Abstract

The issue of the nutrition of the population in the Czech Republic is a difficult one and it gets even more complicated if we are not concerning the population in general but only one part of it with specific needs, such as pregnant women. Several researches have shown that nutrition of pregnant women and fetal health may be closely connected and that the fetus could be affected by its mother's eating habits during pregnancy until the adult age.

The thesis is divided into two parts. The first one, the longest, introduces theoretical findings in the field that are sometimes applicable as general principals of rational nutrition. This part of the thesis is used as a starting point for the other one, the empiric part.

The empiric part contains the results of my own quantitative research based on the questionnaires inquiring about eating habits of pregnant women. One hundred fully filled-in questionnaires, containing questions about eating habits, drinking regime, nutritional supplements, nutrition knowledge of pregnant women and their sources of information, were collected. The aim of the research was to reveal typical pregnant women diet, the extent of adherence to general principles of pregnant women nutrition, an average amount of nutraceuticals taken daily and usual sources of information concerning the issue.

The results concerning the main hypothesis, presuming the fact that nutrition structure during pregnancy is closely connected to the educational attainment of the future mother, are not convincing enough to prove it. The questions where the main hypothesis was confirmed the most were those concerning consumption of the fish, nuts and offal. Secondary hypothesis, stipulating that pregnant women are enough informed about nutrition, was confirmed. Unfortunately, the main source of information for pregnant women is the internet and the least part of questioned women consulted nutrition therapist or medical specialist concerning their diet. Drinking regime in questioned pregnant women seems sufficient. However, significant absence of vegetables, fish and cereals in respondents' diet was revealed by the research.

As a conclusion, I recommend to extend learning possibilities concerning pregnant women nutrition in health care facilities, especially on women before conception and those in the first trimester. As regards high percentage of mothers searching for answers to their questions on the internet, reliable source of information should be provided there too.

Key words: nutrition, pregnancy, nutrients, eating habits, nutritional supplements