

## SUMMARY

Saccharides are an integral part of the human diet. They differ in type and length of the strings, usability, glycemic response or taste. Their representation in the diet is considerable. The source of simple saccharides are mostly industrially prepared foods with added sugar. Diet high in complex saccharides consisting mainly plant sources. Many studies addresses the issue of saccharides and their effect on metabolic syndrome. Metabolic syndrome is a multifactorial civilization disease. Etiology include disorders of glucose metabolism, obesity, dyslipidemia and hypertension. Metabolic syndrome mainly affects people of developed countries with reduced physical activity, stress loads and poor eating habits. Modern treatment of deadly quartet consists in eliminating these unfavorable factors. In terms of nutrition, it is especially reasonable and balanced intake of saccharides. A low intake of simple and high intake of complex saccharides seems to be an effective prevention.

**Keywords:** saccharides, metabolic syndrome, nutrition