

Analýza stravovania

Meno: Zdravé Bruško

Dátum vyhotovenia: 16.01.2025

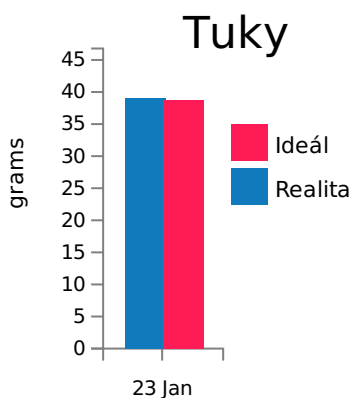
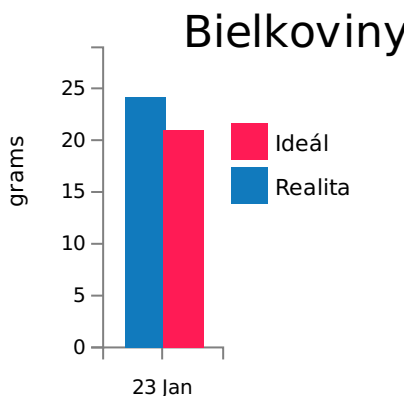
Sledované parametre

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

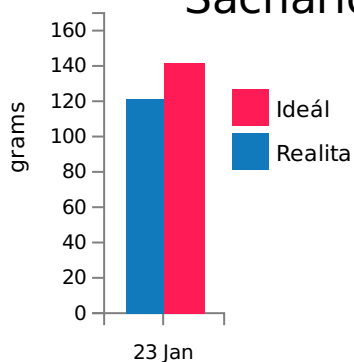
Sledované dni

- 23.01.2025

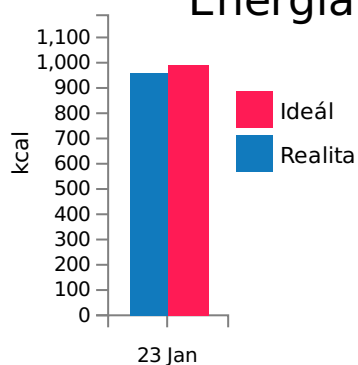
Prehľad podľa dní



Sacharidy



Energia

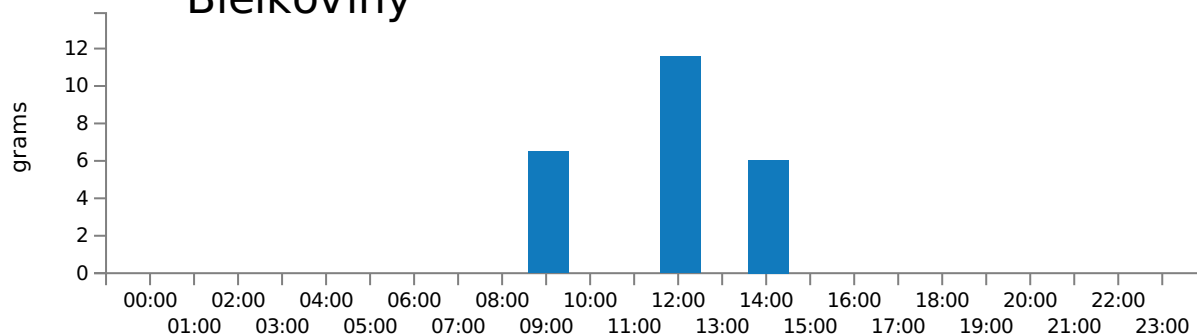
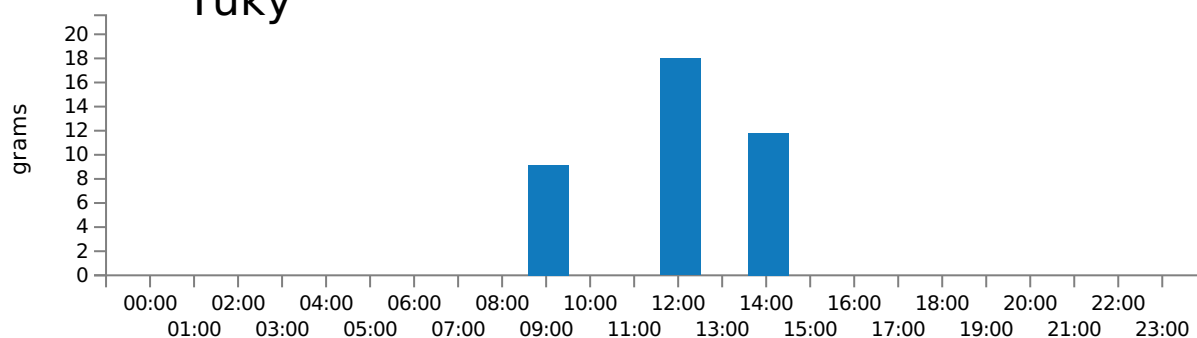
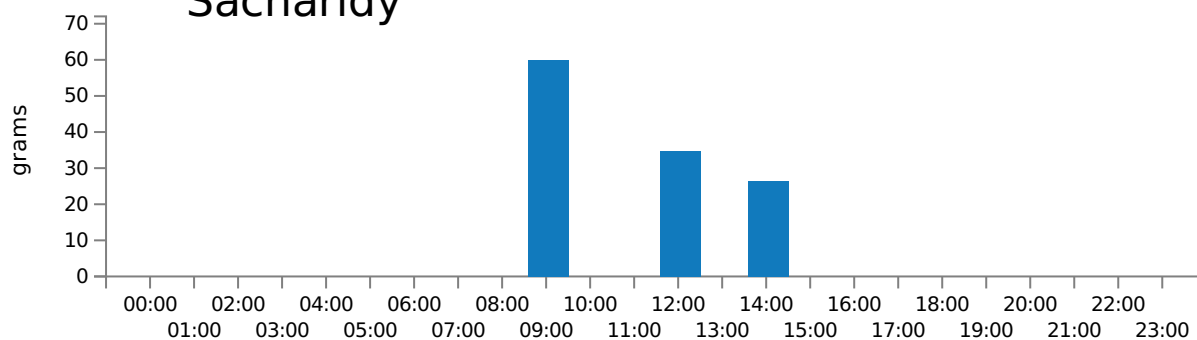


Prehľad mikronutrientov

	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
23.01.	10.19 (145.57%)	54.94 (78.49%)	222.09 (69.4%)	5.91 (125.67%)
Priemer	10.19 (145.57%)	54.94 (78.49%)	222.09 (69.4%)	5.91 (125.67%)

Makronutrienty priemerne

	Bielkoviny g	Energia kcal	Sacharidy g	Tuky g
Priemer	24.13	958.43	121.2	38.99
Ideál	21	990	141.6	38.7

23.01.2025**Bielkoviny****Tuky****Sacharidy****Energia**