

Abstract

The bachelor thesis focuses on analysing the dietary habits of former smokers who have gained weight and subsequently creating sample meal plans based on selected case studies. The theoretical part summarizes current knowledge on smoking-related issues, such as smoking epidemiology, tobacco addiction, and the impact of smoking on health. It examines the influence of smoking on dietary habits, including its effects on micronutrients. The thesis discusses smoking cessation options and its effects on the gastrointestinal tract and body weight, presenting strategies for maintaining body weight after quitting smoking. In the practical part, the meal plans and overall lifestyle of four former smokers are evaluated. The aim of the thesis is to understand the relationship between changes in eating habits and weight gain in former smokers and to offer practical recommendations for maintaining a healthy lifestyle.

Keywords

Smoking, nutrition, eating habits, nicotine addiction, weight gain, smoking cessation.