

**Abstrakt v anglickém jazyce:**

This bachelor thesis is focused on Nutrition and drinking regime of nurses on selected wards. The chosen target group were nurses working on three-shift operation. The aim of this thesis was to analyze nutrition and drinking regime of nurses on three shift operation, to find out their dietary condition and see if there is any influence of eating habits on their health. My aim was also to find out what are the nurses opinions on their own eating regime. This research was realized in The Military University hospital at Prague. To collect the data the unstandardized anonymous questionnaire has been used. The main characteristics of the obtained data were described by descriptive statistics. For the better clarity are the mathematical information presented in the graphs and tables.

It was found from the final results of this thesis that the nutrition regime of the nurses is irregular. More than half of the nurses which were addressed are having a breakfast on the ward. More than half of the respondents chose that they have no time for regular lunch. A similar amount respondents have a dinner on their night shift. Almost half of the nurses from the surveyed group has the option of lunch break under the labor Code. The nurses mainly visit the local hospital restaurant for their meal and also they are carrying enough fluid on their shift work. More than half of the nurses are either completely or partially dissatisfied with their current eating regime. The nurses are aware of the importance to comply the healthy eating regime.

**Keywords:** nutrition, drinking regime, life style, nurses nutrition, drinking regime