

Abstract:

Veganism, in the last few years more and more popular way of eating, is sometimes presented by non-academic articles as „the best“ and without risks. However, complete omission of all animal products doesn't have to be as safe as it seems at first sight.

The aim of this thesis is to find out what is the knowledge of vegans about the risks of fully vegan diet and also what are their eating habits to eliminate those risks.

The theoretical part is mostly focused on risks related to deficiency of essential nutrients. The practical part was focused on research, that was made by anonymous quantitative survey method. The questionnaire was composed of sixteen questions oriented mostly towards knowledge of risks of vegan diet as well as towards eating habits of respondents. A total of 187 respondents met the criteria necessary to be included in the research.

The results showed that 80,7 % of vegans know that there are some risks connected to vegan diet. Those respondents had quite good knowledge about the risks summarised in theoretical part of this thesis. Mostly they underestimated the risks of deficiency of omega 3 fatty acids, vitamin D and generally the risk of mineral's deficiency.

The eating habits of most respondents often reflected their knowledge about the deficiencies in vegan diet – on average they ate more of the nutrients they knew vegans are lacking and less of nutrients they didn't know that could be deficient. Thus, the respondents had mostly insufficient intake of vitamin D, omega 3 fatty acids, iodine, or selenium. It is therefore probable, that if the education of vegans would be improved to include information about deficiencies in the diet, number of essential nutrients deficiencies would also decrease.