

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 06.02.2024

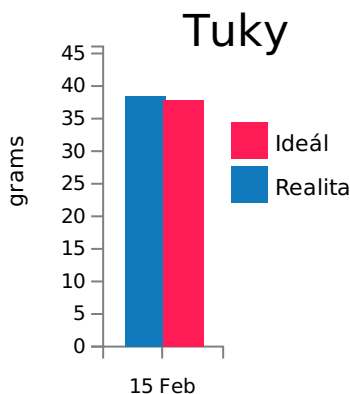
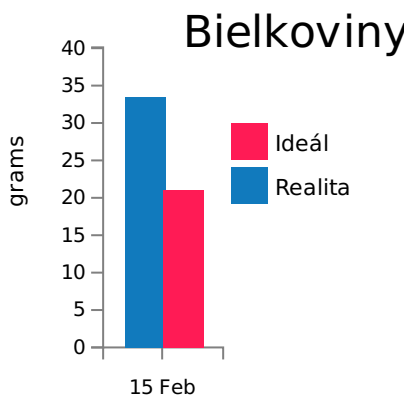
Sledované parametre

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

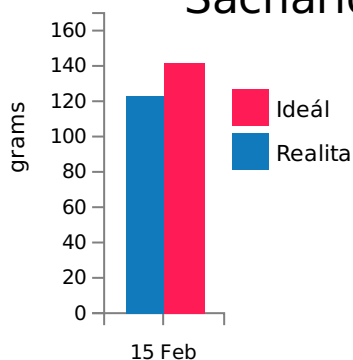
Sledované dni

- 15.02.2024

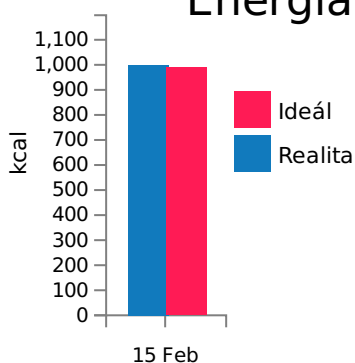
Prehľad podľa dní



Sacharidy



Energia

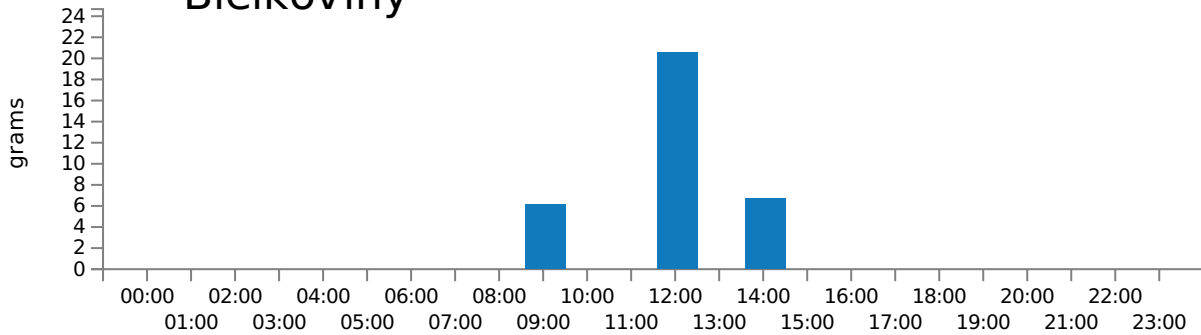
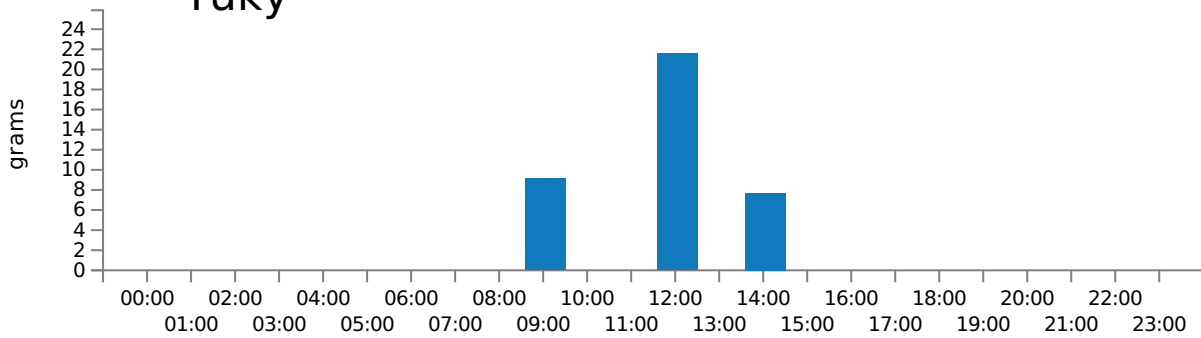
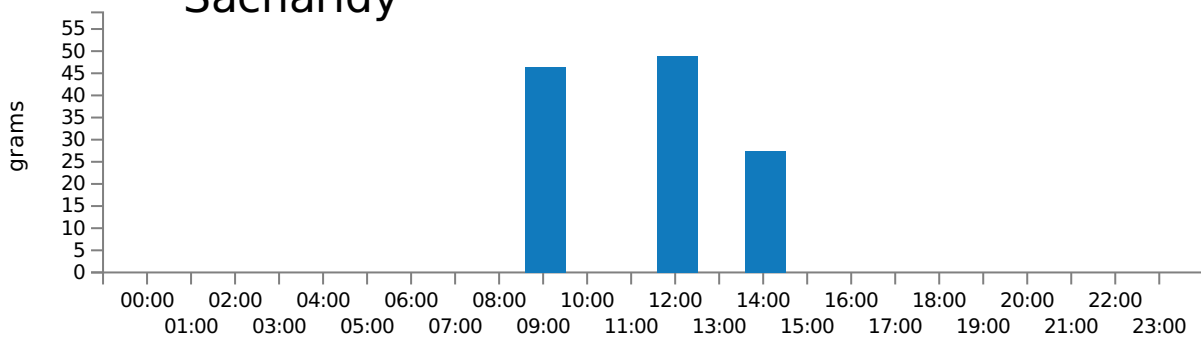


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
15.02.	9.15 (114.36%)	47.06 (94.11%)	333.84 (111.28%)	6.18 (114.43%)
Priemer	9.15 (114.36%)	47.06 (94.11%)	333.84 (111.28%)	6.18 (114.43%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	33.43	998.39	122.99	38.4
Ideál	21	990	141.6	37.8

15.02.2024**Bielkoviny****Tuky****Sacharidy****Energia**