

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 01.05.2025

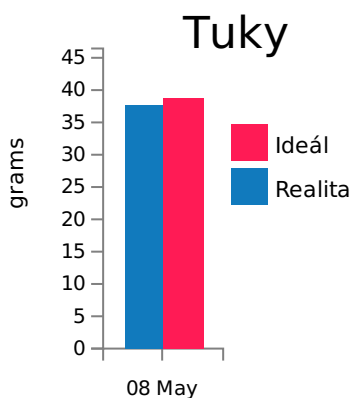
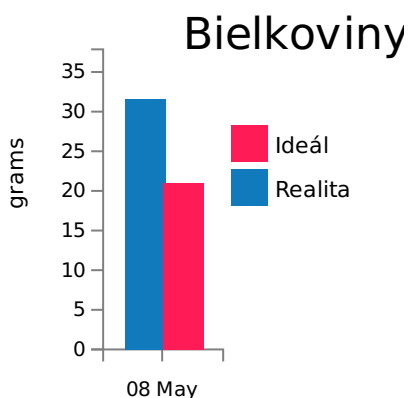
Sledované parametre

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

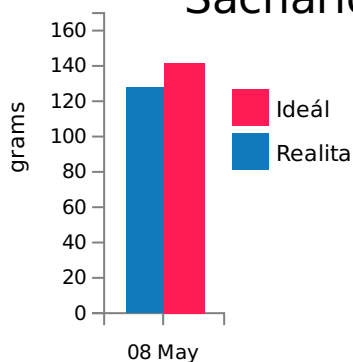
Sledované dni

- 08.05.2025

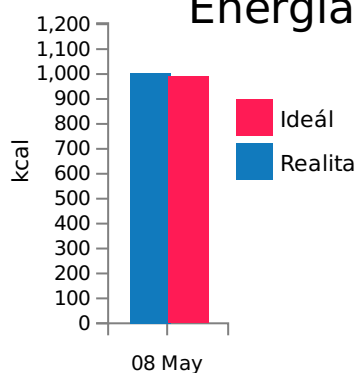
Prehľad podľa dní



Sacharidy



Energia

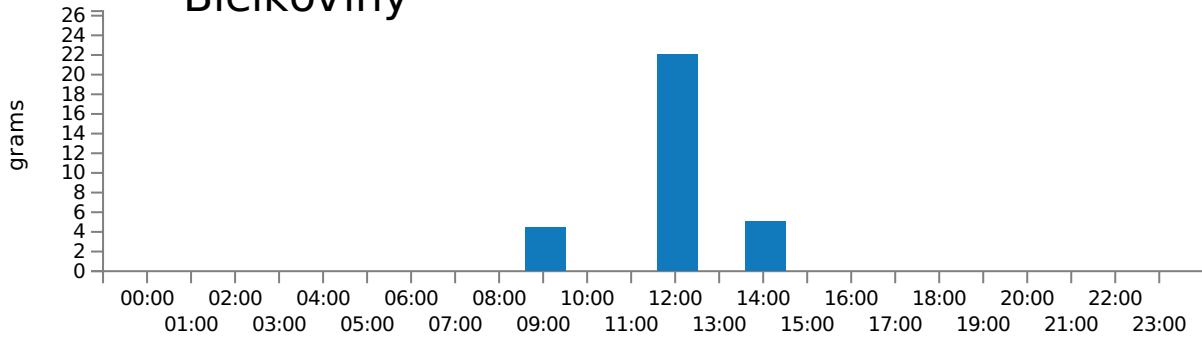
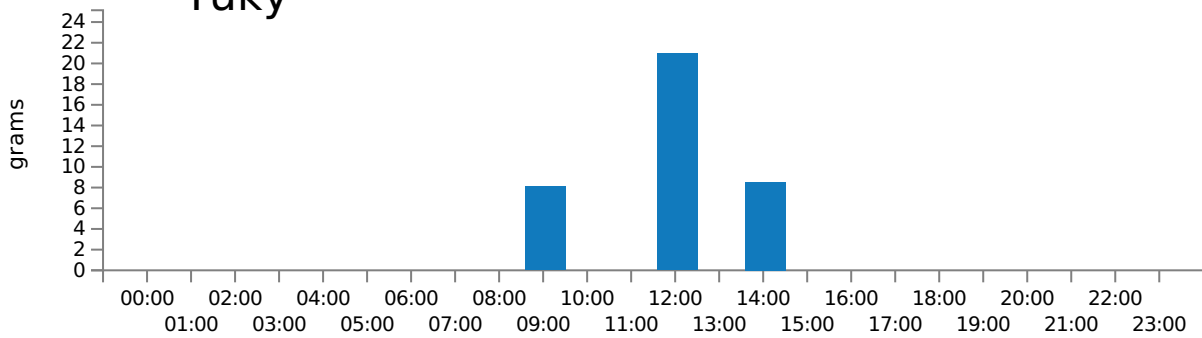
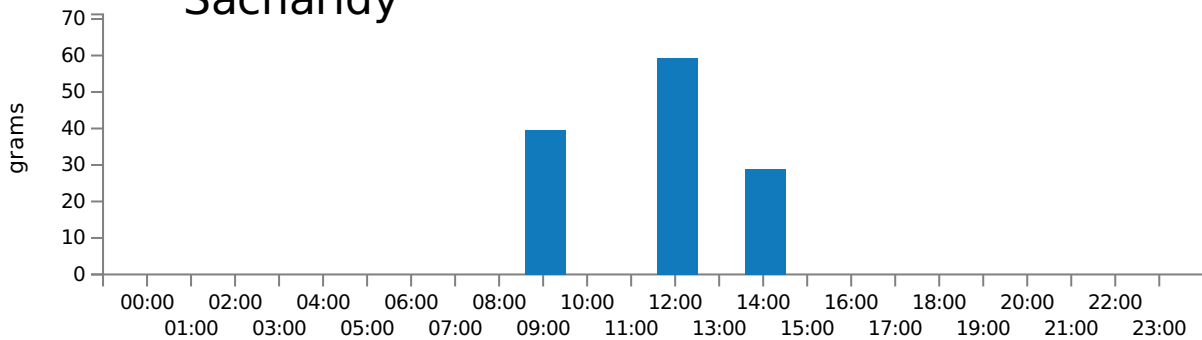


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
08.05.	11 (137.56%)	89.11 (127.3%)	239.43 (79.81%)	8.54 (170.78%)
Priemer	11 (137.56%)	89.11 (127.3%)	239.43 (79.81%)	8.54 (170.78%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	31.55	1003.33	127.83	37.62
Ideál	21	990	141.6	38.7

08.05.2025**Bielkoviny****Tuky****Sacharidy****Energia**