

Abstract

Nutrition is to ensure nutrients needed to sustain life activity, healthy growth and reproduction. Good healthy food can improve the quality and length of life. Positive effects intensify if the diet is combined with other elements of a healthy lifestyle: fresh air, physical activity, rest, avoiding toxic substances and a good mental state.

In the Czech Republic there are changes in eating habits in the last 20th years. The food consumption was a major coup in the volume and in the structure. Changes occurred in the availability of food from seasonal to year-round became available in grocery stores are spread in our fast food intake, and thus the sweet soft drinks. The number of sedentary jobs and reduce the physical activity.

Obesity is defined as weight gain above the physiological limits due to accumulation of fat reserves. It is considered epidemic 20th and 21 century. Obesity and being overweight is associated with a high risk of major chronic disease, which is related both to the degree of obesity, but also the distribution of body fat. The prevalence of obesity and overweight is increasing rapidly in developed societies (USA, Canada, Australia etc.). The problem is mainly the growth of the health problems in children and adolescents. It is therefore necessary to increase the prevention of obesity in childhood, when it is easier and more effective as a single treatment of obesity.