

## **ABSTRACT**

This bachelor thesis explores the risks and benefits of a vegan diet. Its main aim is to determine whether vegans have an adequate knowledge of the topic and whether they are actively trying to prevent the risks connected to the diet. One of the author's aims was to obtain data that will serve as a basis for the subsequent development of educational material for their diploma thesis.

The theoretical part presents the basic characteristics of a vegan diet and summarizes the current knowledge on the issue of macronutrients and selected micronutrients represented in the diet. It also presents the reader with the current state of knowledge in the use of vegan diets in the prevention of diabetes mellitus, cancer, and cardiovascular diseases.

The empirical part was carried out using a quantitative questionnaire survey. The results suggest that respondents have insufficient knowledge of the risks and benefits of their diet, despite using validated and evidence-based information sources. The data also shows that although 51 % of the respondents regularly visit their doctor to be assisted with the prevention of the risks connected to their diet, only 15 % of them consulted their diet with a doctor or nutritional therapist beforehand. Supplementation of deficient micronutrients is also unsatisfactory. The majority of interviewees who track their nutrient intake in one of the nutritional databases described them as inadequate for vegans. Most respondents think that a vegan diet brings more benefits than risks.

This bachelor thesis highlights the importance of nutritional education of individuals consuming vegan food and the integration of nutritional therapists in this field.

**Keywords:** Vegan diet, risks, benefits, health