ABSTRACT

Process contaminants are yet just a few decades known substances that naturally occur in food in some heat treatments and are dangerous to human health. There are studies demonstrating their carcinogenicity and mutagenicity. Their long-term effects on human health are not yet known. The aim of the questionnaire survey, which was part of the work, was to map the eating habits of a population sample and their knowledge of food quality and safety. Questions have been asked about the frequency of usage of some of the risky heat treatments and the frequency of consumption of snacks and food, which often contain dangerous contaminants. Although the respondents are generally aware of the risks of some kinds of heat treatment of food such as frying, grilling, smoking and baking, the taste and smell of the diet often wins over the health safety. The issue of process contaminants is increasingly being addressed by institutions all around the world. However things that a common consumer can do for his health in this issue don´t differ too much from the general recommendations on a healthy lifestyle – to use less harmful ways to heat food, to consume mainly fresh food, to eat enough fruits, vegetables and fiber and to be interested in the composition of the products which he purchases.

**keywords:** process contaminants, heat treatments of food, acrylamide, furane, 3-MCPD