

**ABSTRAKT**  
**THE EVALUATION OF DIETARY INTAKE SUBSTRATES  
AND NUTRIENTS IN PREGNANCY**  
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The right nourishment during pregnancy plays key role not only for the healthy development of fetus, but also for over-all health of future mother during pregnancy and after delivery.

The aim of this study was to find out by various testing of nourishment in the group of pregnant women nutrition intake of energy, vitamins and minerals in current times in the Czech Republic. Testing was done on weekly basis of all intook nutrition in the group of randomly selected pregnant women since the second trimester of pregnancy, different age and education, where was suspicion of differency in nutrition. The study took place in the period of March to October 2006. Data were processed by NutriDan computer system.

First part of my work is on theory basis. In this part I was mainly concerned by intake of lipids, sacharids, proteins and overall energy intake during pregnancy. I was mainly concerned in individual cases on their lack or overlap on individual woman during pregnancy.

The results of such measurements are listed in second part of my diploma work. Volumes show, that intake of lipids, sacharides and proteins are relative equal to recommended daily dose for pregnant women in the Czech Republic.

From the results of vitamin and mineral substances intake there is deficit in calcium, folic acid, vitamin D, iron and iodine, on the other hand there is high intake of selenium, niacin, kyanocobaltaminum and vitamin A.

Study did not prove that pregnant women in the Czech Republic are over-eating themselves or that they do not receive more nutrition energy. On the contrary, the nutrition intake during pregnancy is not sufficient nowadays in the Czech Republic.