



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 21.05.2024

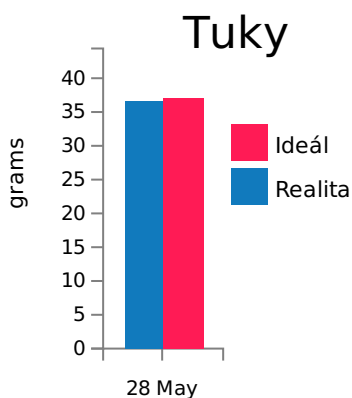
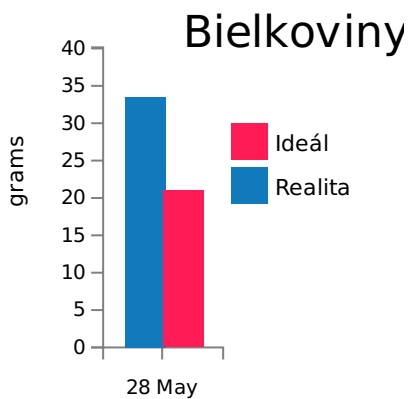
Sledované parametre

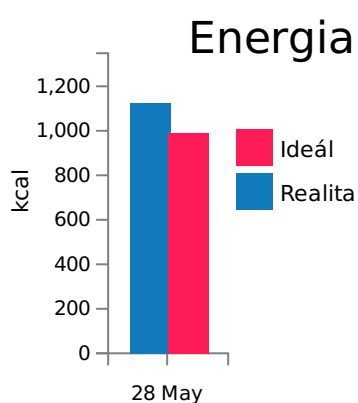
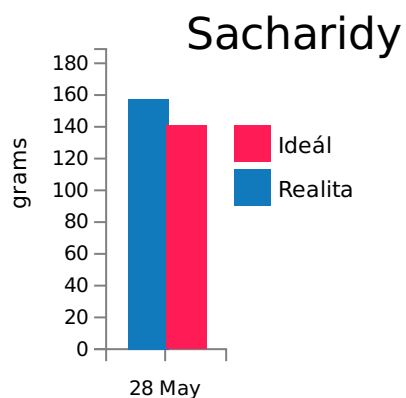
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 28.05.2024

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
28.05.	13.48 (160.53%)	88.86 (211.58%)	260.88 (62.11%)	5.93 (109.78%)
Priemer	13.48 (160.53%)	88.86 (211.58%)	260.88 (62.11%)	5.93 (109.78%)



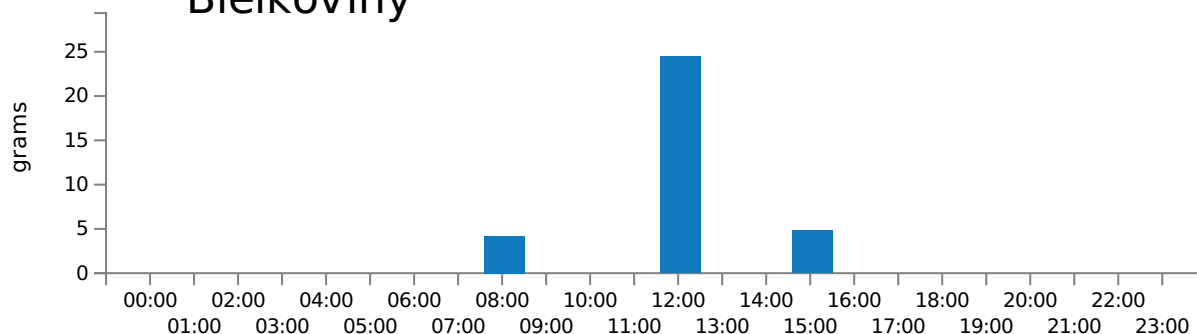
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	33.46	1123.87	157.46	36.68
Ideál	21	990	141	37

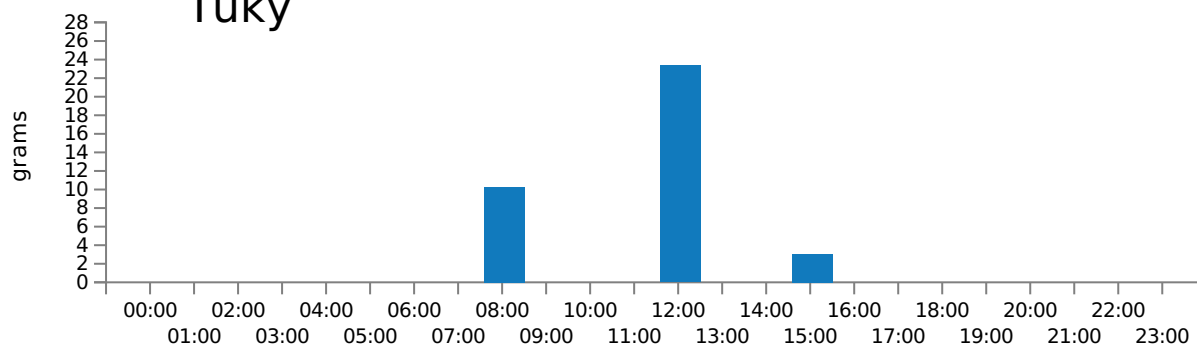


28.05.2024

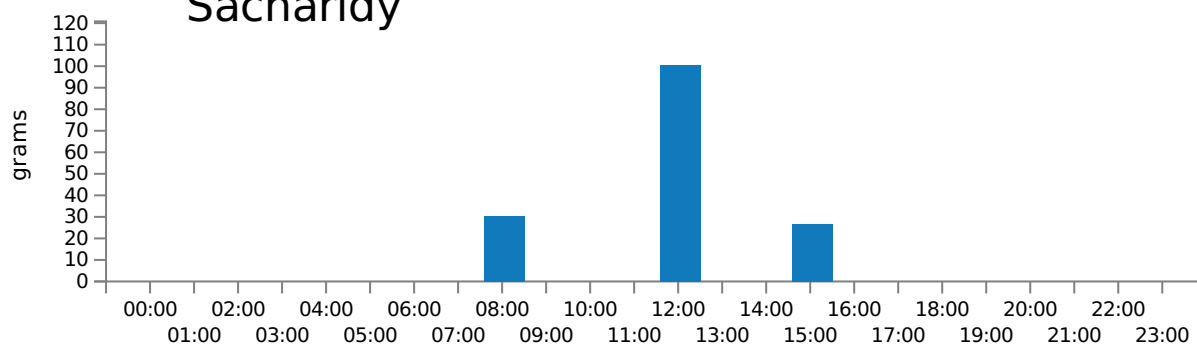
Bielkoviny



Tuky



Sacharidy



Energia

