

Diabetes type two is a chronic progressive disease often associated with obesity and hypertension. Experts predict that diabetes type two cases will increase in the future. Having type two diabetes increases the risk of many serious complications. The diploma work is dedicated to patients with type two diabetes treated either by meal planning, weight loss and exercising or by meal planning, weight loss, exercising and antidiabetic oral agents. The theoretical part of diploma work brings information about diabetes type two and obesity. It concerns information about treatment of diabetes and obesity and psychical problems of patients with the need to adopt healthy habits, balanced diet and drug therapy. The theoretical part is also about food behavior and food preferences. Theoretical portions also deal with the importance of dietary patterns in control of body weight and management of diabetes. It concerns psychical problems connected with diabetes and obesity. It also concerns different approaches to nutrition and psychical problems connected with dietary regime.

The practical part of diploma work contains the study of food choice and food preferences. The study included 116 (66 women, 50 men) patients with type two diabetes on antidiabetic oral medication or diet. Each participant completed a detailed survey about their preferences and consumption of some food and drinks to get information about their food behaviour (and eating habits), food preferences and attitudes and importance of food in their lives. Data were analysed and according to sex, type of treatment (oral agents or diet), BMI and age. Participants in the study were compared according to their attitudes to food and nutrition.