

Annotation

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Title: Life with a gluten-free diet away from home.

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"This bachelor thesis discusses the problem of living with gluten free diet while travelling away from home. It aims to identify the views of individuals suffering with celiac disease on every day life with gluten free diet, on the common issues accompanying shopping for gluten free products at home/in the place of residence, the options available (while eating) at restaurants and above all the issues accompanying travelling abroad with gluten free diet. It also indicates the extend to which the observance of gluten free diet influences the eating habits of family members of celiac disease sufferers. The impact celiac disease has on the mental and physical wellbeing of patients. For this bachelor thesis I decided to use quantitative research in a form of a questionnaire. Research survey concerns (those) individuals suffering with celiac disease (who had been) willing to complete the questionnaire and share their experiences of living with gluten free diet away from home. The examining file (?) includes 58 celiac disease patient respondents, 56 women and 2 men. The bachelor thesis confirms well known facts indicated in professional literature. It submits the respondent's subjective outlook on the illness and quality of life with gluten free diet, confirms individual differences in coping with the illness, coping with problems associated with the diet's demands on the (financial)budget / demanding (financial) budget caused by the diet and above all the challenges of travelling away from home with gluten free diet."