

## **Abstract**

**Title:** Differences in the Intake of Animal and Plant-based Proteins in the Czech Republic and the USA

**Objectives:** The objective of this thesis is to compare the dietary habits of young adults in the Czech Republic and the USA, with a specific focus on the preferred sources of protein, and to investigate how cultural and economic factors influence the choice between animal and plant-based proteins. The study also aims to assess the respondents' level of nutritional awareness regarding recommended protein intake and its impact on health.

**Methods:** Data was collected through an online questionnaire distributed via a snowball sampling method on social media platforms. The research sample consisted of 141 respondents aged 18–27 years (83 from the USA and 58 from the Czech Republic). Statistical evaluation of responses was conducted using chi-square tests.

**Results:** The results show significant differences between Czech and American respondents in their choice of primary protein sources and levels of nutritional awareness. Cultural and economic factors play a crucial role in influencing preferences for animal versus plant-based proteins. Czech respondents demonstrate a higher level of nutritional awareness and more frequent inclusion of plant proteins in their diets. Conversely, respondents from the USA show a stronger preference for animal-based proteins and lower awareness of nutritional guidelines.

**Keywords:** protein intake, dietary habits, Czech Republic, USA, animal proteins, plant proteins, cultural factors, economic factors, nutrition