

Abstract

This bachelor thesis is focused on alternative ways of eating, their knowledge and attitude to them in the general public. The thesis is divided into two parts, theoretical part and practical part.

The theoretical part presents general nutritional recommendations for adults in the Czech Republic and describes the basic components of nutrition, which should be included in a healthy rational diet. It also discusses the most common reasons why some people prefer an alternative diet. Furthermore the thesis describes two popular alternative diets, including their positive and negative aspects.

The practical part is developed on the basis of an anonymous questionnaire survey. The relationship of respondents to a healthy lifestyle, their knowledge and opinion on alternative dietetics was ascertained. The research also included several questions focused on the respondents' own experiences with alternative diets.

The aim of the bachelor thesis is to measure the awareness people across different generations have about alternative dietetics, how they perceive it and to find out about their personal experiences with it.

Key words:

Alternative nutrition, nutrition, health