

## **Abstract**

This diploma thesis deals with the general knowledge of pregnant women about appropriate diet during pregnancy and breastfeeding. The thesis is divided into the theoretical and practical part. The theoretical part summarizes the knowledge of preconception nutrition, important nutrients during pregnancy, dangerous substances for the developing fetus, gestational diabetes mellitus and also includes general recommendations for pregnant and nursing women. The main objective of the practical part was to verify the respondents' knowledge of appropriate diet during pregnancy and lactation. Next, confirm or refute hypothesis number 1, whether multiparae are more informed about a diet more than the primiparae and hypothesis number 2, how many women were using preconceptual folic acid.

An electronic questionnaire was developed to collect data and was distributed through social networks in pregnancy-oriented groups. So the questionnaire could be filled by every pregnant woman in the Czech Republic at any time according to her time. In total 491 questionnaires were processed. The results were entered into a table in Microsoft Excel and then summarized and evaluated in the form of graphs and tables.

The results show that the difference in knowledge of primiparae and multiparae of appropriate diet during pregnancy and lactation is quite minimal. Although more than half of women planning a pregnancy used a dietary folic acid supplement as a preconception, the majority of respondents, including unplanned pregnant women, are more those who did not take folic acid prior to conception. The questionnaire survey shows that pregnant women have knowledge of appropriate diet during pregnancy and breastfeeding of the reserve, and it would be appropriate for them to be more interested in the issue themselves and also to receive more relevant information from the healthcare facility, for example in the form of educational material.

**Keywords:** nutrition, pregnancy, breastfeeding, vitamins