

Abstract

The bachelor's thesis deals with the origin and occurrence of diseases of civilization and the possibilities of their prevention from the nutrition point of view. It focuses on the consumption of macronutrients and micronutrients in food with regard to the possible risk of these diseases as well as their protective effect. The theoretical part briefly deals with selected diseases and risk factors involved in their emergence, prevention and health promotion, and lastly focuses on nutrition as one of the leading determinants of health. The practical part focuses on the goals and related hypotheses, on the basis of which a questionnaire survey was conducted related to the interest in the composition of food, the impact of nutrition on the incidence of diseases of civilization and knowledge of nutritional recommendations. It also summarizes the characteristics of the sample of respondents and their current lifestyle for comparison with the theoretical awareness of the importance of nutrition.

Key words: diseases of civilization, prevention, nutrition, lifestyle, nutritional recommendations