ABSTRACT

The diploma thesis studies the specifics of nutrition in postmenopausal women. During this period, women face the decline of female hormones and with postmenopausal symptoms, which significantly affect the quality of women's life. A healthy lifestyle plays a significant role in limiting the effects of symptoms on daily life activities and work as a prevention of diseases typically caused by the aging. The theoretical part of the thesis deals with the issue of menopause and physiological changes, clarifies the increased risks of developing diseases during this period, lists their dietary measures and deals with general recommendations for appropriate nutrition for women in menopause, including the issue of phytoestrogens.

The main goal of the practical part of the diploma thesis is to evaluate the eating habits of postmenopausal women in comparison with general recommendations and to determine the level of awareness of appropriate nutrition, physical activity, prevention options and a possible higher risk of disease during this period. The metodology used a questionnaire survey, which was supplemented with case studies. The results of the research point to inappropriate eating habits of postmenopausal women as a low consumption of fish, vegetables and whole grain products, and conversely higher consumption of foods with inappropriate composition. A relationship between women's education level and nutrition awareness was not confirmed, however, awareness about phytoestrogen was statistically higher among women with a college degree than among women with a high school education. Surprisingly, the connection between the consumption of selected types of food and the health status of the postmenopausal women in the research sample was not confirmed. In order to improve the inappropriate eating habits of postmenopausal women, it is necessary to continuously educate them about nutrition and involve nutritional therapists in prevention.

keywords: nutrition of postmenopausal women, phytoestrogens, postmenopausal osteoporosis