

Abstract

Key words: old age, specifics of old age, nutrition, nutritional literacy

The diploma thesis deals with the issue of nutrition in the senior population. It focuses on the level of knowledge and ability to use the information obtained. The theoretical part informs about the demographic development of the population, describes the signs of aging and old age, and further summarizes the general nutritional recommendations suitable for the elderly population. The empirical part analyzes the knowledge and information obtained from respondents through anonymous questionnaires. The aim of this work is to find out the level of knowledge of seniors about healthy nutrition and interest in the issue. A nutritionally balanced diet helps to strengthen health and thereby improve the quality of life of seniors.