

ABSTRACT

This work is focused on Czech and world nutritional recommendations and the profession of nutritional therapist. The aim of the work is to analyze the eating habits of nutrition therapists as nutrition experts. The work is divided into chapters, within which a comparative analysis of both nutritional recommendations and all levels of the profession of nutritional therapist is performed. The analysis of identical and different points was performed on the basis of the study of documents and their comparisons. The first part of the thesis deals with the issue of nutritional recommendations, their importance, forms and methods of creation. The following is a list of current recommendations valid in Europe and in the Czech Republic. These recommendations are then compared. Furthermore, attention is paid to the profession of nutritional therapist, its legislative anchoring and competencies. As this profession has several levels, they are compared with each other and the differences are emphasized. Subsequently, the individual activities of a nutritional therapist are explained and practical examples are presented. Last but not least, an analysis of the eating habits of the addressed nutritional therapists is prepared and compared with the current nutritional recommendations valid in the Czech Republic. Based on this analysis, it was found that almost half of the nutritional therapists surveyed follow these recommendations and practice them in their lives.

keywords: nutritional recommendations, nutrition, nutrition therapist, dietitian, life style