

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 05.02.2025

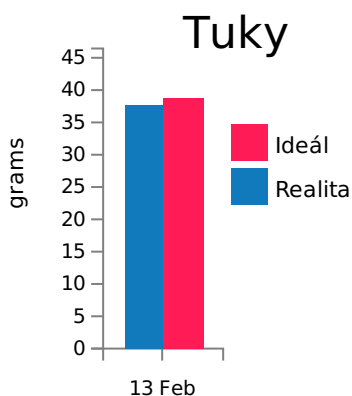
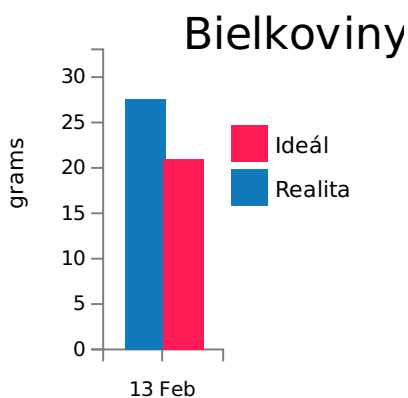
Sledované parametre

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

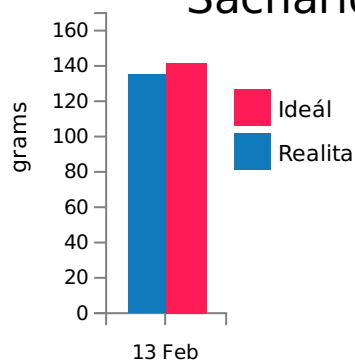
Sledované dni

- 13.02.2025

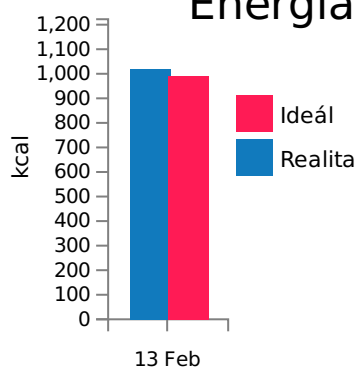
Prehľad podľa dní



Sacharidy



Energia

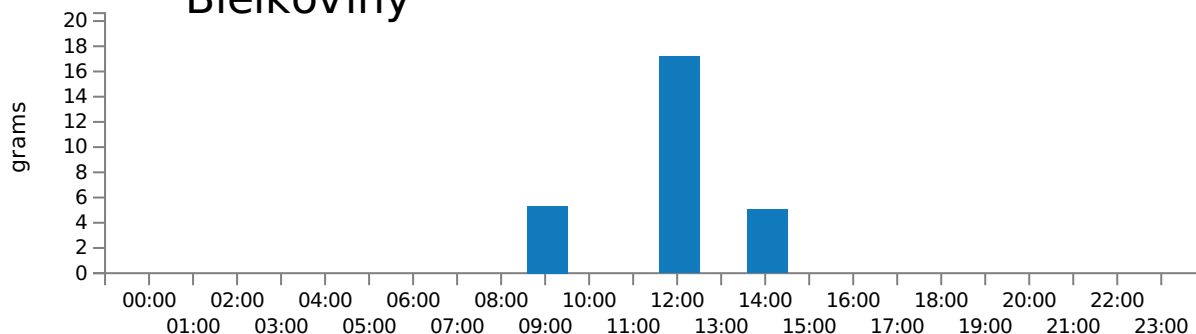
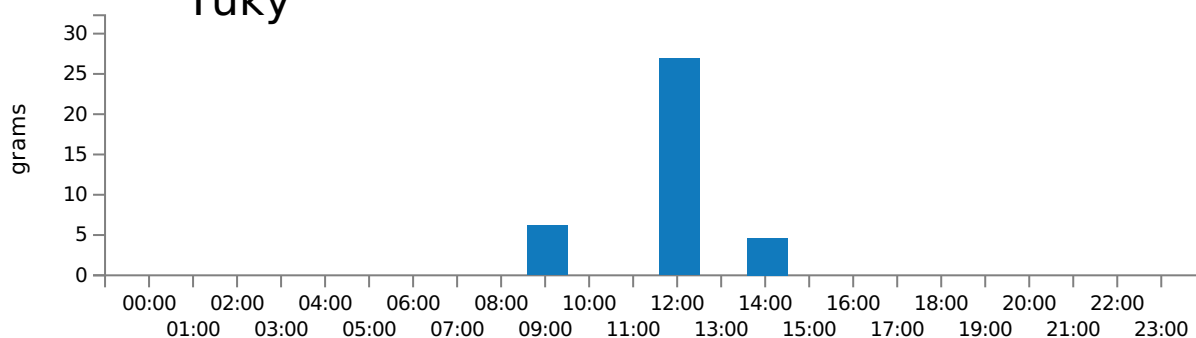
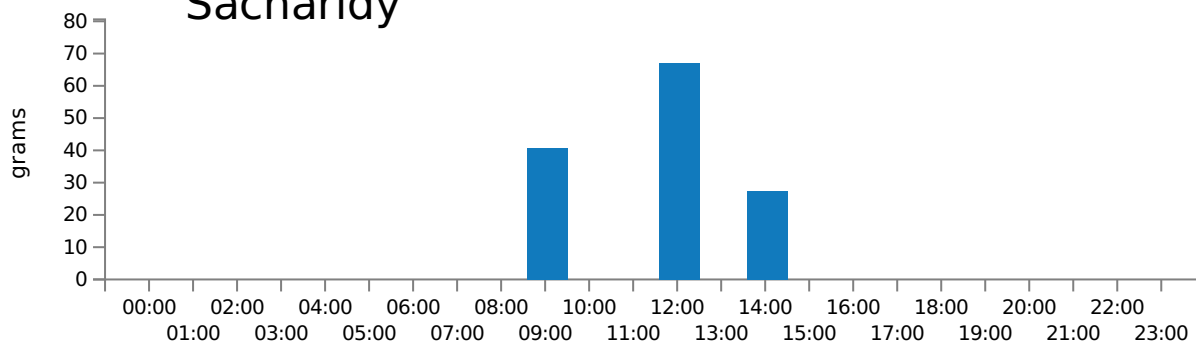


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
13.02.	11.1 (138.69%)	54.23 (77.48%)	219.56 (68.61%)	4.48 (95.38%)
Priemer	11.1 (138.69%)	54.23 (77.48%)	219.56 (68.61%)	4.48 (95.38%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	27.55	1018.5	135.26	37.74
Ideál	21	990	141.6	38.7

13.02.2025**Bielkoviny****Tuky****Sacharidy****Energia**