



Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 26.03.2025

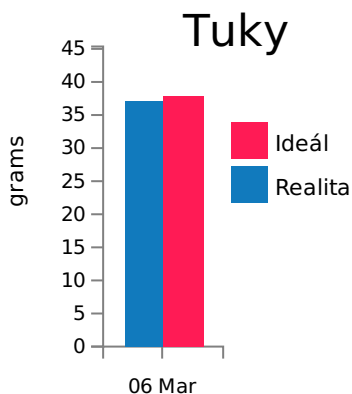
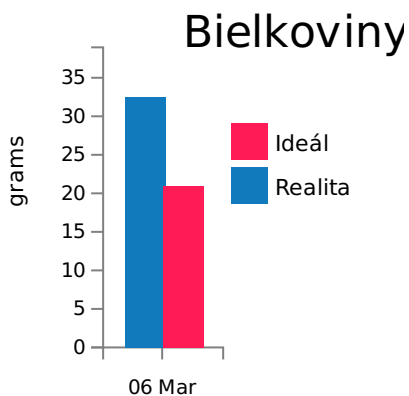
Sledované parametre

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

Sledované dni

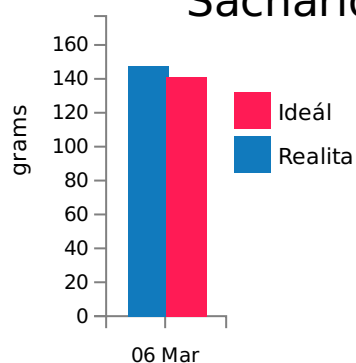
- 06.03.2025

Prehľad podľa dní

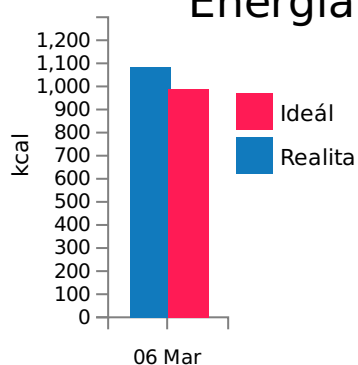




Sacharidy



Energia



Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
06.03.	13.3 (158.28%)	35.98 (85.66%)	265.72 (63.27%)	5.12 (94.74%)
Priemer	13.3 (158.28%)	35.98 (85.66%)	265.72 (63.27%)	5.12 (94.74%)



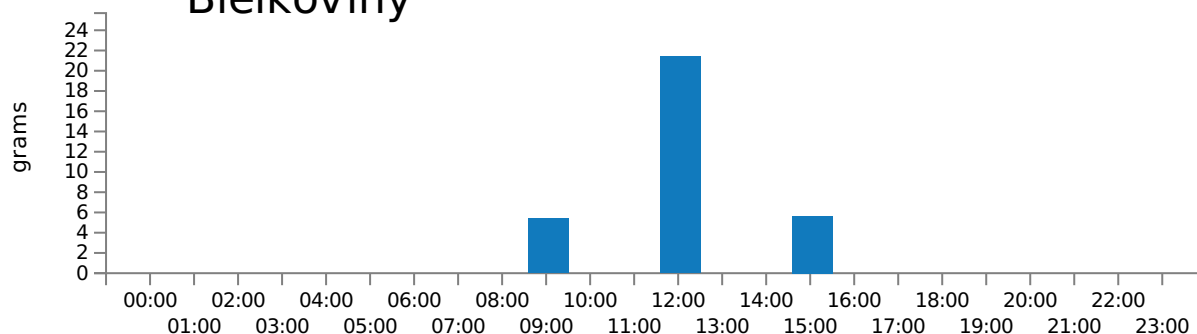
Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	32.46	1083.14	147.53	37.12
Ideál	21	990	141	37.8

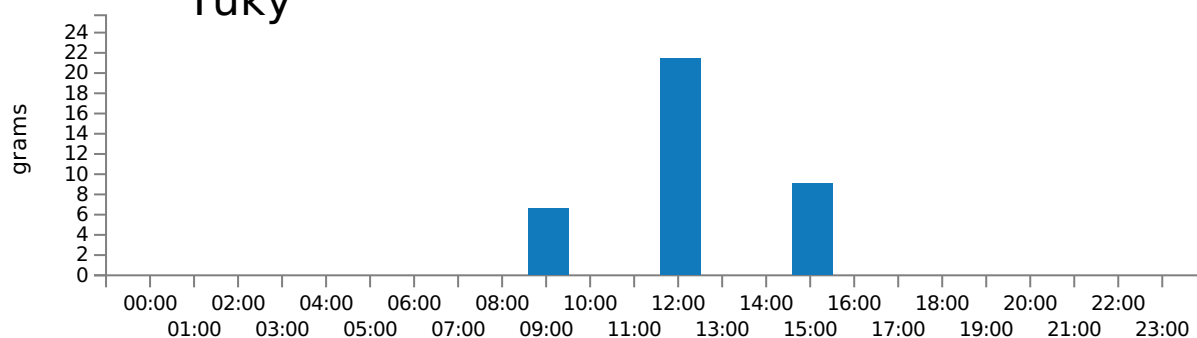


06.03.2025

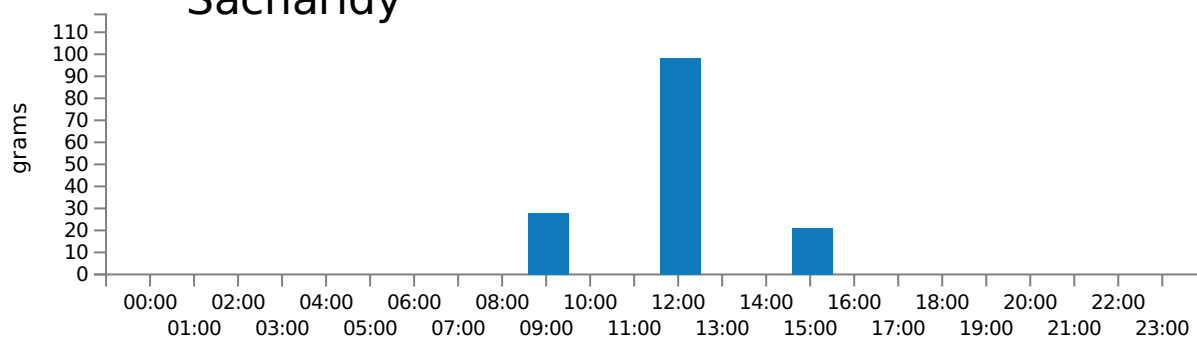
Bielkoviny



Tuky



Sacharidy



Energia

