

## **ABSTRACT**

This bachelor thesis deals with physiological nutrition of infants. It is divided into two parts. The theoretical part describes facts about newborn, infant and their needs. Then pursues basic physiological parameters of the newborn and the ways of assessment of nutrition status. The thesis discusses all aspects of breastfeeding, infant milk substitutes and complementary feeding. Also speaks about risks of alternative nutrition, obesity and eating disorders.

The practical part finds out differences in growth charts of hundred children in the first year of their life. The half of the children are breastfed, the second half is artificially fed. This work is originated quantitative data analysis. The graphic processing shows that breastfed children have a lower body mass index and lower average weight gain. Statistical test demonstrates significant results only in 6<sup>th</sup> months old girls.

**Keys words:** infant, nutrition, growth, breastfeeding, infant milk substitutes, complementary feeding, obesity