

Abstract:

The theoretical part of the thesis deals with the issue of energy balance. Principles of its regulation and factors that affect it through energy intake or energy output are described in the thesis. It also describes methods of measuring and calculating energy output for proper adjustment of energy needs and achieving energy balance. In addition, the thesis presents energy needs in in specific life stages and pathological conditions that may occur during prolonged disruption of the energy balance. Both physiological and pharmacological factors which may impact energy metabolism are mentioned.

The main objective of the practical part was to analyze freely available articles on the Internet providing different ways of weight reduction. The articles were subjected to a critical assessment from the point of view of a nutritional therapist and compared with expert studies. The secondary objective was to evaluate the questionnaire which also dealt with weight reduction. The individual responses were focused on the respondents' personal experience with weight loss. The results showed that up to 90 % of respondents attempted to reduce weight and that freely available articles, which do not always provide relevant information, were often used for this purpose.

Keywords: energy balance, basal energy expenditure, diet, weight loss