

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 24.04.2025

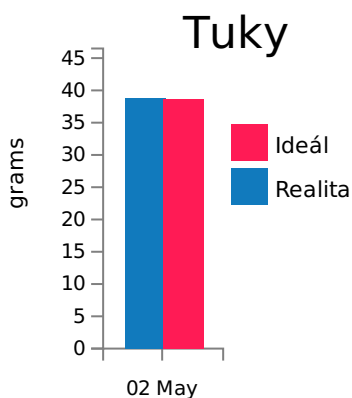
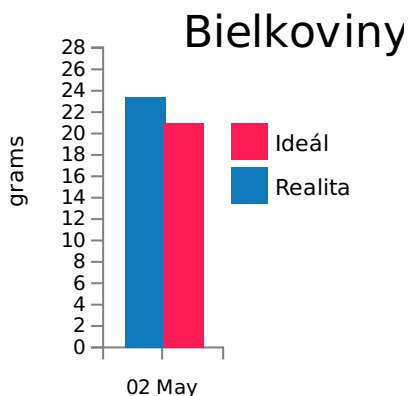
Sledované parametre

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

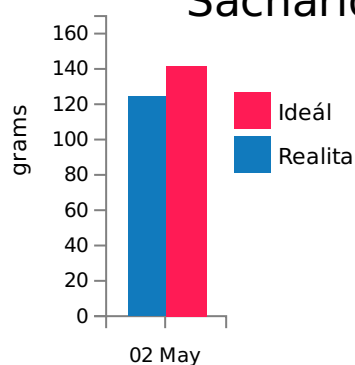
Sledované dni

- 02.05.2025

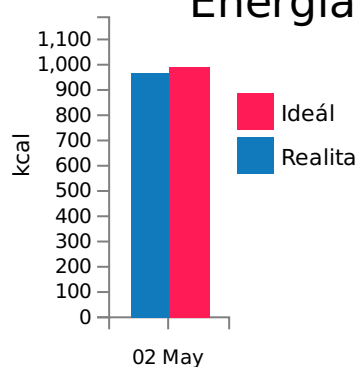
Prehľad podľa dní



Sacharidy



Energia

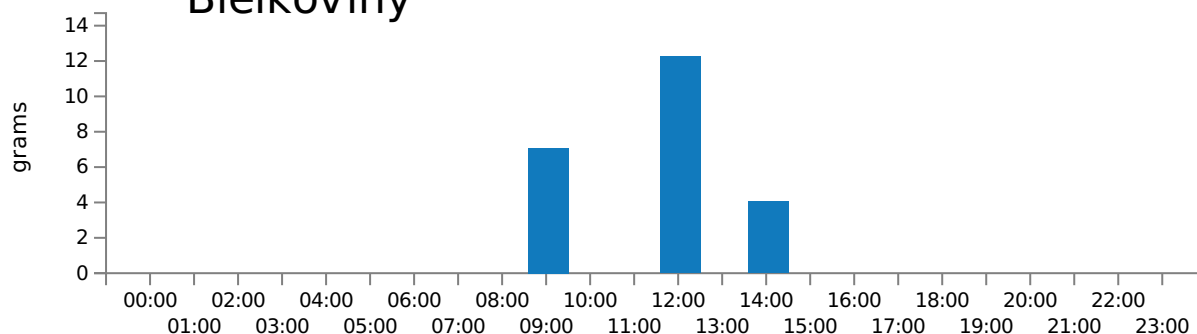
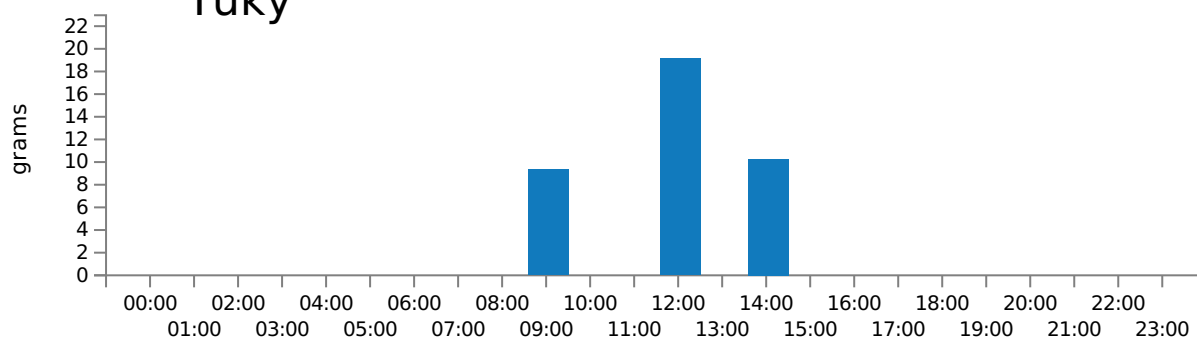
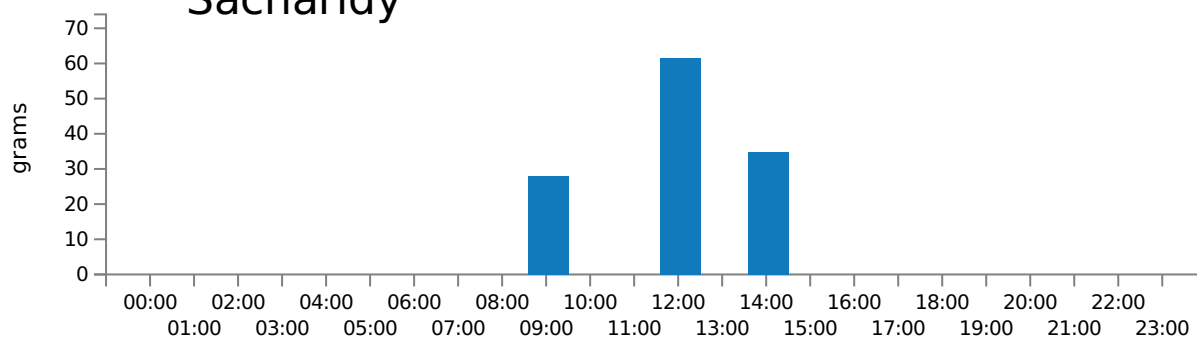


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
02.05.	10.99 (156.93%)	62.14 (88.78%)	167.12 (55.71%)	6.38 (135.83%)
Priemer	10.99 (156.93%)	62.14 (88.78%)	167.12 (55.71%)	6.38 (135.83%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	23.38	966.58	124.49	38.74
Ideál	21	990	141.6	38.7

02.05.2025**Bielkoviny****Tuky****Sacharidy****Energia**