



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 28.08.2024

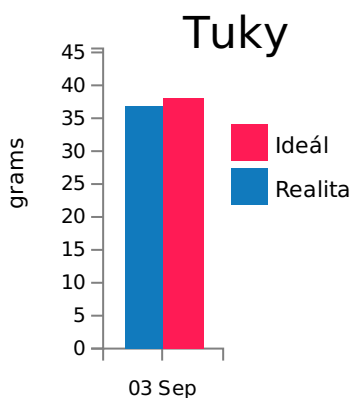
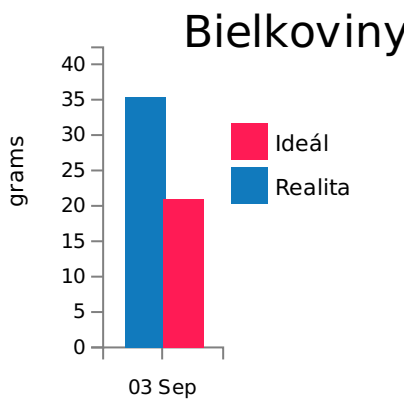
Sledované parametre

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

Sledované dni

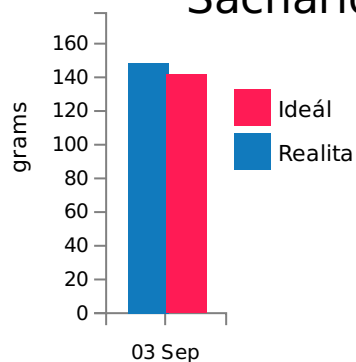
- 03.09.2024

Prehľad podľa dní

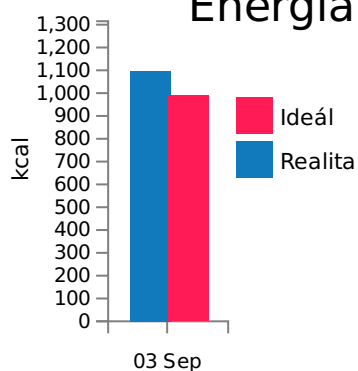




Sacharidy



Energia



Prehľad mikronutrientov

| | potravinová vláknina g | vitamín C mg | vápnik mg | železo mg |
|----------------|---------------------------|---------------------|--------------------|-------------------|
| 03.09. | 13.25 (157.71%) | 119.43 (284.37%) | 174.49 (41.55%) | 5.96 (110.35%) |
| Priemer | 13.25 (157.71%) | 119.43 (284.37%) | 174.49 (41.55%) | 5.96 (110.35%) |



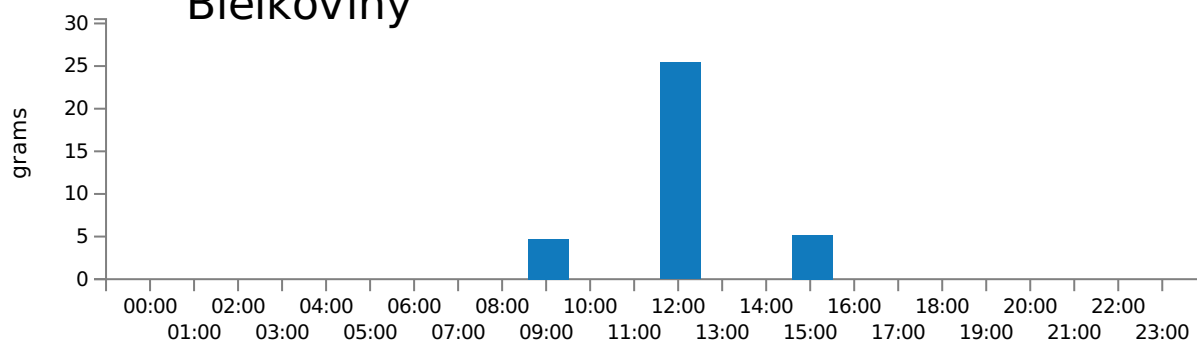
Makronutrienty priemerne

| | Bielkoviny g | Energia kcal | Sacharidy g | Tuky g |
|---------|-------------------------|-------------------------|------------------------|-------------------|
| Priemer | 35.33 | 1095.97 | 148.46 | 36.82 |
| Ideál | 21 | 990 | 141.6 | 38 |

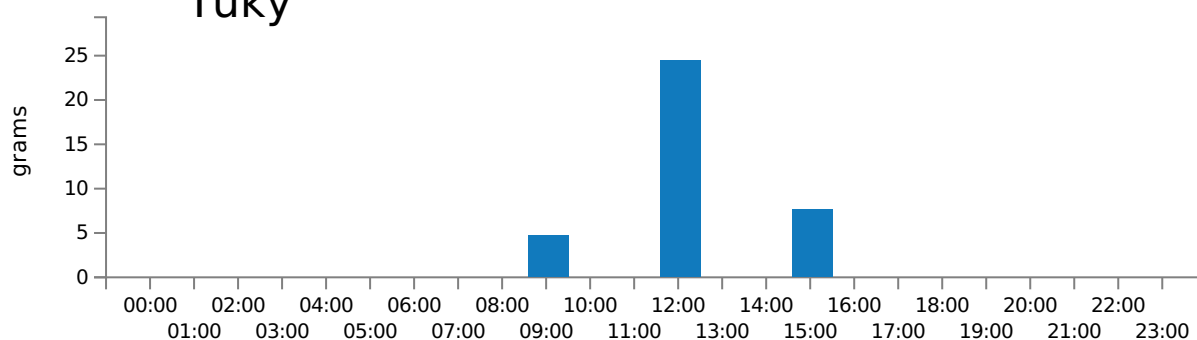


03.09.2024

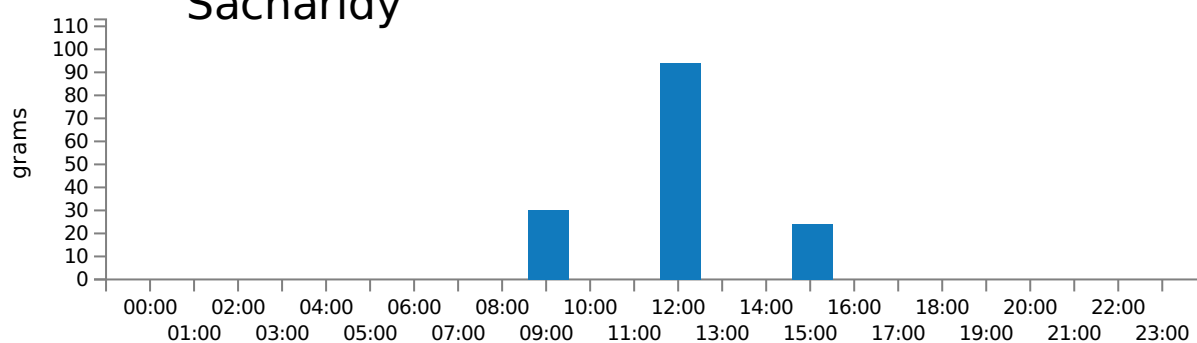
Bielkoviny



Tuky



Sacharidy



Energia

