



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 08.04.2025

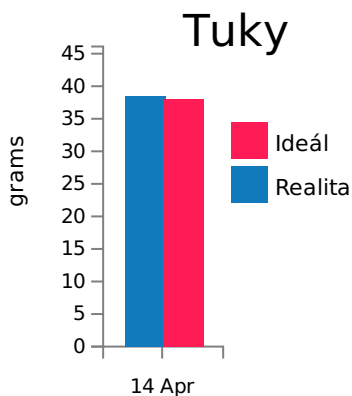
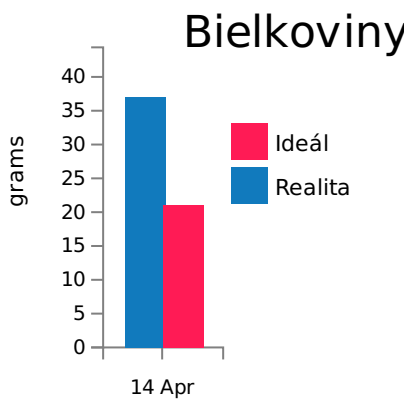
Sledované parametre

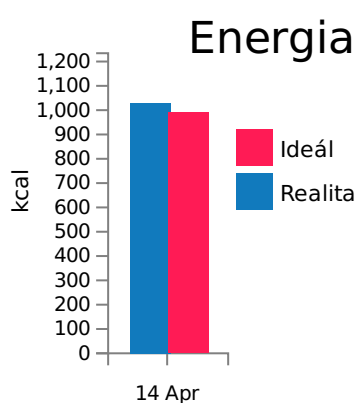
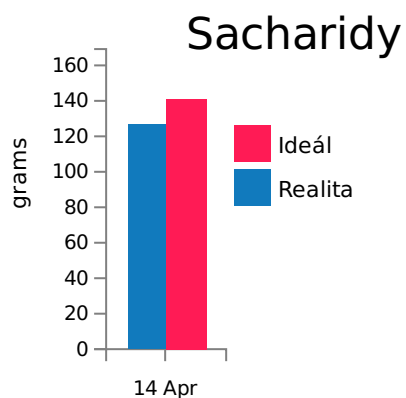
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 14.04.2025

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
14.04.	15.86 (188.76%)	41.45 (98.69%)	300.06 (71.44%)	6.47 (119.75%)
Priemer	15.86 (188.76%)	41.45 (98.69%)	300.06 (71.44%)	6.47 (119.75%)



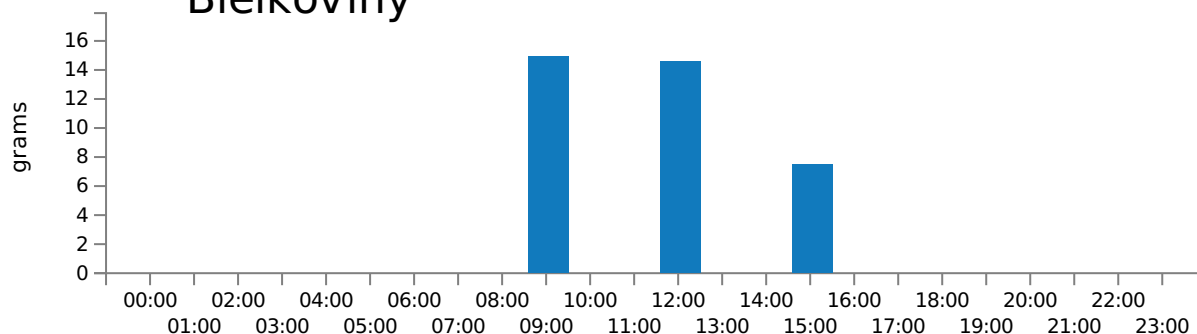
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	36.98	1028.5	126.73	38.42
Ideál	21	990	141	38

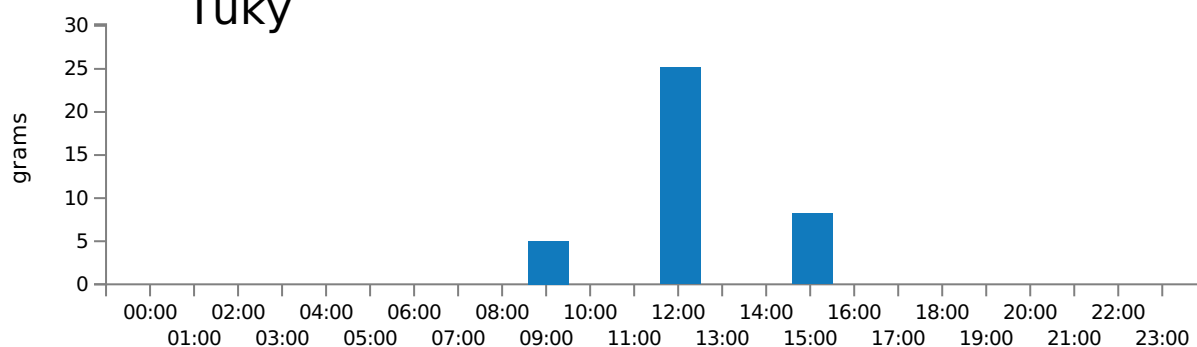


14.04.2025

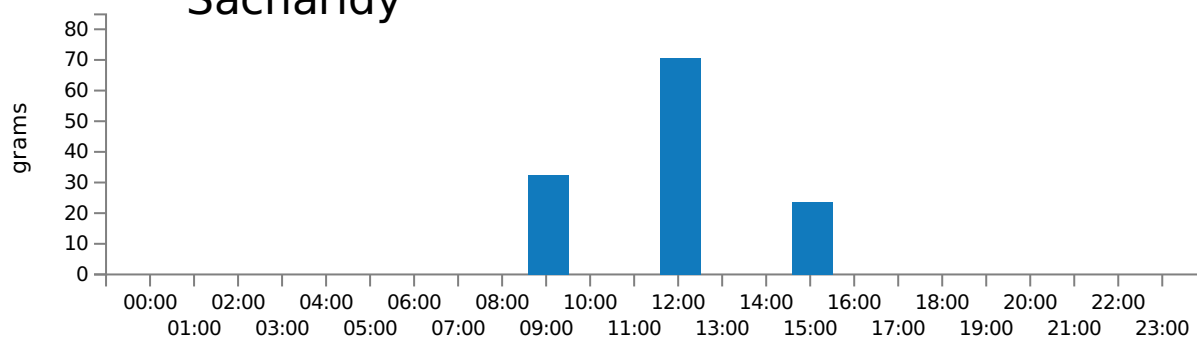
Bielkoviny



Tuky



Sacharidy



Energia

