Abstract

This bachelor’s thesis focuses on nutrition in selected developed and developing countries, it describes its development from 2000 to present. People around the world are at risk of malnutrition, one because of surplus, the other one because of deficiency. There is a characteristic of nutrition and malnutrition in the theoretical part of the thesis. There is a comparison in terms of intake essential nutrients, food and occurrence of malnutrition in the practical part. Based on the obtained indicators, it was found that the nutrition status in none of the observed countries was good, but it was approaching to an ideal status in Japan.

Key words

nutrition, malnutrition, nutrition recommendations, developed countries, developing countries