

ABSTRAKT
**THE EVALUATION OF NUTRITION UPTAKE,
MACRO AND MICRO ELEMENTS
BY PREGNANT CZECH WOMEN**
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Petra Sovišová

Nutrition of pregnant women is a very important factor in physiological pregnancy and healthy fetal development.

Presented rigorous thesis which follows my own diploma thesis "The evaluation of dietary intake substrates and nutrient in pregnancy", defended in 2008. The aim of both thesis was to determine the nutritional evaluation of a control group of pregnant women specific nutritional intake of energy, nutrients, selected vitamins and minerals in nowadays conditions. Testing was conducted through a weekly record of all food received by a group of pregnant women randomly selected from the second trimester of pregnancy, different ages and education, where was assumption in diversity of their food habits. In this thesis, however, I proceed from the evaluation results of extensive group of 150 women. Data processing was carried out by using computer program NutriDan.

In the theoretical part of my diploma thesis, I examined closely the particular intake of selected nutrients - that is, lipids, carbohydrates, protein and total energy intake during pregnancy, while the theoretical part of my rigorous thesis deals with a specific macro-and micro elements whose deficiency can significantly affect the pregnancy, fetal development and subsequently the infant. They are folic acid, calcium, iron and iodine.

Practical findings determine that the actual nutrient intake, obtained by monitoring of food ingested and analyzed their compositions in a group of pregnant women are shown in the second part of my rigorous thesis. The resulting values showed that the intake of essential nutrients - that are lipids, carbohydrates and proteins is relatively normal with the recommended daily allowances for pregnant women in the Czech Republic. The results of the dietary intake of vitamins and minerals is apparent deficiency of calcium, folate, vitamin D, iron and iodine, has been identified as excess intake of selenium, niacin, cyanocobalamin and vitamin A. Research did not confirm commonly used opinion of lay or professional community that pregnant women living in our country take an excessive amount of food – or take more nutritional energy. Findings are rather indicative of its shortage.