

## Diagnostika stravovacích návykov

**Meno:** Report Report

**Dátum vyhotovenia:** Sobota 07 január 2017

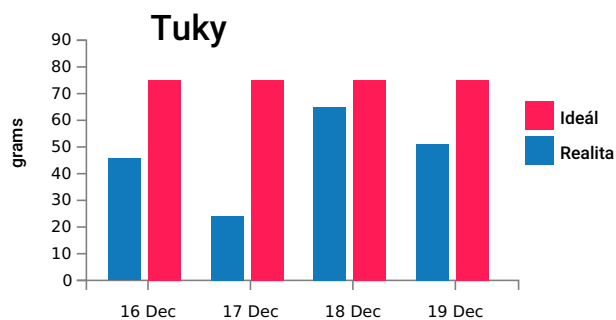
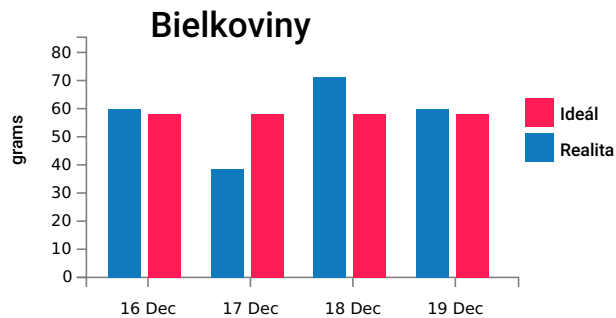
### Sledované parametre

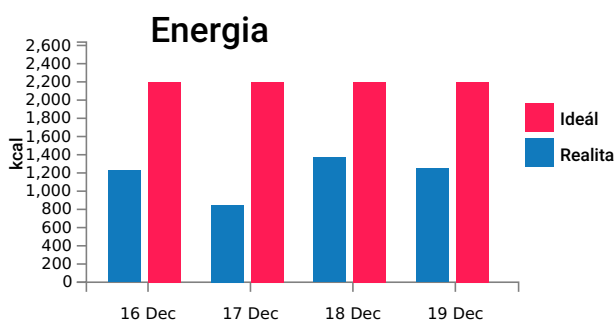
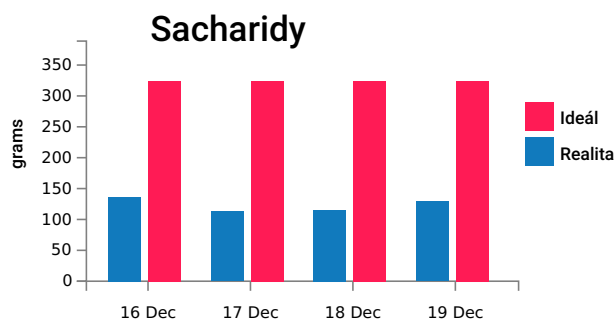
- Bielkoviny
- horčík
- jód
- Tuky
- riboflavin b 2
- Sacharidy
- selén
- tiamín b 1
- vitamín a
- vitamín c
- vitamín e
- vápnik
- zinok
- železo
- Energia

### Sledované dni

- Piatok 16 december 2016
- Sobota 17 december 2016
- Nedeľa 18 december 2016
- Pondelok 19 december 2016

### Prehľad podľa dní





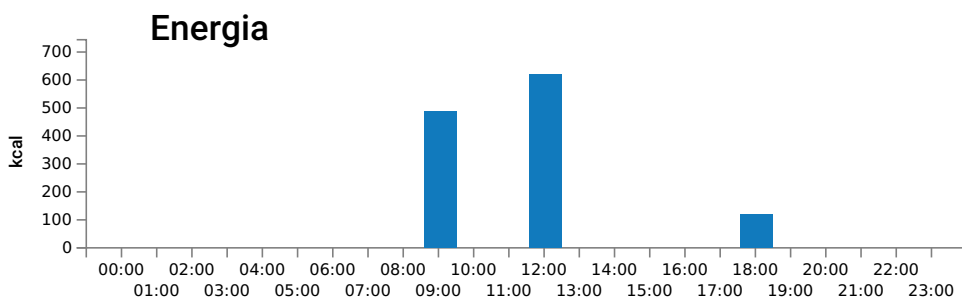
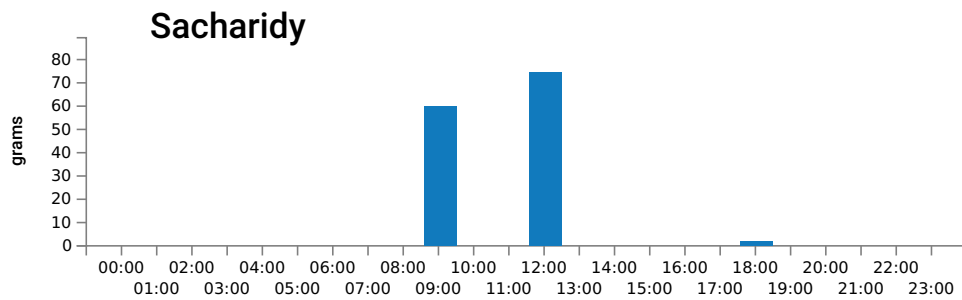
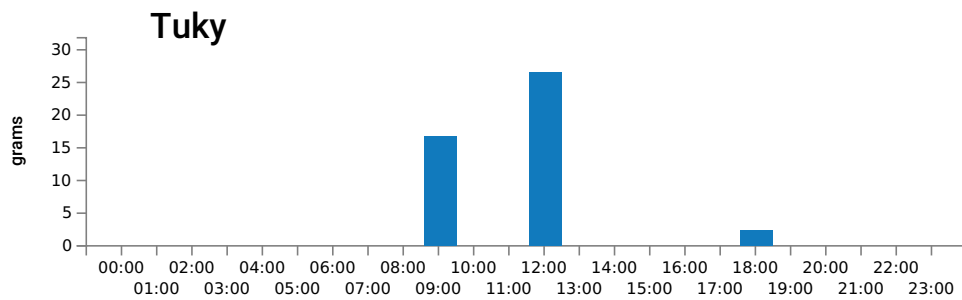
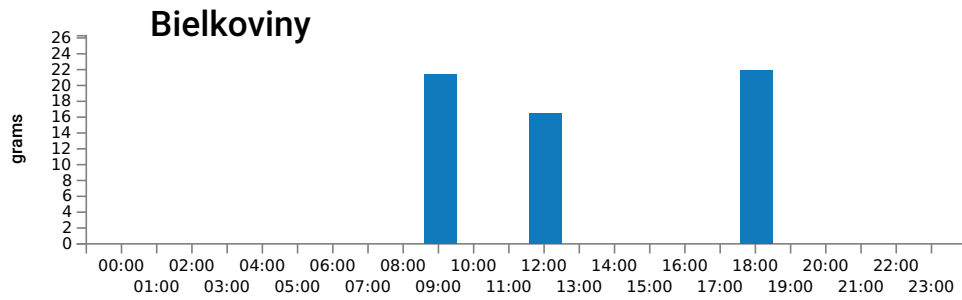
### Prehľad mikronutrientov

	horčík mg	jód mg	riboflavín b 2 mg	selén mg	tiamín b 1 mg	vitamín a mg	vitamín c mg	vitamín e mg	vápnik mg	zinok mg	železo mg
16 december	129.15 (43.05%)	0.1 (66.67%)	0.91 (70.27%)	0 (2%)	0.22 (19.76%)	-	193.77 (193.77%)	-	711.1 (71.11%)	1.81 (22.67%)	2.64 (17.57%)
17 december	251.46 (83.82%)	0.31 (204.07%)	1.31 (100.79%)	0 (3%)	0.68 (61.87%)	0 (0%)	43.82 (43.82%)	3.04 (20.24%)	988.39 (98.84%)	3.42 (42.77%)	4.22 (28.13%)
18 december	207.75 (69.25%)	0.31 (204.4%)	1.85 (142.1%)	0.04 (71.23%)	0.46 (42.17%)	0.27 (41.72%)	37.09 (37.09%)	2.96 (19.7%)	996.67 (99.67%)	4.65 (58.15%)	5.38 (35.86%)
19 december	249.25 (83.08%)	0.12 (77.53%)	1.11 (85.67%)	0.03 (44.02%)	0.66 (59.92%)	0 (0%)	275.27 (275.27%)	2.99 (19.92%)	875.23 (87.52%)	4.07 (50.87%)	7.73 (51.5%)
<b>Priemer</b>	<b>209.4 (69.8%)</b>	<b>0.21 (138.17%)</b>	<b>1.3 (99.71%)</b>	<b>0.02 (30.06%)</b>	<b>0.51 (45.93%)</b>	<b>0.07 (10.43%)</b>	<b>137.49 (137.49%)</b>	<b>2.24 (14.96%)</b>	<b>892.85 (89.28%)</b>	<b>3.49 (43.62%)</b>	<b>4.99 (33.26%)</b>

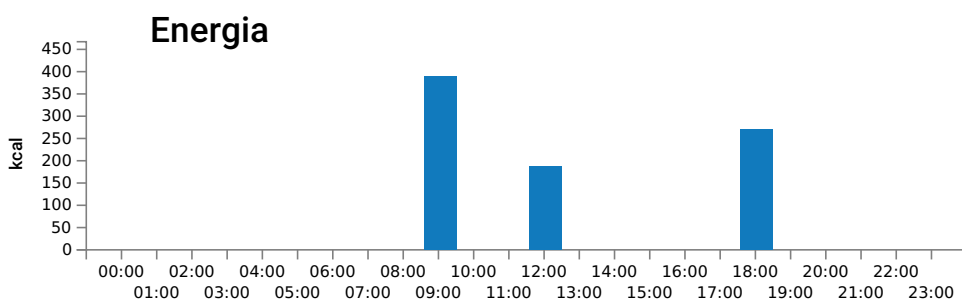
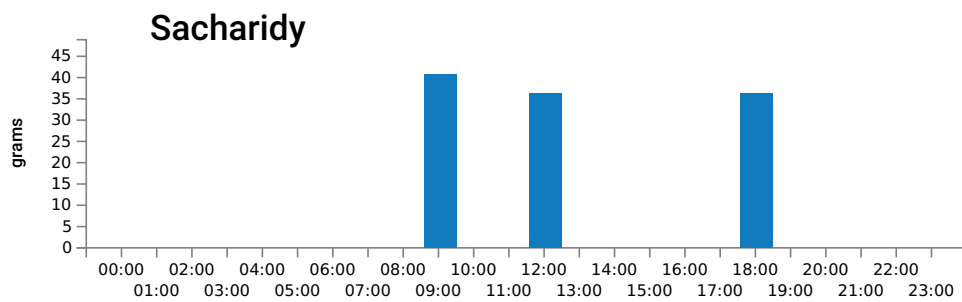
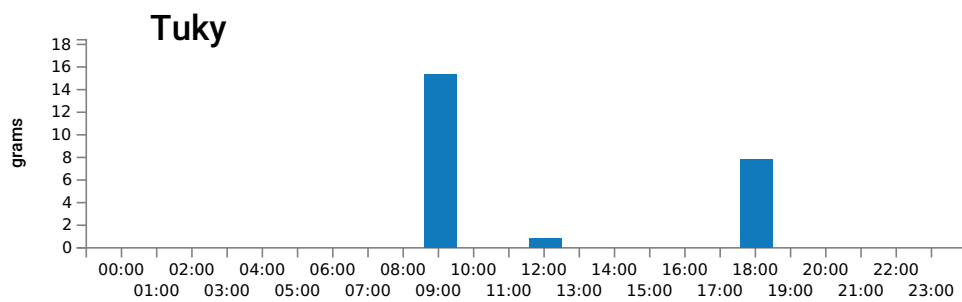
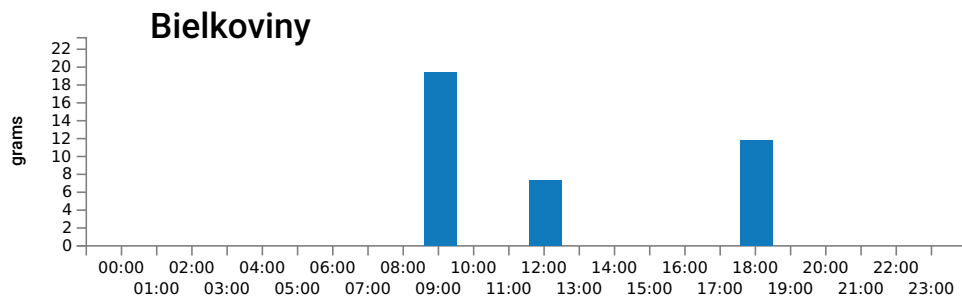
### Makronutrienty priemerne

	Bielkoviny g	Tuky g	Sacharidy g	Energia kcal
Priemer	57.36	46.46	123.5	1173.62
Ideál	58	75	324	2197.38

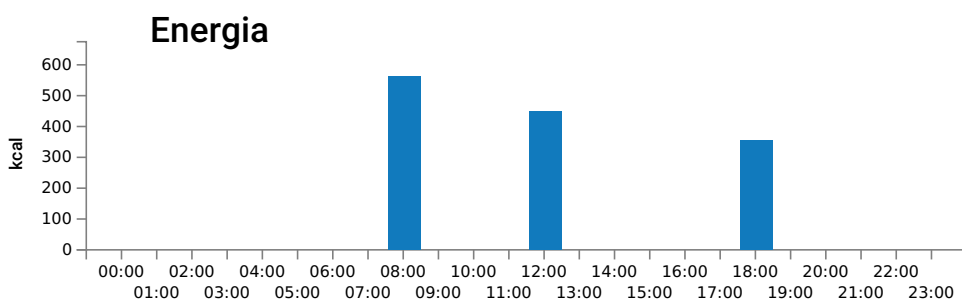
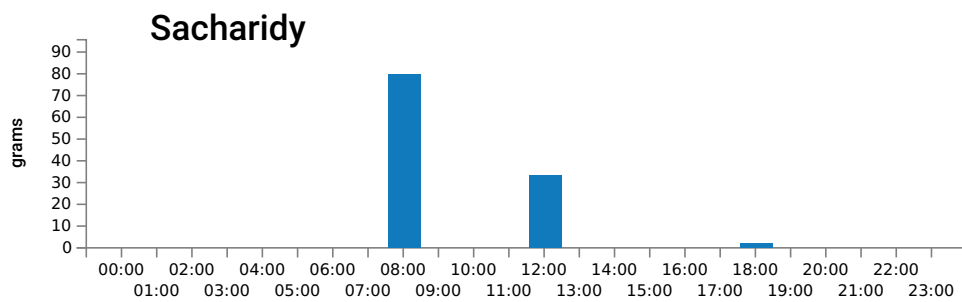
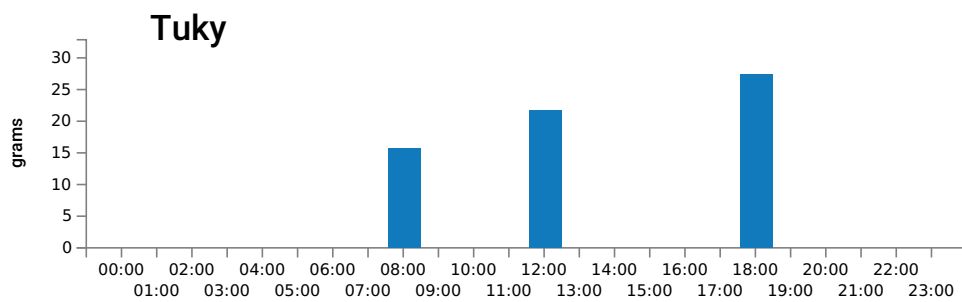
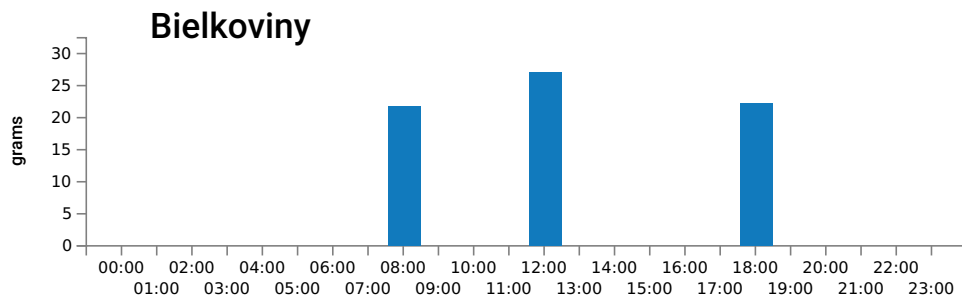
## Piatok 16 december 2016



## Sobota 17 december 2016



## Nedeľa 18 december 2016



## Pondelok 19 december 2016

