

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 14.09.2025

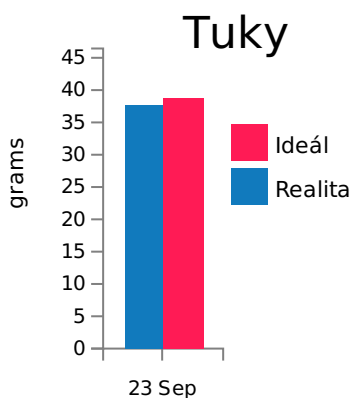
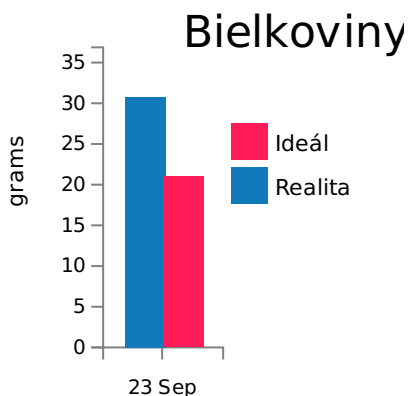
Sledované parametre

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

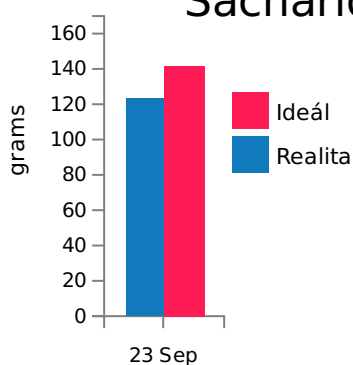
Sledované dni

- 23.09.2025

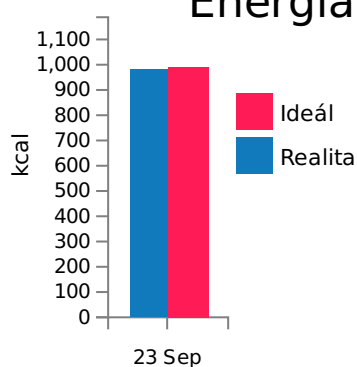
Prehľad podľa dní



Sacharidy



Energia

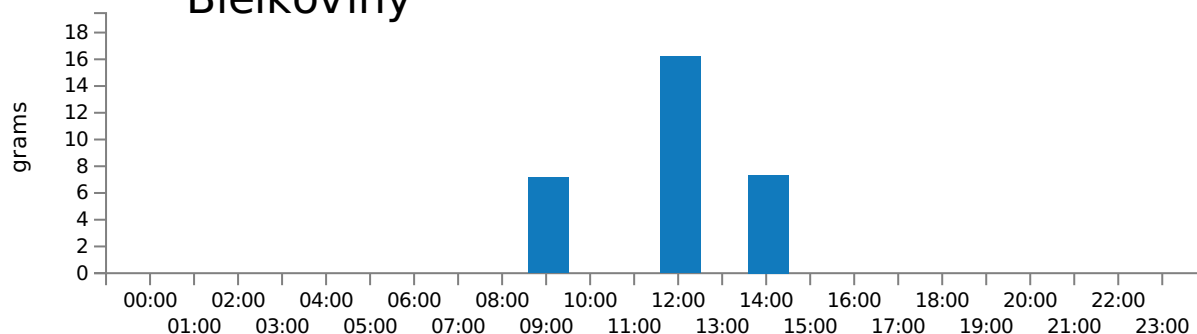
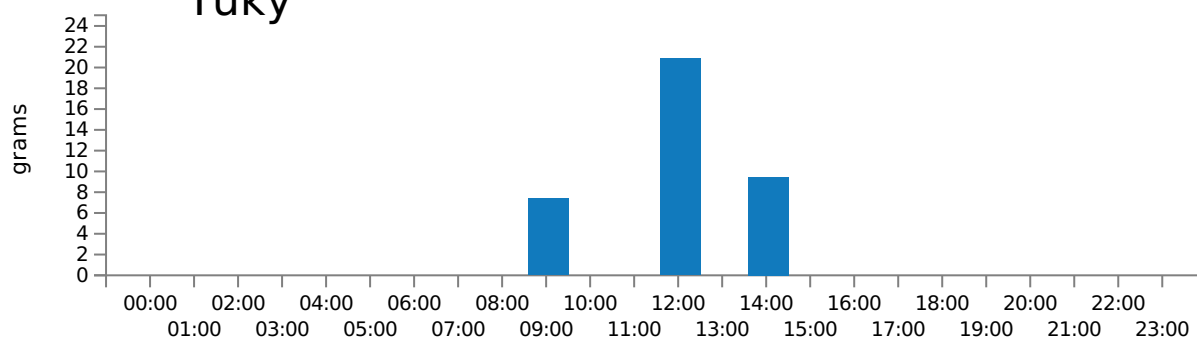
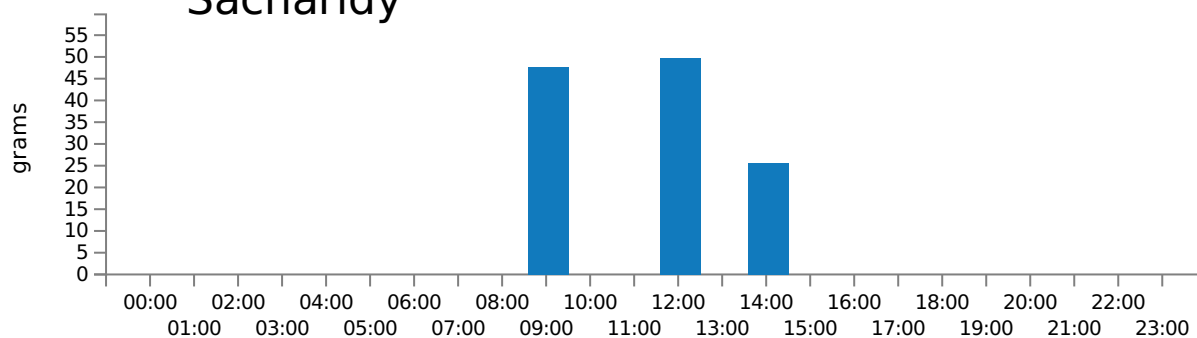


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
23.09.	12.19 (152.35%)	52.67 (131.66%)	406.56 (127.05%)	7.49 (144.04%)
Priemer	12.19 (152.35%)	52.67 (131.66%)	406.56 (127.05%)	7.49 (144.04%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	30.73	981.3	123.12	37.69
Ideál	21	990	141.6	38.7

23.09.2025**Bielkoviny****Tuky****Sacharidy****Energia**