

## ABSTRACT

The bachelor thesis focuses on new diets for dialysis patients. The aim is to create a new dietary regime system that meets the dietary requirements during dialysis treatment and also make the work of nutritional therapists easier. The old system was based on "common rational diet no. 3" and the food was selected individually for every patient in order to avoid unsuitable meals in the dietary regime. This system was rather time consuming and the nutritional values did not meet the requirements of a dialysis diet. The anatomy and physiology emphasis is placed especially on chronic renal insufficiency. The pivotal point of this chapter is the dialysis treatment and a description of dietotherapy in this stage of kidney failure. The practical part looks at the methodology of creating a new dietary regime. The result part compares the improvement in nutritional values with the original "rational diet no.3" and also looks at the methodology of creating new dietary regimes. The main research goal of the questionnaire was to find out the patient's satisfaction with the new dialysis diet. Another goal was to discover the nutritional balance of individual dishes and the willingness to continue the diet after hospitalization. Finally, I would also like to mention that theoretically prepared dietary regime was put into practice. On 18th of March 2019 it became the official diet of General University Hospital in Prague and met all the requirements. Furthermore, it was introduced to the professional public at the International Congress of the Czech Society for Clinical Nutrition and Intensive Metabolic care.

**keywords:** dialysis, diet, hemodialysis, kidneys, nephrology, peritoneal dialysis, renal insufficiency, nutrition.