

## **ABSTRACT**

The thesis deals with the efficacy of CDED diet in patients with mild to moderate Crohn's disease. In the last few years the number of patients with Crohn's disease has been growing worldwide. Crohn's disease is a chronic inflammatory disease of gastrointestinal system which treatment involves not only regular supervision of gastroenterologist and pharmacological treatment, but also individual approach and supervision of nutrition therapist. Patients with this disease often have to deal with deficiencies of macro- and micronutrients, with malnutrition or obesity. Nutrition and a suitable diet plan play an important role not only in the treatment but also in patients' daily routine. The theoretical part summarizes the clinical picture and classification of Crohn's disease, malnutrition and its causes, monitored laboratory markers and especially possible solution of symptoms by exclusion diet. There are three phases of the diet described, including the list of appropriate foods in the theoretical part. Practical part summarizes the methodology of the research conducted by preformed questionnaires, and subsequent analysis of activity index which evaluates Crohn's disease symptoms. It also compares the laboratory parameters before starting CDED and after three months of being on the diet. It was found that most of the patients included in the study benefit from the exclusion diet as they show clinical response and their symptoms improve.

## **KEYWORDS**

Crohn's disease, CDED, CDAI, IBD, inflammatory bowel disease, exclusion diet, malnutrition