

## **Abstract**

The topic of this bachelor thesis is the issue of nutritionally important components of fish muscle in the prevention of serious diseases. Fish meat is a rich source of essential amino acids, polyunsaturated fatty acids, minerals and vitamins, which has been shown to contribute to the improvement of human health. Omega-3 fatty acids reduce the risk of cardiovascular disease. In the practical part of the thesis, the consumer preferences regarding the consumption of fish snacks and consumer awareness of the importance of fish meat for health and disease prevention are investigated by means of a questionnaire survey. This work is of benefit not only to the professional community but also to consumers.

### **Key words:**

fish meat; omega-3 fatty acids; dietary recommendations; fish contamination; fish consumption