

In the Czech Republic, but also in the world, is well-known and widespread saying that consumption of fish, fish and fish products for human body healthy. In the Czech Republic, but not consumption of fish and fish products very extended and consuming very lagging. Primarily, we should think about the importance and increasing fish consumption among children, pregnant women and in the elderly.

Few people realize what lies beneath onou sentence " is healthy ". Since i I'm interested in a nutrition, good eating habits and everything that could man do to live a little bit healthier life, I chose this

work and in the preparation of this topic I've answered the question - " A So what is healthy . "

Worth mentioning the fact that in recent times to multiply the opinion that fish Meat is not entirely harmless and beneficial only. I, too, when treatment of this topic came across a chapter concerning possible hazards arising from the consumption of fish and fish meat.

In conclusion but I must say that although there is some doubt about the benefit or disadvantage consumption of fish and fish products, always dominated by positive Ratings and always indicates that clear recommendations that consumption fish and fish products should increase, and in our circumstances to double