

Abstract

Senior citizens living in their own environment make up a large and growing population group. Proper nutrition at this age is gaining in importance as it contributes to maintaining a long and quality life.

Therefore, *the aim of the thesis was to evaluate the nature and quality of selected senior citizens' nutrition*. This aim was divided into three sub-objectives, namely 1) *to find out whether the informants' nutrition corresponds to their age and health condition*, 2) *whether there are factors that influence their nutrition*, and 3) *what do they follow when purchasing food*. The sample consisted of four married couples between the ages of 71 and 75, coming from the Karlovy Vary region, who agreed to participate in a qualitative research. As there are no nutritional recommendations that take into account the ages and diseases most frequently present in the sample, the need for work informants has been formulated on the basis of relevant recommendations concerning seniors and their diseases. Intake data were then obtained through weekly meal records processed in "NutriPro START" software. To obtain anamnestic data, a semi-structured interview has been used.

The results show that the diet of the selected seniors rather does not meet the demands based on their age and health, because they mostly receive more fats, saturated fatty acids, sodium, alcohol (men) and insufficient amounts of proteins, carbohydrates, polyunsaturated fatty acids, fiber, calcium, vitamin D and fluids. No one received the main nutrients in the right proportions. Half of the sample had the correct energy, cholesterol and simple sugars intake. Only the intake of trans fatty acids and monoenoic MKs was consistent for all, and the n-6: n-3 MK ratio was consistent with the recommendations for most. The analysis of their diets also pointed to the possible link between the amount of medicaments consumed and the level of fulfilment of energy needs and main nutrients. The answers to questions about food choice show that the informants are guided by the quality of the food, the price, concern for their health and taste preference when purchasing.

In a nutshell, increasing the amount of vegetable fats, fish, wholegrain foods, pulses, fruits, vegetables, dairy products, fluids, supplementing vitamin D and n-3 MK and reducing the consumption of animal fats, salt and alcohol could result in improved nutritional quality. To achieve this, nutritional education of the sample, or the whole population group, would be appropriate, since it can be assumed that the diet of the majority will not be appropriate for their age or health.

Key words: senior, nutrition, recommendations, health condition