

ABSTRACT

The Diploma thesis deals with nutrition of women during pregnancy. The work is divided into theoretical and practical part. The theoretical part summarizes the dietary recommendations for pregnant women. The practical part is divided into two parts - a research and an educational part. In the research section are evaluated results of the survey, which pointed to some gaps in the knowledge of the respondents. It was also found, that the respondents are not satisfied with nutritional information that they receive from medical staff, and therefore use other information sources. Even for women with higher level of education is difficult to understand to information from different sources. For these reasons, in the educational part of the thesis has been prepared a simple material that would help women to understand dietary changes during pregnancy, including risk factors. The material is intended for women without special dietary measures and in its creation were used informations from the theoretical part.

KEYWORDS

nutrition, pregnancy, diet, fetus, education

