

**ABSTRACT:**

The bachelor work focuses on the risks of women's diets in middle age (45 – 60 years of age). The work is divided into theoretical and practical part. Theoretical part characterises generally the period of menopause which just emerges in the women's middle age. It refers to the basic principles of rational eating. It regards the issues of overweight and obesity and related reduction diets and their impact on health conditions of women. Based on the technical findings, the work makes recommendations how to adjust a diet in a suitable way.

Practical part includes the questionnaire inquiry which is aimed at women's eating habits and their experience with reduction diets. The individual results are evaluated and discussed in the conclusion of the study. The results of the questionnaire survey indicate apparent lack of information of middle – aged women especially in terms of health risks related to reduction diets.