

ABSTRACT

Introduction: Master's thesis is focused on the problems facing vegetarianism during pregnancy. Further study is focused particularly on the exploration of pregnant vegetarian's dietary habits.

Object: The theoretical part's target is to familiarise readers with vegetarianism and pregnant vegetarian's diet. The practical part is focused on pregnant vegetarian's dietary habits, finding if those women are drawn to alternatives relating to decisions regarding their own bodies and if they will follow a vegetarian diet with their children.

Methods: The survey was conducted through an anonymous online questionnaire. The data obtained is represented in graphs and tables. One part of the work is devoted to the analysis of the data.

Results: The theoretical part shows that compilation of a properly assembled vegetarian diet during pregnancy requires enough relevant information. The survey shows that the majority of respondents eat mostly varied food according to the principles of healthy nutrition with respect to vegetarianism. The greater part of the respondents tend to alternatives in relation to decisions about their own bodies. Absolute majority of respondents stated they are not going to lead or are not leading their children to vegetarianism.

Conclusion: Proper preparation of meatless diet requires some knowledge and it doesn't mean only the exclusion of meat from diet. It is necessary to count not only the health benefits of vegetarianism but also the potential risks.

Key words: Vegetarianism, history, risks, benefits, pregnancy, woman, alternative nutrition, nutrients, vitamins, mineral substances, way of living, preconception nutrition.