

Abstract:

The thesis deals with the lactose intolerance issue and the myths linked with milk consumption.

The theoretical part describes milk composition, the most frequently used technologies in the dairy industry, types of milk (animal origin including breast milk) and types of dairy products on the Czech market. The meaning of milk in human nourishment regarding the prophylaxis of many diseases is also included. The terms lactose and lactase are explained. These are connected with the main part of the thesis describing lactose intolerance and its types, symptoms, diagnostics and therapy including lactose free diet. The cow's milk protein allergy is also mentioned as the second most frequent disease connected with milk consumption. In the end of the theoretical part the myths about milk consumption are explained.

The practical part finds out the extent of refusing milk and dairy products, its reasons (lactose intolerance vs. myths) and dairy replacement of the main nutrients. Final data were gained by questionnaire including 101 people. It shows us that the incidence of refusal of milk consumption is considerable (58%). The main reason for the refusal is lactose intolerance (45%) but the diagnose is frequently based on subjective opinion. Most of the people refusing milk are not interested in an appropriate replacement of milk and dairy products. In conclusion the main issue is the lack of information not the myths.

Key words: milk, lactose, lactase, lactose intolerance, cow's milk protein allergy