

Abstract

This thesis summarize information about *Salvia hispanica*, known as Chia and *Lycium barbarum/chinense*, known as Goji, which are plants that provide seeds and fruits used as superfoods.

The theoretical part of the thesis is divided into a general description, content substances, health effects, history of use of these plants and an overview of studies with their use. Studies are focused on the study of antioxidant effects, anti-cancer effects, the influence of use superfoods on metabolism and diseases, and studies on the use of these superfoods in common foods.

The practical part of the thesis focused on knowledge into superfoods among the population and the rate of their use. The results show that knowledge about superfoods, including chia and Goji, is good, as well as the use of superfoods in the population. Chia and Goji are currently the most widely used superfoods. Less than a third of respondents observe the positive effects of using superfoods.

This thesis presents information to potential consumers why they should include superfoods in the diet.