Abstract:

This thesis deals with the implementation of complementary food into infant’s nutrition and its effect on baby’s later health.

In the theoretical part the relationship between nutrition in the early age and later morbidity and mortality is explored. Complementary food is discussed as a one of the aspects, which epigenetically influences future metabolism by so called nutritional programming. Appropriate procedure of introducing normal family diet is described as well as its physiological reasoning. Besides optimal timing, the ideal way of introducing each food is explored. Psychological aspects of implementing complementary food are looked into as well. Next, the situation in the Czech Republic concerning baby food is examined.

In the practical part, the thesis deals with the awareness of Czech women about the introduction of complementary food, their awareness of first complementary food, ideal foods for infants and implementing normal family food to baby’s nutrition in infant stage. The questionnaire was answered by 164 women. It was found that awareness is inadequate, most women manage to introduce first complementary food, but know little about further nutritional procedure. This phenomenon was more distinct in pregnant women than in mothers. But even among mothers, greater awareness of correct procedure of implementing complementary food was expected.

Key words:

infant, complementary food, nutrigenomics, nutrition, health development