

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 15.05.2025

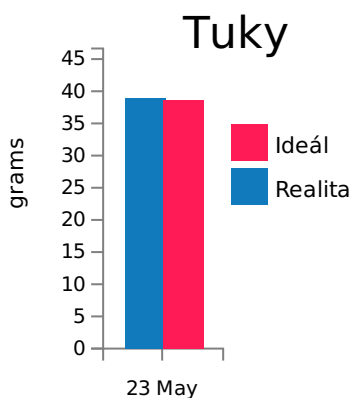
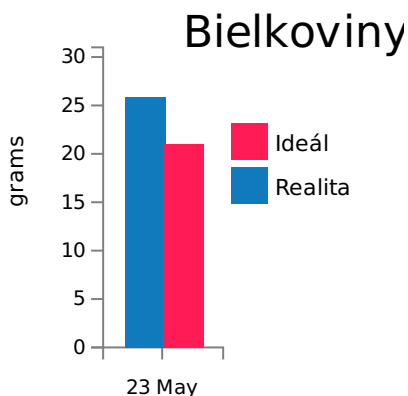
Sledované parametre

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

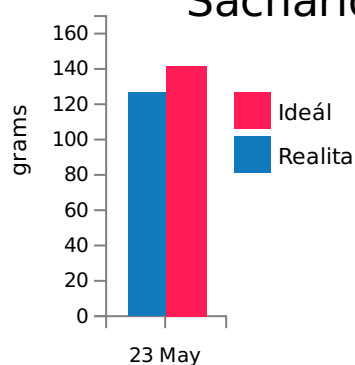
Sledované dni

- 23.05.2025

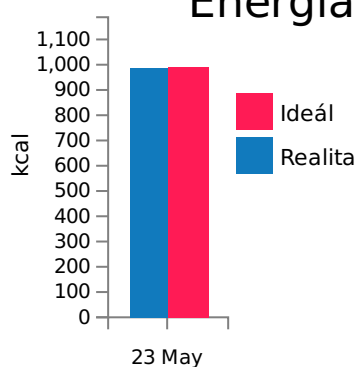
Prehľad podľa dní



Sacharidy



Energia



Prehľad mikronutrientov

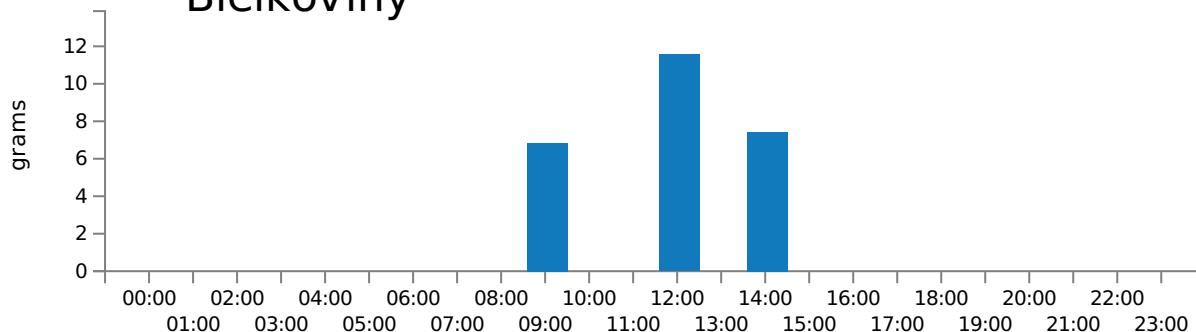
	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
23.05.	10.88 (135.97%)	89.51 (127.87%)	281.24 (87.89%)	6.04 (128.5%)
Priemer	10.88 (135.97%)	89.51 (127.87%)	281.24 (87.89%)	6.04 (128.5%)

Makronutrienty priemerne

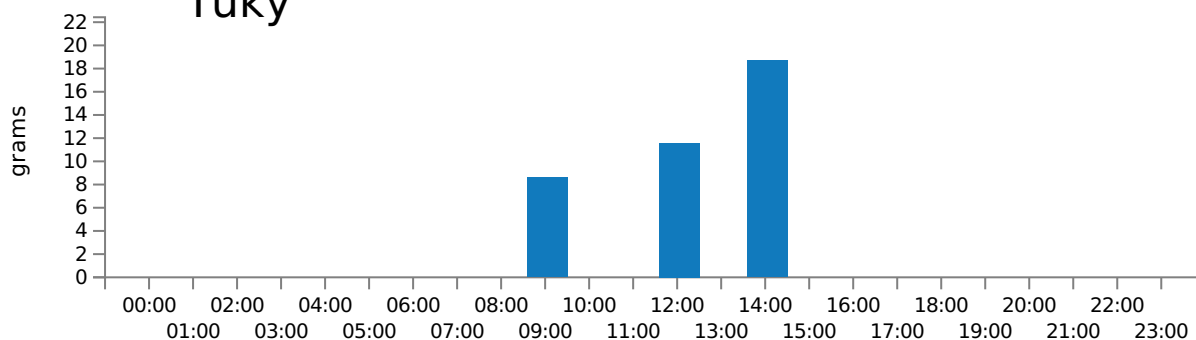
	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	25.83	986.23	126.54	38.87
Ideál	21	990	141.6	38.7

23.05.2025

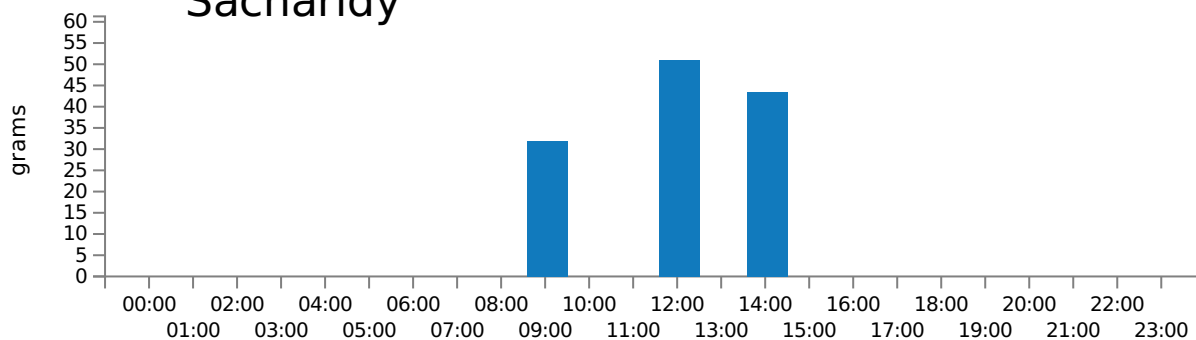
Bielkoviny



Tuky



Sacharidy



Energia

