

## **Abstract**

This diploma thesis deals with mapping the influence of the Mediterranean (kosher) diet and the traditional Czech diet on the occurrence of colorectal cancer. The aim of the study was to identify differences between the eating habits of Israelis and Czechs and to assess their potential impact on the development of this type of cancer. The methodology included an analysis of the eating habits of both groups, epidemiological data and a literature review of relevant studies.

The results of the study indicate that there are differences between the eating habits of Israelis and Czechs, with the Israeli diet, although influenced by westernization, showing positive tendencies compared to the traditional Czech diet. This observed difference may play a key role in the prevention of colorectal cancer.

Despite the fact that Israelis are not strictly limited to the Mediterranean diet, the study highlights its positive effect on reducing the risk of this disease. On the contrary, the negative contribution of the traditional Czech diet underlines the need to improve eating habits in the Czech population.

This work contributes to the literature regarding the influence of diet on health and offers a comprehensive view of the differences between the Mediterranean and Czech diets in relation to colorectal cancer. Her results support the need for further research and highlight the importance of educating the public about the nutritional aspects of colorectal cancer prevention.