

Abstract

This diploma focuses on the selection of gluten-free foods from the perspective of a diagnosed celiac. In the theoretical part is described the history of celiac disease, anatomy and physiology of small intestine, pathogenesis, manifestation and forms of celiac disease, diagnosis, screening and complications from celiac disease. It also describes a treatment of celiac disease which shows inappropriate and appropriate aliments in gluten free diet. One chapter deals with labeling of gluten free foods in the Czech Republic and in Canada. There is also a comparison of the Czech Republic and Canada regarding health care, government and restaurants offering gluten free dishes.

The aim of the research is to map the selection of gluten free foods in people with diagnosed celiac disease, the second target is to explore differences in food selection in the Czech Republic and Canada. The third objective is focused on factors influencing the choice of gluten free foods. The research was conducted through a questionnaire survey. The survey was filled in the Czech Republic by 78 celiacs and in Canada by 56 celiacs. In the Czech Republic the survey was online on page named *Celiake* and *Mladí Celiaci* on Facebook. The Canadian survey was online on page *The Celiac scene* on facebook and filled out by costumers in gluten free bakery *Panne Rizo* in Vancouver. The results obtained from the questionnaires are statistically evaluated.

The results of the questionnaire survey show problems with following the gluten free diet, which can be caused by high price, low quality or unavailability of gluten free food. People with celiac disease have to shop in more than three stores per month because of the unavailability of gluten free food needed for the quality of their gluten free diet.

The results are showing that people with celiac disease are eating healthier because in many processed foods contain gluten so they are concentrating on vegetables, fruits and foods which are naturally gluten free.

Key words: celiac disease, gluten free diet, life style, selection of gluten free foods