

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 19.02.2024

Sledované parametre

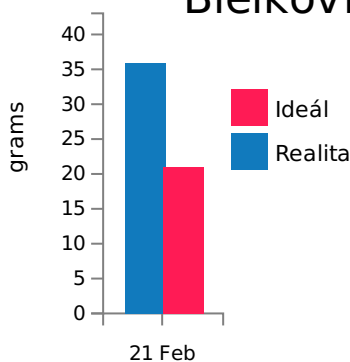
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

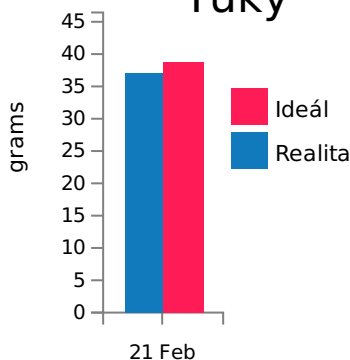
- 21.02.2024

Prehľad podľa dní

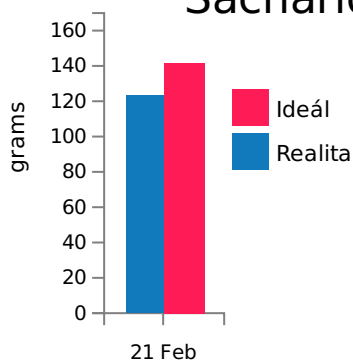
Bielkoviny



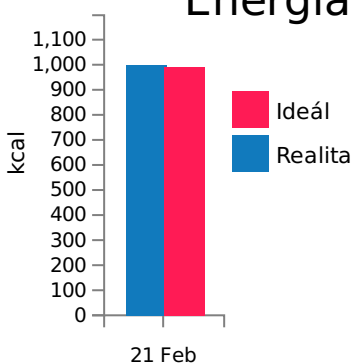
Tuky



Sacharidy



Energia

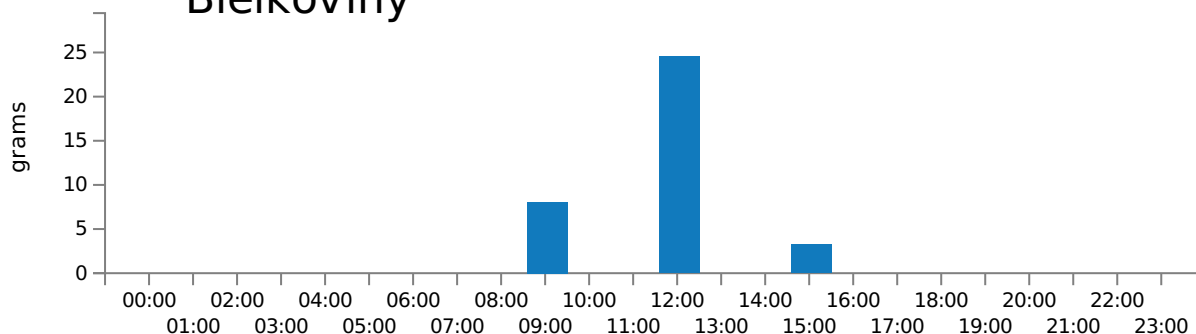
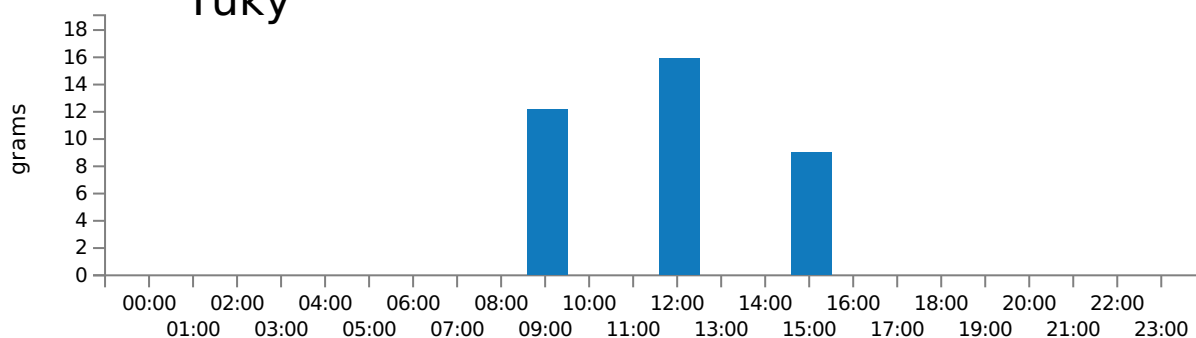
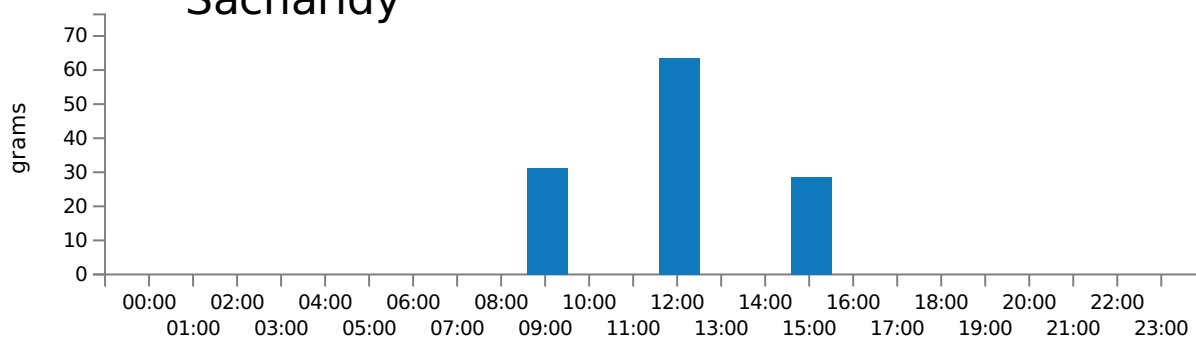


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
21.02.	7.84 (111.98%)	66.21 (132.42%)	222.7 (69.59%)	5.6 (98.23%)
Priemer	7.84 (111.98%)	66.21 (132.42%)	222.7 (69.59%)	5.6 (98.23%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	35.86	997.99	123.39	37.1
Ideál	21	990	141.6	38.7

21.02.2024**Bielkoviny****Tuky****Sacharidy****Energia**