



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 30.01.2025

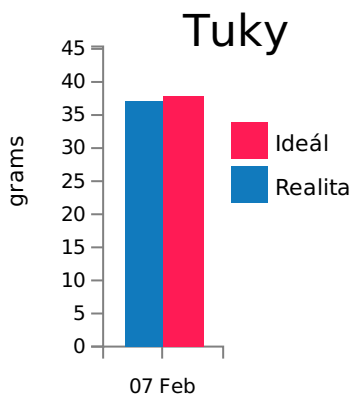
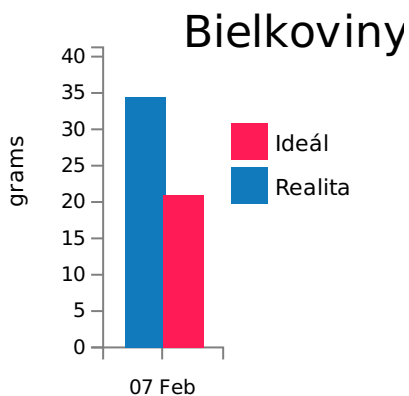
Sledované parametre

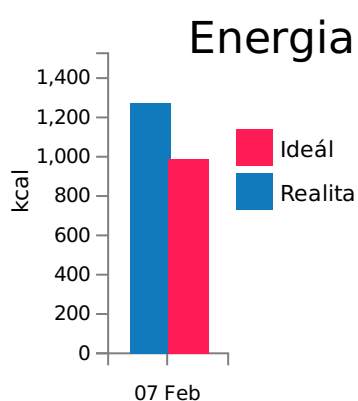
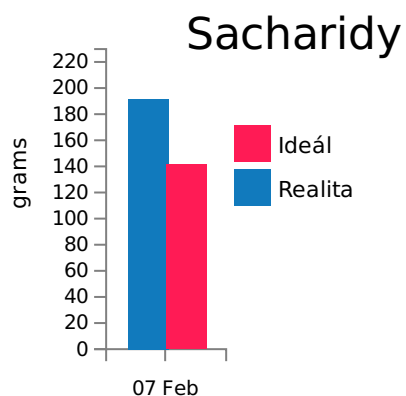
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 07.02.2025

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
07.02.	14.17 (168.64%)	59.81 (142.39%)	316.18 (75.28%)	8.63 (159.73%)
Priemer	14.17 (168.64%)	59.81 (142.39%)	316.18 (75.28%)	8.63 (159.73%)



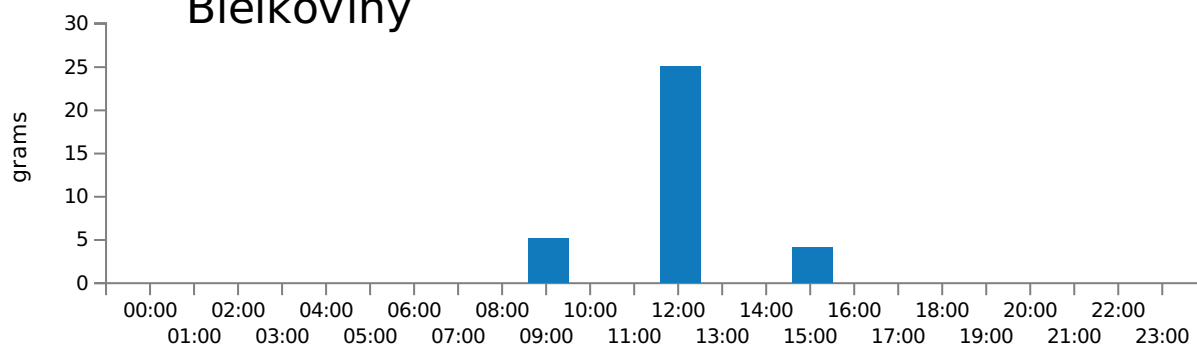
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	34.4	1272.16	191.56	37.18
Ideál	21	990	141.6	37.8

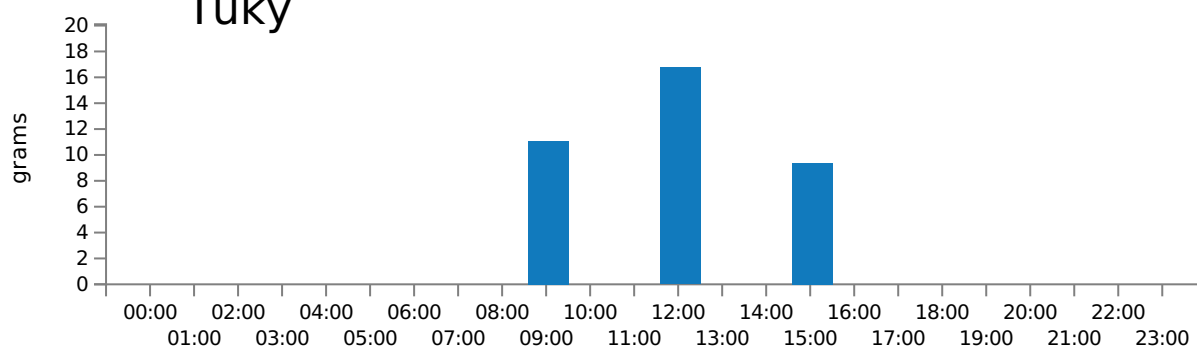


07.02.2025

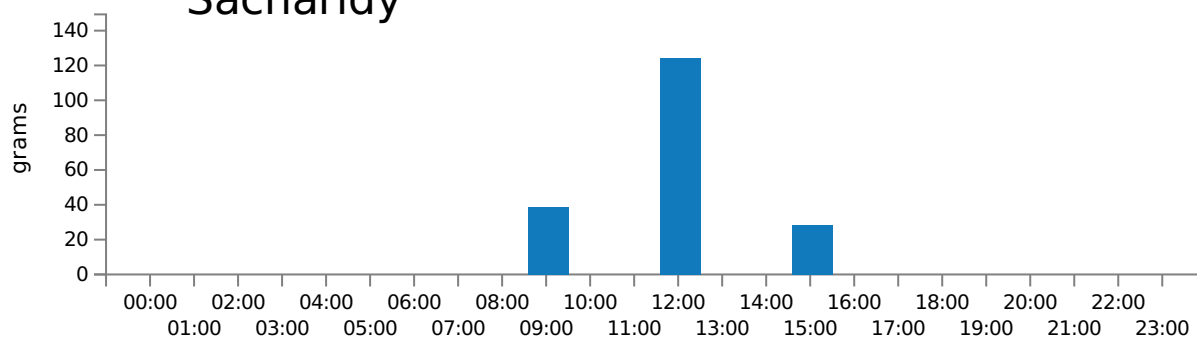
Bielkoviny



Tuky



Sacharidy



Energia

