

Abstract

The aim of the thesis: The aim of this observational study of non-interventional nature, was to map the representation of macronutrients and selected micronutrients in the menus served to patients suffering of gastritis as well as other nutrition diets. Additionally, to research and review the dietary systems in healthcare facilities of the Czech Republic, in order to compare the obtained data with recommended nutritional intakes, as recommended/stated in the issue "Reference Values for Nutrition Intake". The purpose is to evaluate, whether both types of the diets follow the recommended values.

Methodology: The source of the data for this thesis were the menus distributed to patients following the recommendations of norms related to gastritis and rational nutrition diets for the period of one week. By applying the "Nutriservis PROFESIONAL software" the content of studied macronutrients and selected micronutrients in the daily menus was determined in the collected data.

Results: Ten selected healthcare facilities from six regions in the Czech Republic participated in the research. It was determined from the obtained data, that insufficient presence of fiber, wrong balance, as well as the amount of unsaturated and saturated fatty acids along with high amount of sodium were the key malpractices, followed by higher content of monosaccharides and disaccharides, and lack of Vitamin D. Other researched nutrients were in correspondence with the recommended values.

Conclusion: The dietary system has still its purpose and importance within the healthcare facilities. The content in the reviewed diets has shown deficiencies, which can and should be resolved in order to guarantee best possible outcomes, even though the necessary amount of basic nutrients and energy sources were in accordance with the set minimums. The nutrition recommendations mentioned in the thesis forms a vital part of the recovery process, where the suggested nutrition values and recommendations enhance the course of recovery and help the hospitalization period to be more effective.

Key words: Dietary system, Macronutrients, Micronutrients, Dietary recommendations