

ABSTRACT

The diploma thesis deals with the autoimmune disease celiac disease (celiac sprue), as well as proper nutrition, popular low-carbohydrate diets, and their suitability for patients with celiac disease.

The theoretical part describes the disease, symptoms, complications and diagnosis. It also deals with nutrition, macronutrients and micronutrients, gluten-free diet and several of the most famous low-carb diets.

The practical part deals with an online questionnaire, sent to celiac groups, and an investigation into the experiences of celiac patients with low-carbohydrate diets. The obtained information is processed into graphs, commented and summarized in the discussion.

The aim of the work was to find out what experiences of patients with celiac disease, who are treated with a gluten-free diet, have with low-carbohydrate diets, whether they were satisfied and noticed a benefit, or whether, on the contrary, there was a worsening of the condition and a greater restriction in eating.

Key words: celiac disease, gluten-free diet, low-carbohydrate diets, nutrition