

ABSTRACT

Pregnancy is a crucial period in a woman's life, when many physical and mental changes take place. A woman must think not only of herself and consider what is best for her and her child. With the help of a nutritionally rich diet, it is possible to affect the health of the fetus into the distant future. This bachelor thesis deals with the nutrition of pregnant women, their needs, information and the use of acquired knowledge.

The bachelor thesis is divided into two parts. In the first part I analyze the theoretical knowledge about pregnancy, energy intake and diet during pregnancy. In the second part, the evaluation takes place in the form of a questionnaire survey, when 196 questionnaires were obtained. The questionnaire includes questions on women's awareness and resources, diet, supplements, drinking regime and risky components of the diet. The aim of this work was to find out what needs the pregnant body has, what knowledge pregnant women have, whether they feel sufficiently informed, where they primarily obtain nutrition information and how they then use it.

In evaluating the hypotheses, some were confirmed and others refuted. Unfortunately, the hypothesis of whether women are sufficiently informed was refuted, as most women did not feel that way. Another hypothesis regarding the primary use of the Internet as a source of information was confirmed, and another confirmed hypothesis was the use of dietary supplements in most pregnant women.

In conclusion, I recommend helping to improve the nutritional literacy of pregnant women. With the help of brochures in gynecological information or with the right links to suitable internet sources, searching for information on untrusted websites could be avoided.

keywords: pregnancy, nutrition food, awareness, pregnant woman