

Abstract

This diploma thesis deals with the role of nutrition in the prevention and treatment of cardiovascular diseases. The theoretical part describes basic knowledge about cardiovascular diseases, prevalence, risk factors and the importance of nutrition in their prevention and treatment. The theoretical part describes in detail the effect of intake of carbohydrates, fiber, describes the role of glycemic index of foods, fat intake and their chemical composition, minerals, alcohol and coffee. One part of the theoretical part also describes the role of nutrition in the treatment. The research part is devoted to the dietary habits of patients who have already had an acute myocardial infarction.

The aim of the research is to find out whether patients follow current recommendations for the prevention and treatment of CVD, or how the actual diets of these patients differ from recommendations. The data were collected using a questionnaire filled in during interviews with selected patients. It was found out that patients hospitalized for acute myocardial infarction have insufficient knowledge to build a balanced diet, or that nutritional recommendations are consciously violated. Problematic is especially the choice of fats, the unbalanced composition of the diet, the frequent consumption of too fat and sweet foods, and frequent consumption of salted snacks. Insufficient is the consumption of fruits and vegetables, whole grains and more suitable sources of fat (nuts and seeds, selected oils). The consumption of alcohol is also too high. Most of the respondents are obese or overweight.