

## **Abstract**

The aim of this bachelor thesis is to compare the food intake in patients with metabolic syndrome, who suffer from non-alcoholic fatty liver disease (NAFLD) or non-alcoholic steatohepatitis (NASH).

The main aim of this bachelor thesis is to find out differences in the diet of different groups of patients comprising patients with simple obesity, patients with metabolic syndrome without steatosis, patients with metabolic syndrome with steatosis and patients with metabolic syndrome complicated by steatohepatitis. This thesis is divided into two

parts – theoretical and practical. The theoretical part introduces metabolic syndrome, its definition, occurrence, etiology, complications and its prevention and treatment. The topics about pathophysiology of the liver and the definition of non-alcoholic fatty liver disease or non-alcoholic steatohepatitis are also covered.

Methods: The practical part is a quantitative research in the form of questionnaires made at the 4th Internal Department at the General University Hospital in Prague. The patients met the criteria of the mentioned symptoms or diseases. The thesis compares the data from literature with the responses of the patients. We explored the question of the diet composed for example by regular intake of fermented milk products, selenium, green tea or omega-3 polyunsaturated fatty acids with the regular physical activity whether they can have demonstrably positive effects in the treatment and prevention of steatosis or steatohepatitis. We also explored if all patients with metabolic syndrome were diagnosed also with steatosis.

The results: After processing 32 questionnaires, we came to a conclusion that not all patients with metabolic syndrome had liver diseases – two patients did not suffer from NAFLD nor NASH. Another important finding was the fact that the results showed an improvement in the prevention and treatment of NAFLD and NASH in patients with the regular intake of fermented milk products, green tea and omega-3 polyunsaturated fatty acids.

Key words: steatosis, steatohepatitis, liver, metabolic syndrome, insulin resistance