

## ABSTRACT:

The thesis deals with the topic of nutrition and nutritional behavior of women using psychoactive substances and their awareness of the basic principles of adequate nutrition. The main area of research is the searching for the most common deficits in nutritional habits in a group of mothers enrolled in outpatient addictological program. The aim is to analyze that specified field and then establish a set of recommendations for clients of addiction services, which is focused on their re-education in the field of nutrition and which contributes to the awareness of the target group. The theoretical part generally defines addiction and their most frequent comorbidities and while this part presents the basis for a healthy diet according to the dietary recommendations for the population of the Czech Republic. The practical part is focused on collecting informations from clients of outpatient program and using the method of questionnaire survey and subsequent evaluation of the collected data. For the purpose of the work was compiled questionnaire focused on identifying expected deficits in nutritional habits of the target group, especially on regularity in the diet and the inclusion of recommended foods.