

## **Abstract**

This thesis deals with nutritional therapy for eating disorders. It explores whether nutritional therapy has an irreplaceable role in treatment of these disorders or whether nutritional therapy has a marginal effect. I describe general issues of eating disorders in a theoretical part of my thesis such as etiology, epidemiology, therapy and nutrition therapy. I composed educational handout about eating in a practical part of my thesis containing fundamental dietary recommendations, menu for underweight people and overeating. I tried to write this part in the most comprehensible form with a minimal amount of foreign words and medical terms therefore my thesis could be used for broad public.

## **Key words**

Eating disorders, anorexia nervosa, bulimia nervosa, overeating, nutritional therapy.