

## **Abstract**

**Introduction:** This bachelor thesis deals with the dietary habits of pregnant women with type 1 diabetes before and during pregnancy with regard to the diabetes control. It then points the changes in these habits that occurred during pregnancy.

**Aims:** The theoretical part briefly describes the characteristics of type 1 diabetes and its treatment. It then describes pregnancy in this disease and complications of diabetic pregnancy. More attention is paid to nutrition during preconception and pregnancy. It discusses in more detail the various macronutrients and micronutrients needed during these periods and highlights foods and beverages that are inappropriate. The main aim of the practical part was to determine the dietary habits of women with type 1 diabetes before and during pregnancy and then to compare whether these were modified to diabetes control.

**Methods:** The data for the bachelor thesis were obtained by means of a questionnaire survey conducted from August 2022 to April 2023. Two questionnaires were created in the electronic interface of Google Forms and subsequently offered to patients with type 1 diabetes in the outpatient clinic of the Gynaecology and Obstetrics Department of the 1st Faculty of Medicine of the Charles University and the University Hospital. Data from the documentation of the internal Medea system were used in the practical part to determine the diabetes control. Subsequently, the obtained data were anonymized, processed and interpreted using tables and graphs.

**Results:** A total of 9 pregnant women participated in the questionnaire survey. After a general evaluation of the results of the questionnaire survey and the data from the documentation, it seems that there might be some correlation between diet and diabetes control. However, due to the small research sample and the variation, the results cannot be generalized.

**Conclusion:** There is still possibility for some improvement in the eating habits of women before and during pregnancy. This could be helped by doctors working with dieticians in diabetes clinics before pregnancy.

**Keywords:** type 1 diabetes, pregnancy, nutrition, diabetes control