

ABSTRACT

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This thesis examines the ability to keep the basic rules and diabetic diet recommendations. The goal of this work is to find out the differences in keeping the diabetic diets and possible risk of complications, especially for diabetics with DM 2T, even though the intervention of the medical staff - doctors and nurses.

The thesis is divided in two parts - theoretical and research.

Theoretical part describes the following terms: definition and history of diabetes, stats and prevalence of illness in CR, basic distribution and complications. Therapy - the diabetes type division in combination with patient's weight. Pharmacotherapy and physical activity as integral part of complete treatment.

Following the diabetic diet for the time of treatment, where exact doses and food distribution are parts of the medical therapy, is the main part of the research. The thesis also examines the home environment, where the patient chooses groceries and defines the amount of food doses.