

Work is in its theoretical part focuses on the description of the traditional role of alcohol in the Czech population and its consumption. Czech Republic has long been the largest consumers of beer in the world, as well as the total consumption of pure alcohol per person to hold among the highest in the world. With high levels of alcohol consumption is related of course the risk of addiction. Although alcohol affects the whole body, from somatic damage is focused mainly on the liver. Due consumption may develop a wide range of illnesses, from mild forms such as hepatic steatosis to serious, life-threatening liver cirrhosis. Therapeutic procedures in alcohol liver disease are outlined at the end of the theoretical part. The cornerstone of treatment is abstinence, followed by other recommendations, which include stop smoking, or sufficient nutrition support.

The practical part is focused on diet recommendations, which are designed for clients with alcohol liver disease. Specific recommendations are based on analysis of articles that were retrieved based on the specified criteria. It has been found that antioxidants have no significant impact on the treatment of these diseases. Lipid intake should ideally be around 30% of total daily energy intake. Results of carbohydrate intake were not homogeneous, it can be recommended as an intake for the general population, ie 55-60% of total daily energy intake. Very important is the protein intake, which should reach about 1.2 to 1.5 g per kg body weight per day. Essential amino acids also showed a positive effect, their use is rather in a hospital setting under professional supervision. An important role is also sufficient energy intake, which should be 35-40 kcal per kg body weight. Identified recommended values of the food should be used to track the optimal diet and appropriate for clients who suffer from alcoholic liver disease, both at home and in the environment, for example, treatment center for addicted.