

Abstract

The obesity epidemic is still a very topical problem and requires a comprehensive therapy that includes nutritional counselling. In my practical experience, the topic of protein and fibre tends to be very common with obese clients and I often observe less than appropriate choices in terms of protein sources. Fibre is not given much importance and therefore its adequate intake is not optimal.

Therefore, the theoretical part aimed to summarize the current knowledge about obesity, protein and fibre. However, nutrition in obesity is summarised in a comprehensive way, taking into account other nutrients, but also micronutrients or drinking, which may also be significantly related to obesity. The theoretical summary of obesity was summarized rather marginally. In terms of treatment approaches, diet therapy, physical activity or psychotherapy are more approached. The importance of the nutritional therapist is not neglected.

The practical part was quite comprehensive. The aim of the study was to assess dietary habits (qualitatively and quantitatively, focusing mainly on protein and fibre), body composition before and after the nutritional intervention and thus to evaluate the effect of the therapy. It was also intended to provide information on the original dietary habits of obese individuals in terms of quantity and quality, again focusing on protein and fibre. In addition, it was intended to provide information on the awareness of obese individuals on this issue. Body composition was assessed using bioimpedance and waist circumference measurements. Data were also obtained from written dietary records and a questionnaire. In addition, each collaboration with a client included nutritional education and a customized meal plan.

The result was weight loss and waist circumference reduction in the vast majority of individuals. In terms of dietary habits, there was a particular increase in fiber intake and a preference for some more convenient sources of protein. The assumption of lower knowledge of most obese individuals in terms of fibre and protein issues was not confirmed. There are many limitations of the research that should be considered when interpreting the results and relating them to the obese population. For this reason, further research is appropriate in the future.

Key words: obesity, fibre, proteins, weight reduction, nutritional counseling