



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 09.10.2024

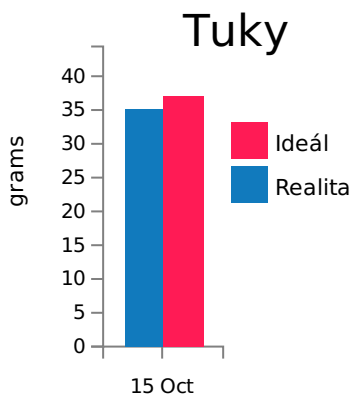
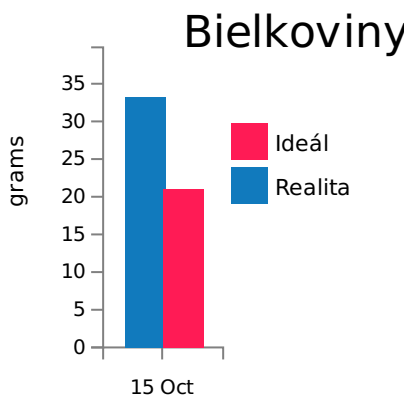
Sledované parametre

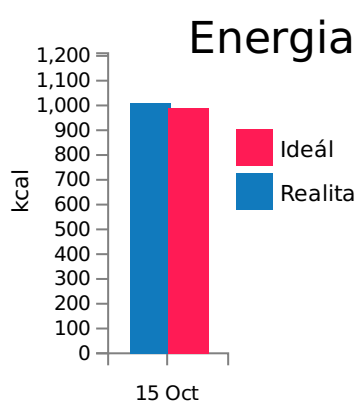
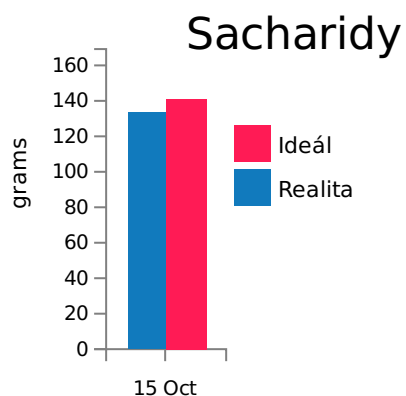
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

Sledované dni

- 15.10.2024

Prehľad podľa dní





Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
15.10.	18.82 (223.99%)	58.69 (139.74%)	224.21 (53.38%)	8.45 (156.5%)
Priemer	18.82 (223.99%)	58.69 (139.74%)	224.21 (53.38%)	8.45 (156.5%)



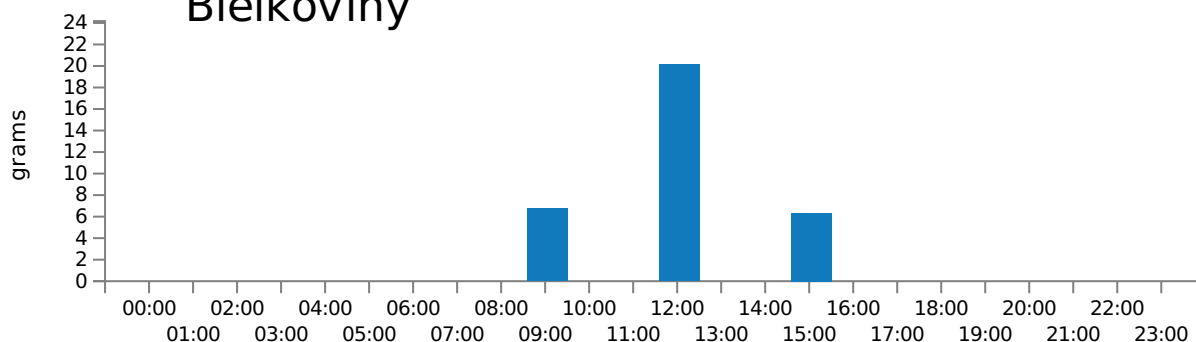
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	33.19	1008.96	133.34	35.07
Ideál	21	990	141	37

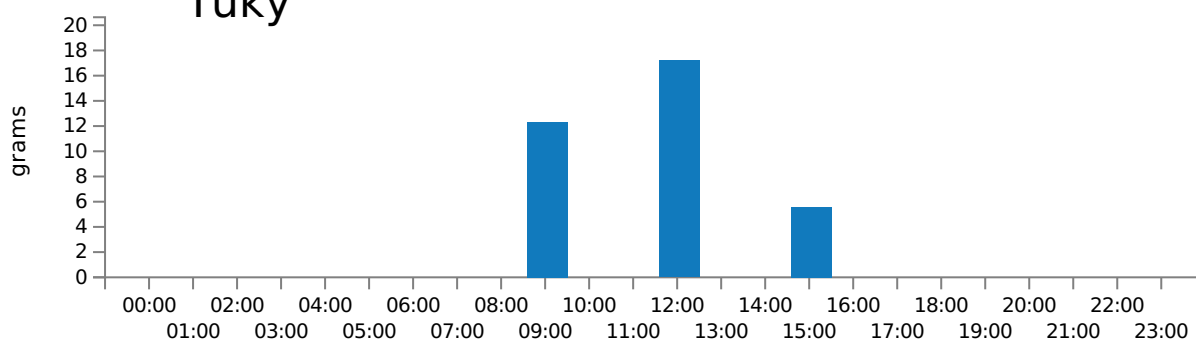


15.10.2024

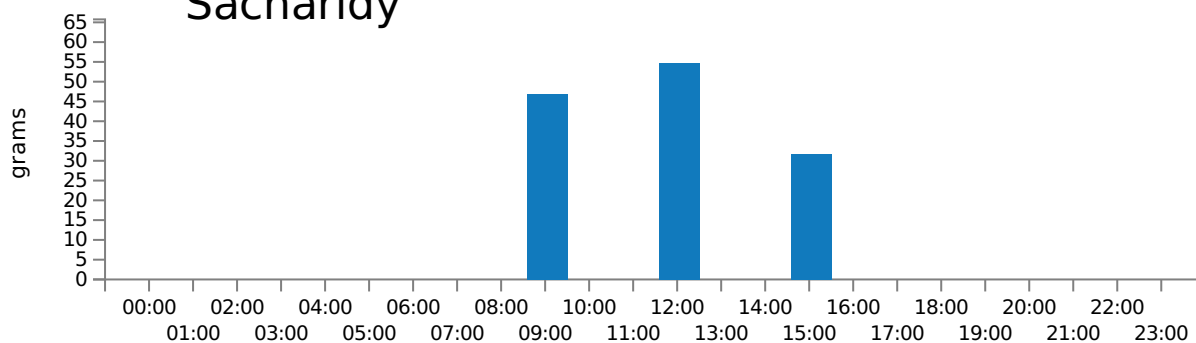
Bielkoviny



Tuky



Sacharidy



Energia

