

Abstract

This work deals with the effect of salt on human health. Excessive (as well as insufficient) salt consumption can harm health, and at the same time salt consumption in the Czech Republic is one of the highest in the EU. In my work I deal with basic types of salt such as table salt, vacuum and sea salt and their extraction. I also deal with the two elements that make up salt - sodium and chlorine. I also describe disorders of sodium and chlorine metabolism, the effect of salt on health (positive and negative) and the function of salt in food. I also briefly address the salt content of bakery, meat and dairy products and the importance of salt in the technology of these foods. In the practical part of the work, I deal with the salt content in individual selected foods and the possibilities of how to reduce this salt content. Part of the practical part of the work is a questionnaire survey in spas and fitness centers regarding their knowledge of the salt content in individual foods. In the second part of the practical work, I will evaluate the menus from clients from fitness centers according to the nutritional program. The aim of this work is to map the effect of salt on human health, its content in basic foods and its intake by the population of the Czech Republic.