

Coeliac disease is an auto-immune disease, which means that the body produces antibodies that attack its own tissues. For people with coeliac disease this attack is triggered by gluten, a protein found in wheat, rye and barley. This gluten-intolerance causes an inflammatory response that damages the gut. When the gut lining is damaged, the body cannot absorb all the necessary nutrients from food. Because of this lack of nutrients, people with undiagnosed coeliac disease can have a wide range of symptoms and can suffer from nutritional deficiencies. The symptoms are very individual but can include stomach and bowel symptoms, tiredness, anaemia, diarrhoea, abdominal discomfort, weight loss and vomiting, so it can take some time before an accurate diagnosis is sought. Both adults and children can have this disease. There is evidence to suggest that the prevalence of coeliac disease is 1 in 200-300 people in The Czech Republic. The most people with this disease is found in Europe and USA, in Africa and Asia the disease occurs very rarely. The only treatment is to be on a gluten-free diet for all life. In this thesis I tried to find out how much the restaurant facilities in Liberec region pay attention to a gluten-free diet.