Abstract:

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Title of the thesis: Evaluation of diet composition by questionnaire method

Theoretical introduction and aim of the thesis: Although there are a number of guaranteed good practices and definitions for healthy eating and the amount of recieved nutrients is a totally individual matter, in general we can say it is mainly a balanced amount of essential nutrients (carbohydrates, proteins, lipids), additional nutrients (vitamins and minerals) and sufficient amount of water that keeps the human body in stable homeostasis. The aim of this thesis was to get an overview of this issue and to focus on practical research consisting in monitoring of nutritional intake of energy, nutrients, vitamins and minerals in a selected group of people and in the end to compare the results with the recommended values.

Methods: Testing took place in the form of weekly records of all food intake and physical activity in a group of randomly selected persons aged 20-30. The study was conducted from March to May 2018. The data were processed by NutriDan computer program and with using Compendium of physical activities from 2011.

Results: The results of such measurements showed that energy expenditure mostly exceeded energy income, so the energy balance was negative. The uptake of essential nutrients (carbohydrates, lipids and proteins) was relatively normal with the recommended daily doses. However, the supply of micronutrients was unbalanced. More than half of the detected vitamins and trace elements were out of the recommended values.

Conclusion: The correct intake of essential nutrients and negative energy balance can be attributed to the trend of modern healthy lifestyle and age group of 20-30 years, which mostly lives by it. But a lot of people check and maintain only balanced ratio of macronutrients and they forget about micronutrients.

Keywords: nutrition, diet composition, recommended daily dose, energy balance