

Abstract

Context: Healthy lifestyle promotion is an important long-time process for today's society. Nowadays, models and theories are developed to enhance public health.

Objectives: Create a systematic review of theories and models based on healthy diet promotion.

Methods: The Master Thesis consists of 5 independent systematic reviews. Particular studies were examined based on Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) recommendations. A search was carried out of 2 electronic databases (PubMed and Web of Science) using following keywords - adolescence, eating habits, diet, nutrition a names of particular models/ theories.

Results: 6 studies based on Health Belief Model, 8 based on Transtheoretical Model, 7 based on Social Ecological model, 8 based on Social cognitive model and 8 studies based on Nudge theory were included into the systematic review.

Conclusion: Models and Theories are considered as successful ways to modify people's eating habits. More research within this area is needed due to wide diversity of healthy diet determinants.

Keywords: diet, nutrition, healthy eating, adolescent, particular model/theory