



# Analýza stravovania

**Meno:** Zdravé Bruško

**Dátum vyhotovenia:** 10.04.2024

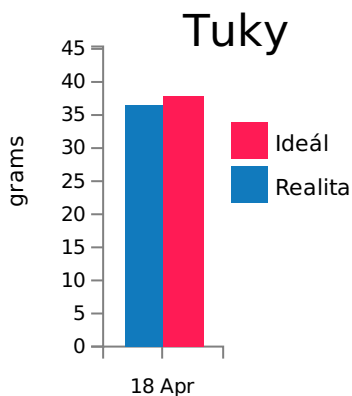
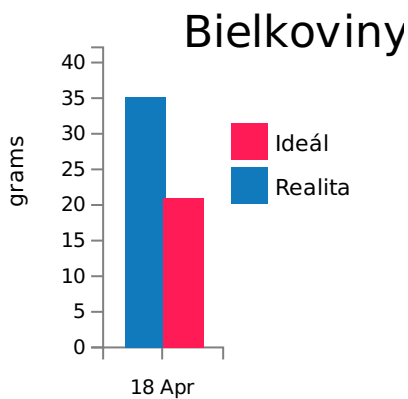
## Sledované parametre

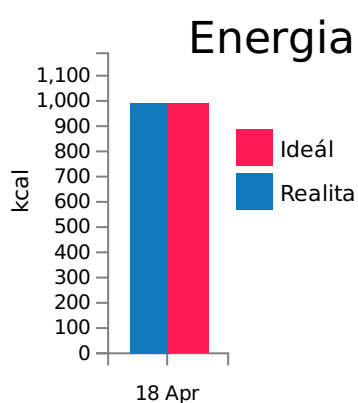
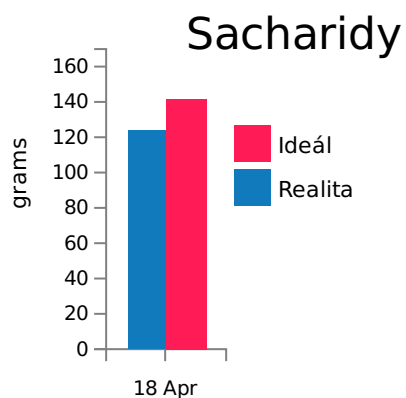
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

## Sledované dni

- 18.04.2024

## Prehľad podľa dní





## Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
18.04.	9.92 (118.12%)	20.54 (48.9%)	161.55 (38.47%)	5.26 (97.39%)
<b>Priemer</b>	9.92 (118.12%)	20.54 (48.9%)	161.55 (38.47%)	5.26 (97.39%)



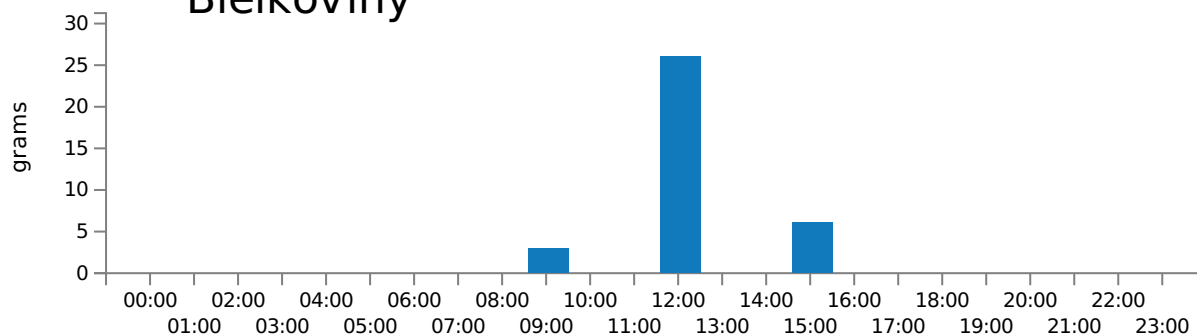
## Makronutrienty priemerne

	<b>Bielkoviny g</b>	<b>Energia kcal</b>	<b>Sacharidy g</b>	<b>Tuky g</b>
Priemer	35.11	990.84	123.78	36.5
Ideál	21	990	141.6	37.8

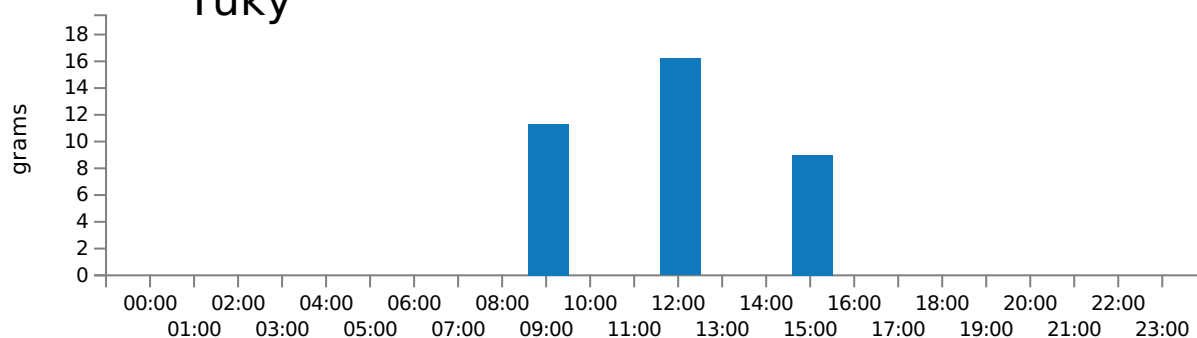


# 18.04.2024

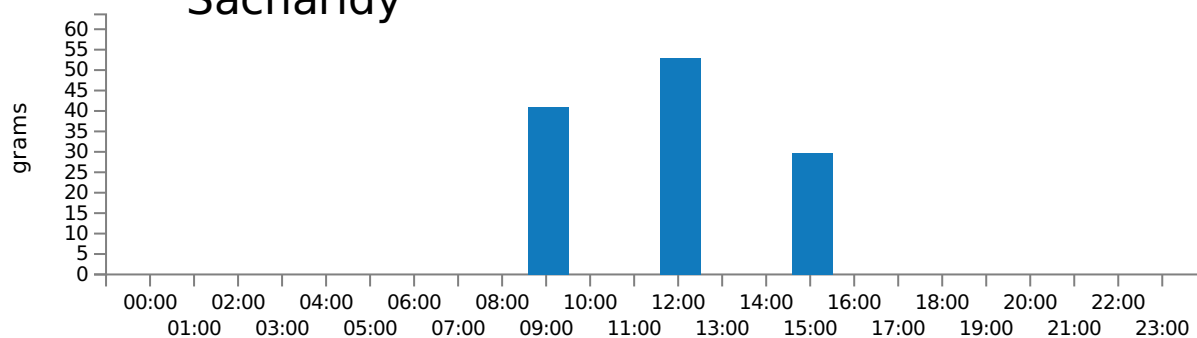
## Bielkoviny



## Tuky



## Sacharidy



## Energia

