

This work supposed to be a simplified and comprehensive overview of the basic nutrition recommendations for citizens. The work is divided into two main chapters – conclusions. The first chapter of conclusions informs a common consumer about the basic expressions used in nutrition and also presents a list of products containing basic nutrients and main risks connected with undue/insufficient consumption of such substances. This chapter educate the common consumer and gives him a chance to better orientation among offered foodstuff. The consumer is therefore able to decide more rationally which recommendations is more suitable for him and why. Very important aim of this chapter is so to provide such information that the common consumer could demark unscientific nutrition suggestions (advertisement) from recommendations positively affecting his health. In the second part of the first chapter are presented data according to which one can follow up and alternate a quantity of received energy, advices about BMI and values where lose of weight are already dangerous.

The second chapter of conclusions presents the set of nutrition recommendations that were in the most cases introduced in the corresponding chapters. The suggestions are presented by Society for Nutrition in the Czech Republic and Department of Health. These recommendations were taken over without larger alternations and serve also as a summary of all advices presented in the text.