

Abstract

Introduction: The aim of this bachelor thesis is to compare the food intake in patients with metabolic syndrome who also have Non-Alcoholic Fatty Liver Disease (NAFLD) or Non-Alcoholic Steatohepatitis (NASH). The main focus of this thesis is to observe the differences in eating habits of three different groups of patients. The first group is made up of patients with metabolic syndrome with liver steatosis (NAFLD), this group also includes two patients with metabolic syndrome without steatosis. The second group are patients with steatohepatitis (NASH). The third group are patients with normal BMI as well as obese people without any metabolic disease. The thesis is divided into two parts – theoretical and practical. The theoretical part covers the definition, causes, individual constituents, complications, prevention and therapy of the metabolic syndrome, steatosis and steatohepatitis. The practical part evaluates the diet and the eating habits of people with metabolic syndrome and the differences between patients with and without steatohepatitis.

Methods: Quantitative research using questionnaires. The research group were patients from the lipid and hepatological outpatient department of the IV. Internal clinic of the General Faculty hospital in Prague. The critical discussion compares the results with the findings of scientific literature.

The results: We found out that steatosis / steatohepatitis in patients with metabolic syndrome is linked with higher intake of fatty and meat products, higher intake of saturated fats, low physical activity and lower intake of omega – 3 unsaturated fatty acids.

Key words: steatosis, steatohepatitis, liver, metabolic syndrome, omega – 3 unsaturated fatty acids