

Abstract

A healthy diet is important at all ages, especially during fetal development. A number of metabolic changes occur in the body of a pregnant woman. The fetus is constantly increasing its demands, so the woman's body is more demanding than usual. A woman should, at least during pregnancy, adapt her eating habits to these requirements and thus ensure sufficient quality nutrients not only for the proper development and growth of the fetus, but also for her health. Adherence to a proper lifestyle reduces the risk of later health complications not only for the mother but also for the child.

The aim of this bachelor thesis was to find out the level of awareness of the interviewed pregnant women about the importance of nutrition during pregnancy and whether they are provided with enough information to obtain this knowledge.

The theoretical part focuses on the individual components of nutrition, general recommendations in the diet of pregnant women, the consequences of improper diet in pregnancy, physiological changes that occur during pregnancy. Mention is also made of the energy intake during pregnancy and the weight gain that many women fear.

A non-interventional questionnaire method and an interview were chosen to obtain information on the set objectives. The questionnaire was used to obtain data on the knowledge of pregnant women in terms of nutrition during pregnancy and the effect of nutrition on the fetus. To find out information from gynecologists about the level of education of pregnant women about the importance of nutrition in pregnancy, the method of interview was chosen. After completion and evaluation of data collection from the respondents, the answers were compared with the answers from interviews with gynecologists. Everything took place in selected gynecological clinics.

It would be appropriate to further extend nutritional counseling to gynecological care and to give pregnant women the opportunity and space to obtain information about eating during pregnancy.