

## **Abstract**

This bachelor's thesis deals with the subject of infant and toddler nutrition. These stages of child development correspond to the period from birth to age three, and the establishment of healthy nutrition and eating habits is fundamental, because it may have a lifelong impact.

The practical part of this thesis aimed to examine the compliance of parents with guidelines on breast-feeding and the introduction of complementary feeding, to determine toddlers' actual intake of calories and macronutrients, and to assess the frequency of consumption and amounts of sweet foods and drinks. Based on this data, it was tested whether the intake of calories, macronutrients and sugar had an influence on the body mass index (BMI) or weight-for-length ratio. The information was collected using a questionnaire filled by parents of 22 children hospitalized in the Department of Paediatrics and Inherited Metabolic Disorders of the First Faculty of Medicine of Charles University and the General University Hospital in Prague.

The results showed that the majority of parents followed the guidelines in the length of exclusive breast-feeding and a period of introduction of complementary feeding. The dietary records revealed that almost all toddlers involved in this study had an excessive intake of proteins and sugars. Additionally, there was a significant positive correlation between the intake of sugars and the weight-for-length ratio or BMI. Based on the data, it can be concluded that the awareness of parents regarding breast-feeding and complementary feeding is sufficient. However, they do not have enough information for creating a diet plan with a balanced nutrient content corresponding to current recommendations for healthy diet in toddlers.

**Key Words:** infant, toddler, nutrition