

## Abstract

This diploma thesis titled „Dietary habits of patients suffering from IBD“, deals with specifics of said diseases as well as nutrition of these patients. The theoretical part touches on Crohn’s disease and ulcerative colitis, it lists characteristics, epidemiology, possible complications and treatments of these diseases. There is a detailed description of usage of medical nutrition therapy and various diets that use to be recommended to these patients. It also presents medical nutrition therapy as an indispensable element of the process of treating these diseases.

The 4 main goals I set for my thesis were as follows: to map eating habits of respondents suffering from IBD; to compare eating habits of patients suffering from IBD with those of healthy respondents; to compare eating habits of patients suffering from CD with eating habits of patients suffering from UC and lastly – to find out where respondents get their information on their disease and nutrition from.

The research consisted of 12 respondents in total of which half were patients suffering from IBD and the other half were healthy individuals. The group of respondents suffering from IBD consisted of 3 CD patients and 3 UC patients. To obtain the data I used a semi-structured interview as well as dietary recall. I chose to interview only adult respondents because they need to learn to live with newly diagnosed disease and adjust their pre-existing eating habits.

Results show that healthy respondents have more variety in their diet as they are free to include wider range of foods in their diet (legumes, fruit and vegetable) than IBD patients. Respondents suffering from CD have more variety in their diet than respondents suffering from UC. The analysis of dietary recalls showed lack of fibre regardless of the disease. It also showed that healthy individuals consume more fats and protein than respondents suffering from IBD. Furthermore, healthy individuals eat more regularly and pay more attention to distributing their meals throughout the day than respondents diagnosed with IBD. An interesting discovery is the fact that there are only few differences between eating habits of respondents with IBD and those of healthy individuals.

**Key words:** Crohn’s disease, ulcerative colitis, idiopathic bowel diseases, medical nutrition therapy, eating habits