

Title: The Optimization of Nutrition for Elderly People-Evaluation of the Effectiveness of Diet

Summary:

This bachelor thesis deals with a question of nutrition and using diets in aging persons.

The theoretical part focuses on explaining term of aging and old age in the field of gerontology. This part contains, inter alia, a description of the manifestations of aging on the appearance, movement and mentality. The next section informs about the “right” nutrition throughout life, as we age the moment we are born. In conclusion the theoretical part we find basic information on diet, malnutrition, obesity and *diabetes mellitus*.

The empirical section presents the results of the survey. The survey involved 18 respondents from dietary counseling UROCONT Ltd. in Pardubice and 46 respondents of Flora. The aim of the study was to compare the data of men and women within the age categories. Learn how different Body Mass Index (BMI), Waist to Hip Ratio (WHR), Percent Body Fat (PBF) in patients affected by diabetes and patients healthy.

Key words: aging, age, nutrition, diet, obesity, malnutrition, *diabetes mellitus*, WHR, PBF, BMI, waist circumference