

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

PREHRANJEVALNE NAVADE VEGANOV

EATING HABITS OF VEGAN

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POVZETEK

Uvod: Veganski način prehranjevanja je v porastu. Zanj je značilno prehranjevanje izključno z živili, ki so rastlinskega izvora, ali drugače, vegani ne uživajo živil živalskega izvora. Eden od najpogostejših vzrokov, da se posameznik odloči za veganski način prehranjevanja, je ohranjanje in varovanje zdravja. Smernice zdravega prehranjevanja upoštevajo uravnoteženo in polnovredno prehrano kot primerno tako za otroke, nosečnice kot starejše. Veganska prehrana je danes izpopolnjena in ponuja polnovredno zagotavljanje vseh hranil, kar predstavlja boljše zdravje in počutje za posameznika. Namen raziskave je ugotoviti prehranjevalne navade veganov in vpliv le-te na njihovo kakovost življenja.

Metoda dela: Raziskava je temeljila na kvalitativni paradigmi raziskovanja, metodi utemeljene teorije. S kodiranjem smo določili glavne kategorije, podkategorije in kode, ki smo jih nato smiselno povezali v sodbo. Primarni viri so bili pridobljeni s pomočjo strokovnih in znanstvenih člankov in zbornikov zdravstvenih konferenc. Pridobivanje podatkov je potekalo s tehniko intervjuja. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili 6 veganov, ki se vegansko prehranjujejo več kot dve leti. Vse intervjuvane osebe so podale informirano soglasje za sodelovanje v raziskavi.

Rezultati: Z analizo intervjujev smo identificirali pet glavnih kategorij (s pripadajočimi podkategorijami in kodami): prehranjevalne navade veganov; razlogi za veganstvo; težave veganov v vsakdanjem življenju; kakovost življenja pred veganstvom in sedaj; nadomeščanje vitaminov in mineralov v prehrani veganov. Kategorije se med seboj povezujejo in pomembno vplivajo na način življenja intervjuvancev.

Razprava in sklep: Ugotovili smo, da ima veganski način prehranjevanja pomembno vlogo pri varovanju in krepitvi človekovega zdravja, saj so se vsi intervjuvanci strinjali, da so s spremenjenim načinom prehranjevanja izboljšali svojo kakovost življenja. Uspeli so izgubiti odvečne kilograme, znižati holesterol, urediti krvni pritisk in omiliti oziroma odstraniti težave s kožo in želodčne težave. Poleg prehranjevanja so spremenili tudi življenjski slog – postali so bolj telesno dejavni, spremenili so odnos do okolja in živali ter postali bolj racionalni. Pri zdravi prehrani ima pomembno vlogo tudi medicinska sestra, ki svetuje in daje podporo pri vpeljevanju veganske prehrane, hkrati zdravstveno vzgaja po načelih zdrave prehrane pri vseh starostnih skupinah. Raziskava ima omejitve v vzorcu, zato naših ugotovitev ne moremo posploševati, za kar so potrebne nadaljnje raziskave.

Ključne besede: veganstvo, veganska dieta, uravnotežena prehrana, beljakovine, ogljikovi hidrati, vitamini, minerali, vegan

SUMMARY

Introduction: The vegan diet is on the rise. It is characterized by eating exclusively food that is vegetable, vegans do not consume food of animal origin. One of the most common causes for an individual to choose a vegan diet is to maintain and protect their health. The Healthy Eating Guidelines consider vegan diet, a balanced and wholesome diet that is appropriate for both children and adults, pregnant women and elderly. Vegan nutrition is nowadays sophisticated and offers a full-fledged supply of all nutrients, providing better health and well-being for the individuals. The purpose of the study is to determine the eating habits of vegans and what impact diet has on the quality of life.

Work method: The research was based on a qualitative research paradigm, grounded theory method. Coding determined the main categories, subcategories and codes, which were then meaningfully linked into the judgment. Primary resources were obtained through expert and scientific articles and proceedings of health conferences. Data acquisition was done using an interview technique. We used a non-randomized purpose sample that included 6 vegans who have been eating vegan food for more than two years. All interviewees provided informed consent to participate in the survey.

Results: The analysis of the interviews identified five major categories (with associated subcategories and codes): eating habits of vegans; reasons for veganism; the problems of vegans in everyday life; the quality of life before veganism and now; replacing vitamins and minerals with vegan diets. The categories are interconnected and have a significant impact on the interviewees' lifestyles.

Discussion and conclusion: We found that a vegan diet plays an important role in protecting and promoting human health, as all interviewees agreed that they have changed their diet to improve their quality of life. They managed to lose weight, reduce cholesterol, regulate blood pressure and alleviate or eliminate skin problems and stomach problems. In addition to eating, they have also changed their lifestyles - becoming more physically active, changing their attitude to the environment and animals, and becoming more rational. A nurse also plays an important role in healthy nutrition, advising and supporting the introduction of a vegan diet, while at the same time educating the principles of healthy eating in all age groups. The research has limitations in the sample, so our findings cannot be generalized, and further research is needed.

Key words: vegan, vegan diet, balanced diet, protein, carbohydrates, vitamins, minerals, nursing