

Abstract

The thesis deals with intake of vegetable fats in patients with CVD (Cardiovascular Disease), DM (Diabetes Mellitus) and dyslipidemia. The theoretical part deals with the distribution of lipids, as well as sources of various fatty acids in the diet and their effects on our organism. The next part describes the use of vegetable oils as well as aspects of digestion of fatty acids, their absorption, transport and metabolism. The last chapter of the introduction is dedicated to diseases, in which it is necessary not only to monitor fat intake but, also, choosing those, that can positively impact on the disease progression.

The nutritional (medical) study is made on the basis of a questionnaire survey, which monitors the consumption and use of vegetable fats and foods containing vegetable fats. Results summarize whether patients are informed and following proper diet regimen and identify mistakes they have been making. Data collection was conducted at the 3rd Department of Internal Medicine, 1st Faculty of Medicine and General Teaching Hospital in Prague.

Keywords: fatty acids, nutrition, metabolism, diet in disease, eating habits