

ABSTRACT:

This bachelor thesis is focused on nutritional of patients with diabetes mellitus of the second type.

The theoretical part defines type 2 diabetes mellitus. The incidence of type 2 diabetes mellitus has been increasing in our country and all over the world. Although the genetic predisposition is necessary for the development of diabetes, we can prevent this disease. The obesity as well as the other components of the metabolic syndrome prevention is very important in type 2 diabetes prevention. Physical activity is also very important, as it has a significant effect on insulin sensitivity and the dietary influences, which this bachelor thesis particularly deals with.

The practical part is based on the survey, which contains the results of a questionnaire survey carried out at the 13rd International day of diabetes mellitus on Charles square in Prague. This part of the work shows how are their eating habits and activities.

Keywords: diabetes mellitus, type 2 diabetes mellitus, diabetes, insulin resistance, obesity, metabolic syndrome, dietary prevention