

## *Abstract*

The thesis deals with seniors' diet in selected social services facilities of the Kralovehradecky region. The main aim of this project is to establish what kind of diet from a quantitative and qualitative point of view is served to the clients of these social services facilities. This was accomplished by collecting and subsequently analyzing in the lab all meals served daily for the duration of 7 days. Furthermore, there was an evaluation of the variety of food conducted. This evaluation was accomplished by observing the menu for a period of one month. Points were awarded only for non-repetitive foods and meals. The evaluation was based on the dietary diversity coefficient. This Diploma project also deals with clients' actual consumption of the served food in social services facilities. There was a client survey conducted, namely, the Mini Nutritional Assessment short form. This was done along with recording the clients' physical activity.

Key words: nutrition, senior, Kralovehradecky region