

## **Abstract**

This bachelor thesis is devoted to fermented foods, which play an important role in human nutrition around the world. These include foods such as fermented milk products, fermented meat and fish products, fermented cereals, legumes, fermented beverages and kvass pastries.

The theoretical part of the thesis focuses on the types and nutritional significance of individual groups of fermented foods. It also addresses the health aspects of the gut microbiome and the potential risks associated with the consumption of fermented foods.

The aim of the work in the practical part was to determine the popularity and frequency of consumption of the most common fermented foods using a questionnaire survey.

The results showed that the consumption of sour-milk products, especially yogurts, is very popular and most respondents include these foods in their diet several times a week. Fermented vegetables, especially sauerkraut, are also very popular. Most respondents are also interested in the topic of probiotics, and more than half of the respondents have tried homemade fermented foods.

**keywords:** fermented foods, probiotics, fermented milk products, fermented vegetables, fermented legumes, fermented cereals, fermented beverages, kvass pastries