2. ABSTRACT

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Title: Assessment of vitamins intake in pregnant women

Theoretical base and aim of the thesis: The topic of the diploma thesis is women´s nutrition during pregnancy. The aim of the work was to evaluate the intake of vitamins in pregnant women and the subsequent comparison of the results obtained over the period with the recommended daily allowances (RDA) as well as the evaluation of how the addition of supplementation to the diet affected the intake of vitamins.

Methods: During the study 10 pregnant women with physiological pregnancies were examined. The observed women were in the age range of 25 – 30 years and their investigation took place in three periods; G1 (17^{th} – 27^{th} week of pregnancy), G2 (28^{th} – 35^{th} week of pregnancy) and G3 (36^{th} – 38^{th} week of pregnancy). The study ran from February 2020 to January 2021. The intake of individual vitamins was evaluated on average every 1 week. We also detected the supplementation intake. The obtained data were processed using computer programmes NutriDan and Microsoft Office Excel 2019. The results were compared with RDA.

Results: The examination results indicated that the intake of most vitamins during pregnancy without supplementation was lower than RDA in most of the subjects. Without supplementation 100 % of monitored women met RDA only with vitamin B3. After adding dietary supplementation, the average intake of most of the vitamins was higher than RDA. However, depending on the type of vitamin and the period, the individual evaluation proved a significant percentage of women have not reached the RDA. The largest number of women received supplementation in the G3 period, both single-components and multivitamin preparations.

Conclusion: The obtained results emphasize the importance of individual evaluation of vitamin intake in the diet of pregnant women. The majority of woman did not meet RDA intake of individual vitamins just from the consumed food.

Key words: Vitamin, Nutrition, Fertilization, Pregnancy, Delivery, Recommended Daily Allowances