

## **Abstract**

This thesis deals with unconventional ways of alimentation. The primary aim of the thesis is to define the individual unconventional directions of alimentation and to collect and organize available information. The origin and principles of the macrobiotic, raw food, vegetarian and organic diet is described. It deals with the philosophy, goals, motivations and composition of the diet. It maps the pluses and minuses of the alternative ways of diet including the most common reasons leading to such dietary decisions. The risks and advantages of individual types of diet are given with respect to its influence on the human health.

## **Keywords**

alternative diet, macrobiotic diet, raw food diet, vegetarianism, organic food diet