



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 06.05.2024

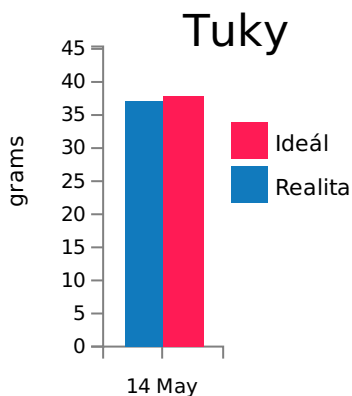
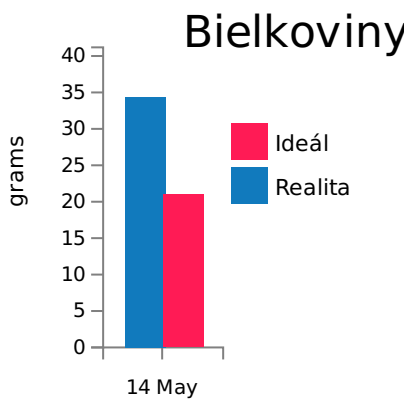
Sledované parametre

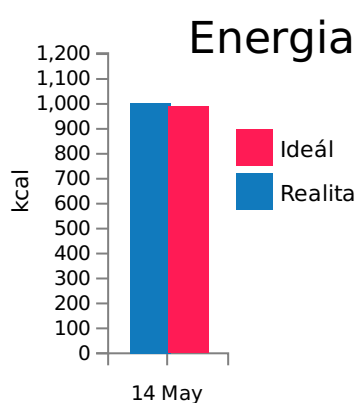
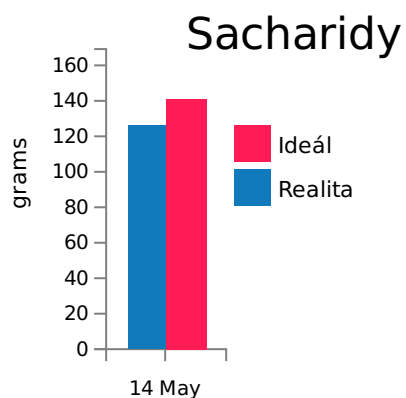
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 14.05.2024

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
14.05.	10.79 (128.43%)	51.8 (123.33%)	165.61 (39.43%)	4.13 (76.41%)
Priemer	10.79 (128.43%)	51.8 (123.33%)	165.61 (39.43%)	4.13 (76.41%)



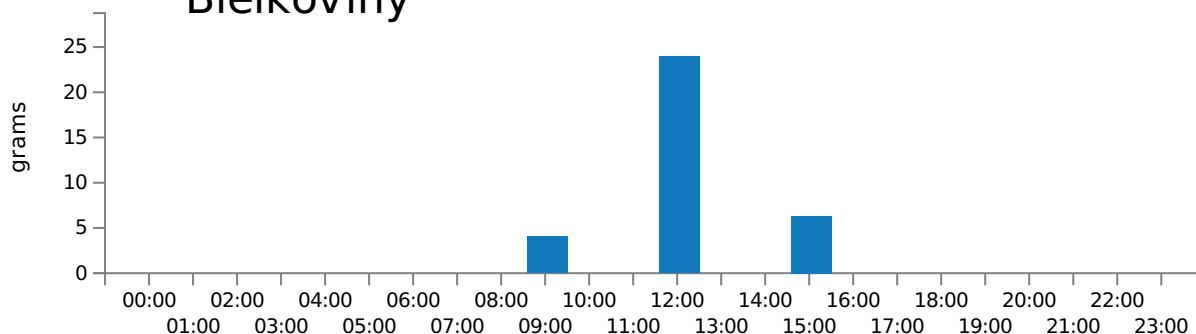
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	34.32	1002.75	126.15	37.08
Ideál	21	990	141	37.8

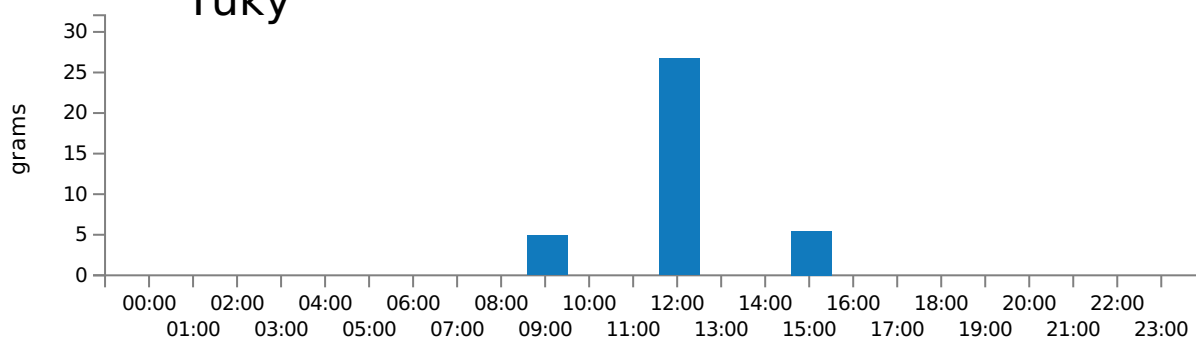


14.05.2024

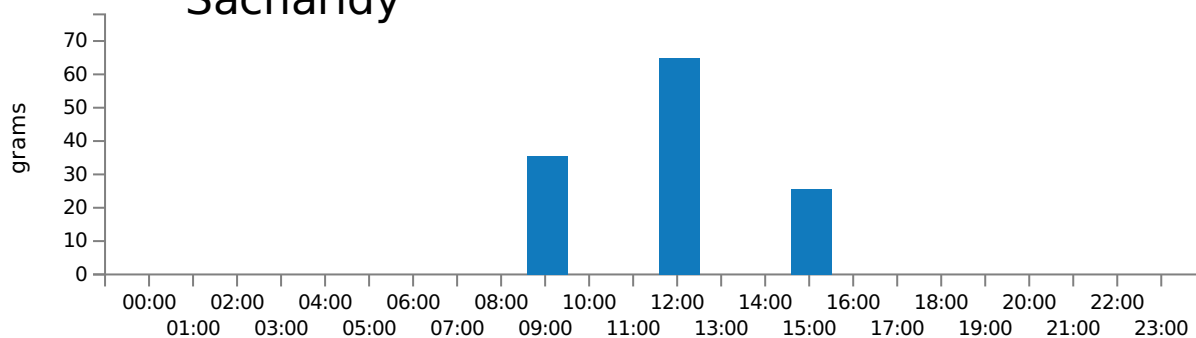
Bielkoviny



Tuky



Sacharidy



Energia

