

Abstract

The aim of the Bachelor's thesis is to investigate the infamous "superfoods" and to find out how nutrition therapists feel about this group of foods. The thesis is divided into a theoretical and a practical part.

The theoretical part is based on scientific articles and studies and examines the characteristics of two specific representatives of "superfoods": ginger and broccoli. Each of these foods is looked at primarily in terms of chemical composition, the content of the most important substances and their potential effects on human health.

The practical part is aimed at nutritionists and other food therapists. It took the form of a survey to find out whether professionals are familiar with 'superfoods' and their selected representatives, whether they recommend this group of foods in their practice and what their opinion of it is.

The results showed that the vast majority of nutritionists consider ginger and broccoli to be superfoods and recommend both for consumption in their practice, but less than half recommend superfoods in general. A plurality of experts think that ginger is analgetic, antiemetic and antioxidant, while less than half think that it prevents the development of neuro-degenerative diseases, lowers LDL cholesterol and counteracts the development of malignant diseases. The majority think that the substances in broccoli prevent the development of cardiovascular and malignant diseases, while less than half think that broccoli has antibacterial effects and that it has a positive effect on neurological disorders.

Keywords: superfoods, ginger, broccoli