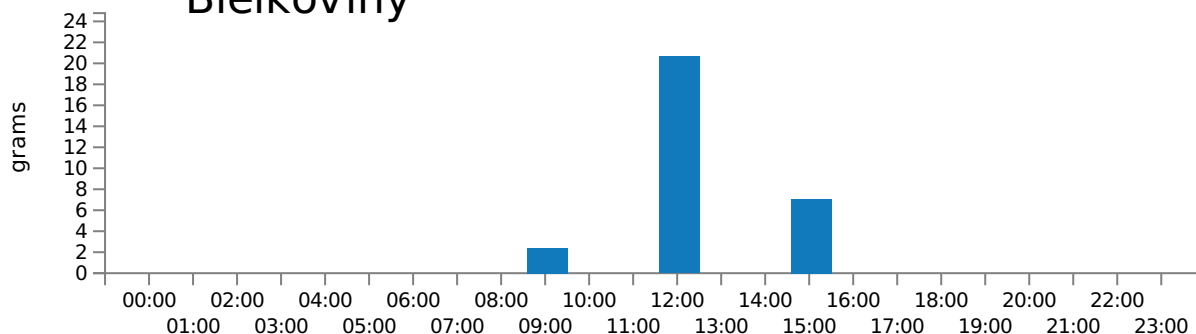
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	30.14	933.07	113.08	37.19
Ideál	21	990	141	37.8

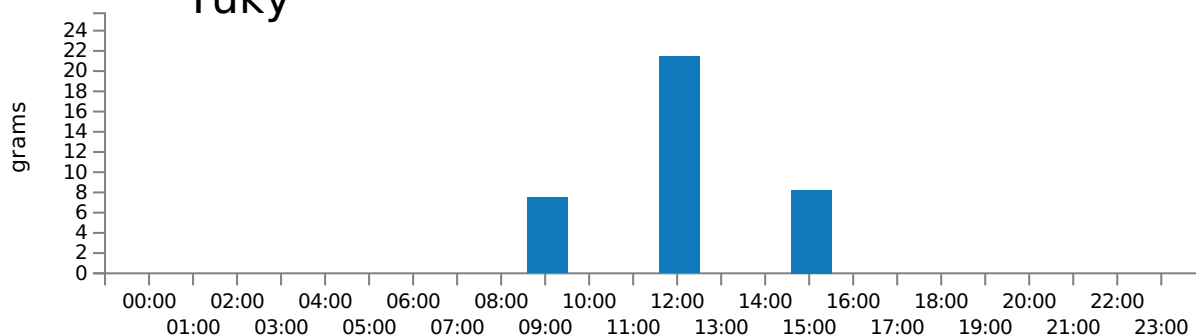


13.06.2024

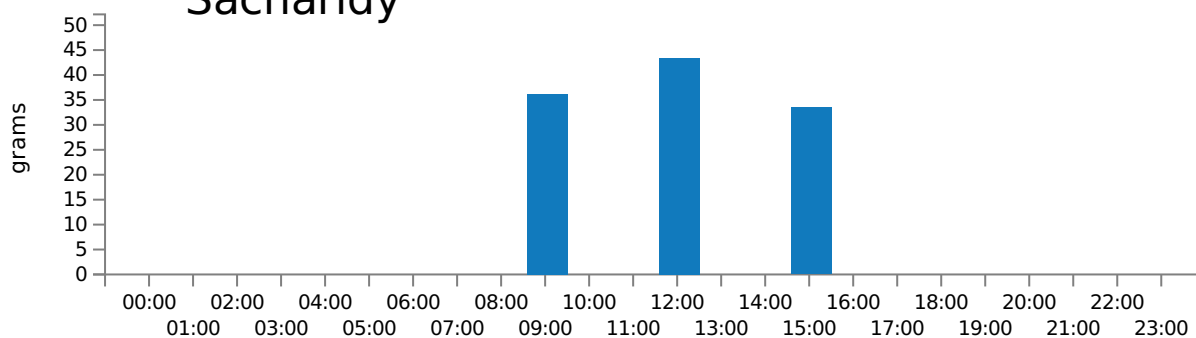
Bielkoviny



Tuky



Sacharidy



Energia

