

Meat and processed meat belong to the most discussed topic regarding an impact on human health. In 2016 IARC classified processed meat as a carcinogenic to humans class 1 and red meat as a probably carcinogenic to humans class 2A. Nowadays, there is a wide offer of processed meat, therefore it is necessary to choose thoroughly. The aim of this thesis was to provide a research of a nutrition composition of meat and processed meat regarding an impact of consumption on human health particularly in connection with IARC classification and put information into a context of dietary guidelines. Results showed that studies regarding the consumption of meat and processed meat and the possible impact on human health vary and the results are often contradictory. Moreover, the studies discussing a negative impact of meat consumption on human health are not methodologically consistent. Consequently, those facts make the view on the discussed issue way more unclear. This thesis also contains a frequency questionnaire designed for students of colleges in Prague. Accordingly, the aim of the practical part was to find out a frequency of consumption of food mentioned above along with an ascertainment of preferences of selection. The results showed that the majority of respondents chooses processed meat according to the quality of the product. For selection of meat was price the major attribute. The most frequently used technological process of food preparing was chosen baking. Furthermore, it was found out very high consumption of chicken meat in contrast to the other types of meat in women. This result supports the omnipresent lack of iron in diet which possibly gives rise to anemia especially in women.