



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 24.04.2024

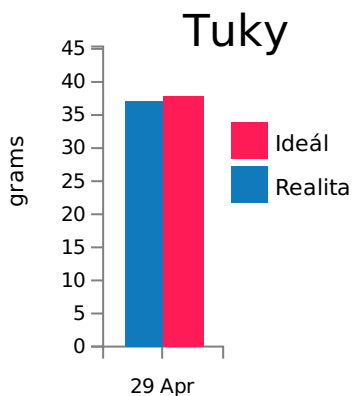
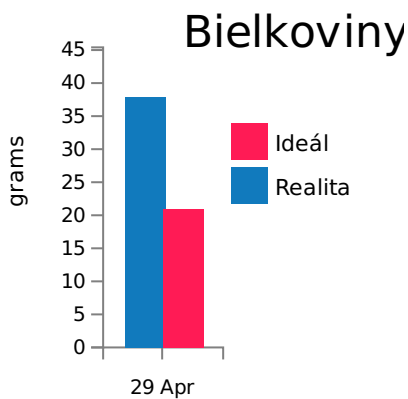
Sledované parametre

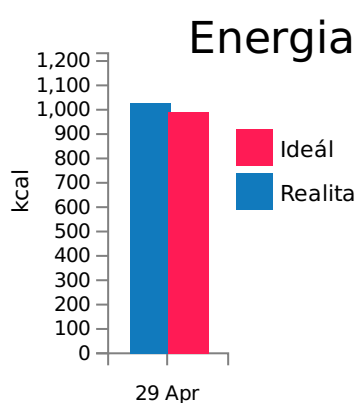
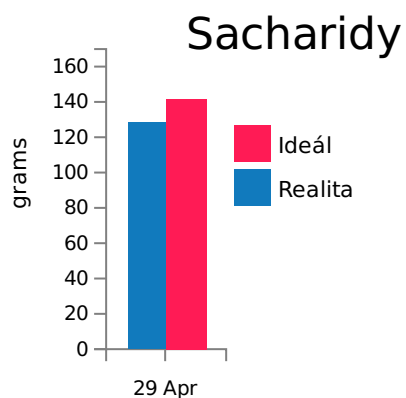
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 29.04.2024

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
29.04.	20.54 (228.26%)	87.43 (208.17%)	307.09 (73.12%)	10.85 (200.97%)
Priemer	20.54 (228.26%)	87.43 (208.17%)	307.09 (73.12%)	10.85 (200.97%)



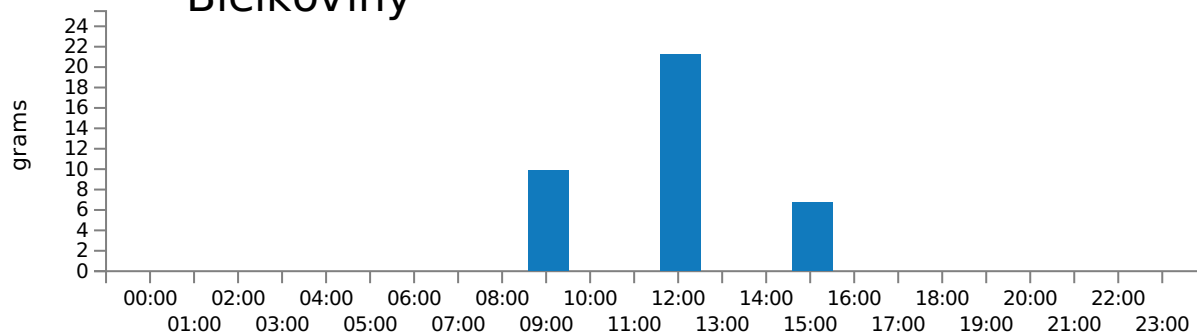
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	37.84	1026.69	128.44	37.09
Ideál	21	990	141.6	37.8

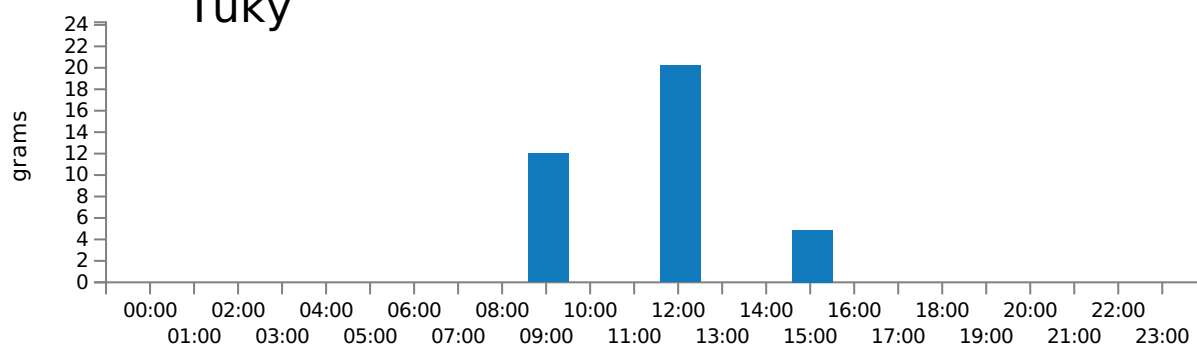


29.04.2024

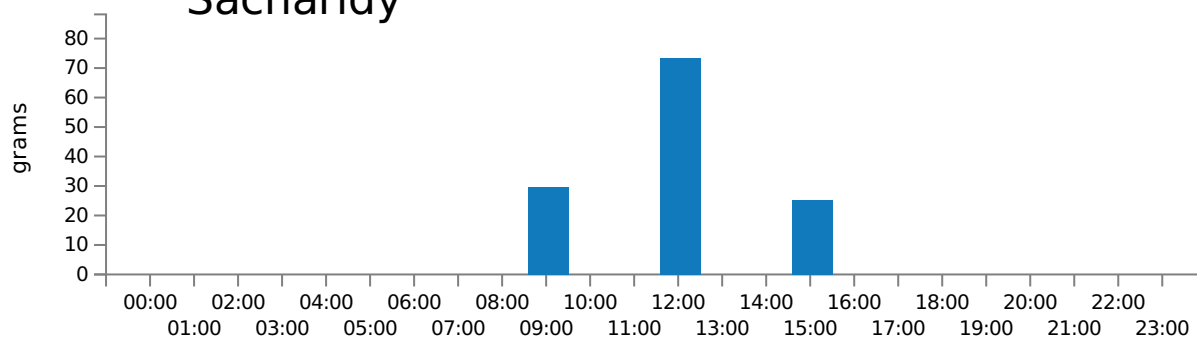
Bielkoviny



Tuky



Sacharidy



Energia

