

ABSTRACT

The diploma thesis deals with the nutrition of breastfeeding women. The aim was to analyze the nutritional intake of energy, lipids, carbohydrates, proteins and fluids during lactation. For this purpose, the theoretical part gathered knowledge about the intake of substrates and their importance in nutrition with a focus on breastfeeding women.

The monitoring took place in three separate lactation periods, namely the 3rd week after birth and the last weeks of the 3rd and 6th month of breastfeeding. At the end of every period, each of the 20 breastfeeding women involved completed a questionnaire, in which they kept a weekly record of the food and fluids consumed. The NutriDan nutritional program and the Excel program for statistical processing of results were used to calculate the number of received substrates. The values obtained were compared with the recommendations of the Nutrition Society valid for the Czech Republic.

Nutrient intake did not differ statistically significantly between breastfeeding or between days of the week. The central findings of the study are insufficient energy intake compared to the recommended and relatively lower intake of carbohydrates in the diet at the expense of higher protein intake. Furthermore, the consumption of cholesterol and saturated fatty acids significantly exceeded the recommended limits. Fluid intake of breastfeeding women was around the required values.

In the field of nutrition, Czech breastfeeding women should focus on ensuring sufficient caloric intake, the proportions of basic macronutrients and their specific composition. It would be appropriate to increase the consumption of polyunsaturated fatty acids and fibre and, conversely, to reduce the intake of saturated fats and cholesterol.

Keywords: lactation, nutrition.