

ABSTRACT

Introduction: The topic I chose for my bachelor thesis is called vegetarian diet during pregnancy. My effort is to specify the vegetarian way of eating more specifically and also to bring closer to the eating habits of pregnant women who eat a meat-free vegetarian diet.

Objectives: The objective of the theoretical part of the thesis is to provide the reader with a deeper understanding of the alternative nutritional direction of vegetarianism, specific distribution, history, benefits and also the risks associated with it. The final part of the theoretical work is devoted to the nutrition of a pregnant vegetarian woman. The main goal of the research investigation of the bachelor's thesis was to find out whether a vegetarian diet is suitable during pregnancy, what are the eating habits of pregnant vegetarian women and how the pregnancy of the women I approached in my research progressed. Another goal was to find out whether the interviewed women continue to educate themselves during pregnancy and draw information from relevant sources, whether they consulted their lifestyle with their doctors, and finally to find out what type of diet they plan for their offspring in the future, whether they will eat a vegetarian diet, or they will have freedom of choice in choosing what they want to consume.

Methods: The survey was carried out using the method of a research investigation at the Institute for Mother and Child Care in Podolí, in the form of a short interview with pregnant vegetarians and an insight into the one-day menu. Part of the work is devoted to the analysis of the obtained data, which are subsequently evaluated in tabular form.

Results: The bachelor's thesis points to the fact that enough relevant information is needed to prepare a suitable, varied and balanced vegetarian diet during pregnancy. From the menus of the respondents, it follows that all the respondents eat a varied diet according to the principles of healthy nutrition and recommendations for vegetarians. All the women interviewed said that they regularly look for information about vegetarianism in pregnancy and educate themselves, but some only from sources on the internet, which I do not consider appropriate and relevant. Out of the total number of female respondents, only two said that they consulted their lifestyle with their doctor, who provided them with enough appropriate information and recommendations. Most of the respondents stated that they are healthy and their pregnancy went without any problems, two interviewees suffer from iron deficiency anemia, but their regular intake stabilizes their condition and does not cause them problems. A large proportion of the women interviewed said that their partners eat a regular diet with meat, as do their children, moreover, the interviewees said that they would not force their children to eat a vegetarian diet, but leave them free to choose their diet.

Conclusion: Vegetarianism, like other directions of alternative nutrition, requires consumers to be fully aware of the composition of individual foods and take into account the key nutrients that are necessary for the proper functioning of the human body. It is important to realize that, in addition to the benefits of a vegetarian diet, there are also risks that may arise from non-compliance with the principles of a healthy diet and may threaten the consumer's quality of life. My own investigation came to the conclusion that the information I obtained from a high-quality study with a sufficient number of pregnant respondents, supported by the results of blood biochemistry and a one-day menu, cannot be generalized to the entire population of pregnant vegetarian women, nor can it be statically verified.

Nevertheless, the survey can serve midwives at the Institute for Mother and Child Care in informing their patients about this issue.

Keywords: Vegetarianism, alternative nutrition, history, risks, benefits, pregnancy, preconception nutrition, micronutrients, macronutrients, lifestyle.