

ABSTRACT

Seniors often buy inappropriate combinations of dietary supplements based on advertising or peer recommendations, but often to a lesser extent on the recommendation of a professional. It is important for seniors to pay attention to the quality and variety of their diet in order to maintain good health. The bachelor thesis is divided into theoretical and practical parts. In the theoretical part, the first chapter describes the individual vitamins and minerals. The next chapters deal not only with their deficiency and need in the elderly population but also with their correct consumption with regard to further pharmacotherapy. In particular, a chapter dealing with the reasons leading to insufficient food intake in the elderly is described.

For the practical part, three main objectives have been set. The research was conducted by questionnaire survey to which a total of 67 respondents aged 65-90 years answered. The first objective was to find out what dietary habits seniors have in their home environment and what vitamins and minerals they are deficient in. A sub-objective of this question was to determine whether current supplementation is justified in this population given the results of the questionnaire survey. The second objective builds on dietary diversity and explores the principles of good diet and physical activity according to the Healthy 13 recommendations developed by the Nutrition Society. The final objective sets out to map where respondents most often purchase these supplements. What is the reason that leads them to do so and whether they know a safe way to use them.

A varied diet will ensure adequate intake of vitamins and minerals; across-the-board supplementation may not be beneficial for seniors. Nutrition education is important in the elderly population. The results of the research can be used in elderly care organisations to improve the quality of care or can be used by relatives and the elderly themselves to improve their knowledge of good nutrition in older age.

keywords: vitamins, minerals, dietary supplements, supplementation