

## **Abstract**

This thesis deals with the nutrition of adult tuberculosis patients. The main goal is to map the dietary habits of tuberculosis patients and also to assess the nutritional requirements of specific tuberculosis patients and to compare it with the actual food intake in a tuberculosis sanatorium.

The theoretical part is focused on the history, current epidemiology, clinical presentation of the disease, diagnostic procedure and treatment options. It is also focused mainly on clinical nutrition and the latest nutritional recommendations in relation to tuberculosis disease.

For this research, I chose a qualitative approach which was attended by ten adult respondents diagnosed with tuberculosis and treated at the Tuberculosis and Respiratory Diseases Sanatorium Janov. The practical part is divided into two subchapters. The first of them is devoted to case reports, where all the basic information about the patients obtained from the medical records is summarized. Recommended total daily energy intake and macronutrients are individually calculated. This total daily energy intake is then compared with the energy intake from the home environment and with the energy intake in the sanatorium. Examples of individual menus are also included. In the second part, respondents' answers to questions asked in a semi-structured interview are evaluated. The questions focused mainly on basic nutritional knowledge.

The research has shown that the diet of tuberculosis patients in the home setting is energy deficient. A large proportion of the respondents are not eating a nutritious diet. Nicotine and alcohol dependencies are often present. Most of the respondents do not show interest in nutrition and do not show sufficient knowledge in this field.