

Summary

The so-called special foods for diabetics in Czech food stores are in the focus of this theses. The theoretical part is a literature review devoted to the description of diseases *diabetes mellitus* with a view on the history, division of the disease, its treatment, related nutrition therapy, characteristics of the so-called special food for diabetics, and related regulations.

The objective of the practical part is the survey of the supply of the so-called special food for diabetics in the Czech food stores. Selected examples demonstrated the nutritional value of the food in a focus and their suitability and importance for diabetes diet.

Based on the survey, the supply of special food for diabetics was observed in 11 stores out of 13. The special food products were found in the special shelves without any further labeling or spread out among common food products. The food samples included a high amount of sweets often been characterized by a high amount of saturated fats, mono-/di-saccharides and low amount of fiber which are not in accordance with the nutritional recommendation for diabetes diet. Several food products possessed an advantage in terms of the low levels of saturated fats or mono-/di-saccharides. Nevertheless, only the nutritional value information is helpful to recognize these products. "Diet" or "no sugar" labels are not instructive enough to distinguish a suitable product for a diabetic diet in diverse forms. A huge variability regarding food labeling was detected among the food samples. In general, the labels referred to saccharides and sweeteners' content or diabetes diet recommendations. Regulation No. 54/2004 no more recognized the special food for diabetics, and it does not control the labeling requirements of these special food products.

Finally, education of the diabetics regarding the nutritional measures seems to be essential to distinguish among the food products at the market suitable for their diet. The way how to meet requirements for the diabetes diet is to follow the principles of a healthy, balanced, and varied diet and to rely on the common food products which are often preferred in term of flavor.

Key words: *diabetes mellitus*, dietary recommendation for diabetics, special food for diabetics, food labelling, nutritional value information,