

Abstract

This thesis aims to describe the selected nutritional trends with respect not only the physiological needs of man. Nutrition today is a very important aspect of our lives, and it is necessary to know the real nutrition for possibility of using alternative nutritional aspects. In particular, these findings were taken into account in the further processing of the thesis. Selected criteria contributed to the description of the selected lines of the analysis and also defined the factors influencing the selection of nutritional direction. In the practical part were compared selected dietary trends and the conclusions of these analyzes were summarized and can assist individuals in choosing the appropriate nutritional direction.

Keywords

Nutrition

Health

Lifestyle

Food

Reduction diet