



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 04.07.2024

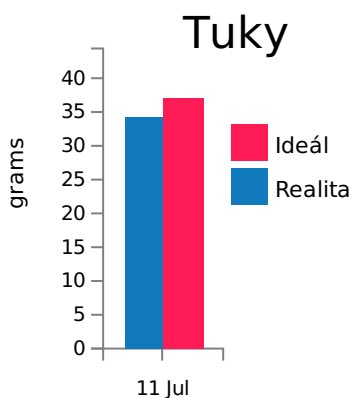
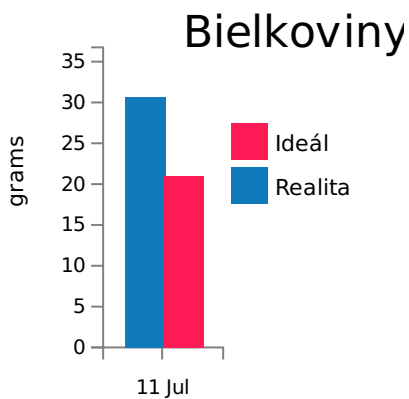
Sledované parametre

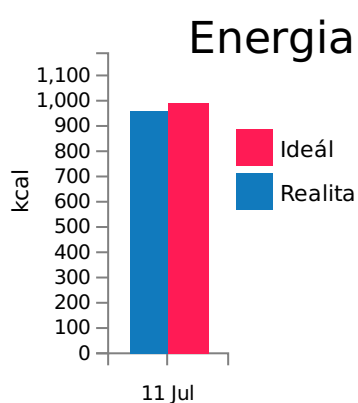
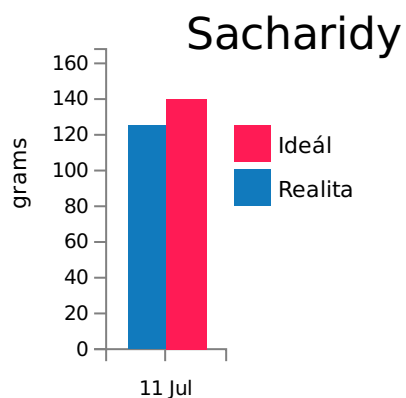
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 11.07.2024

Prehľad podľa dní





Prehľad mikronutrientov

	potravínová vláknina g	vitamín C mg	vápnik mg	železo mg
11.07.	8.33 (99.17%)	67.9 (161.67%)	131.99 (31.43%)	5.64 (104.49%)
Priemer	8.33 (99.17%)	67.9 (161.67%)	131.99 (31.43%)	5.64 (104.49%)



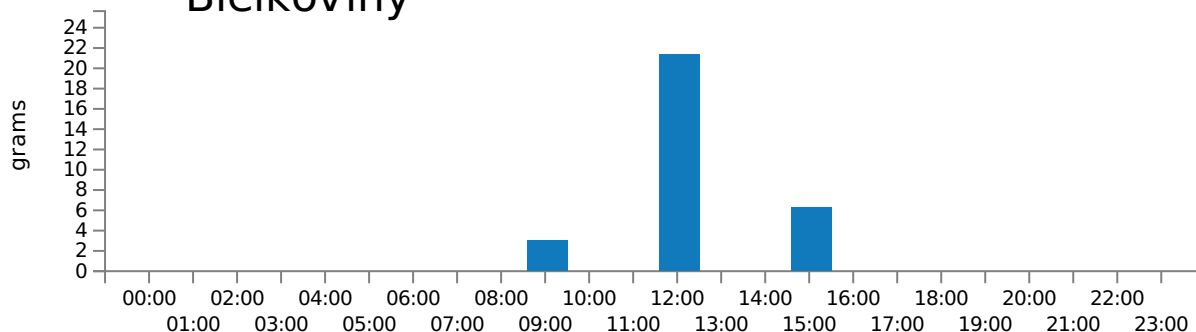
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	30.62	958.69	125.38	34.31
Ideál	21	990	140	37

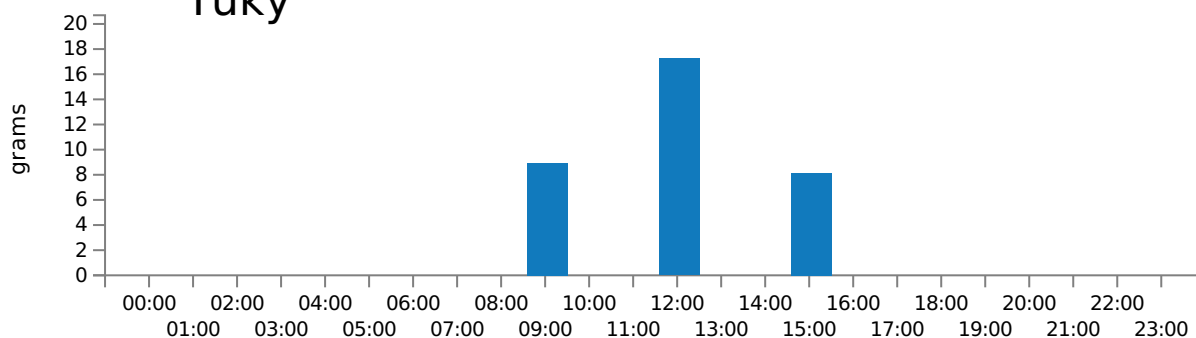


11.07.2024

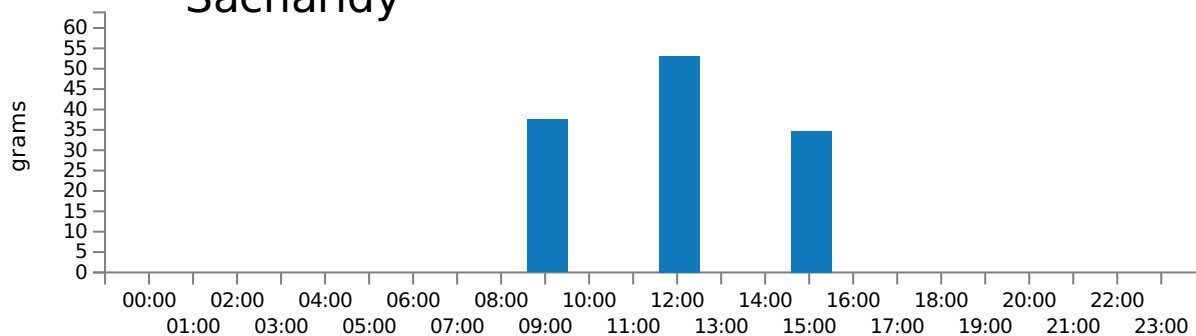
Bielkoviny



Tuky



Sacharidy



Energia

