

Abstract

The bachelor thesis addresses the importance of liver consumption in human nutrition. The theoretical part describes the nutritional composition, compares the differences between livers of various animal species, and presents possible forms of liver consumption with their nutritional benefits and potential health risks. A separate chapter is devoted to possible reasons for not consuming liver. In addition to some health contraindications, these include common myths related to liver and its excessive content of harmful substances such as heavy metals or antibiotic residues.

The first objective of this thesis was to determine the availability of liver and liver-containing foods in the Albert hypermarket. Here, 29 different foods were found, of which only two were chilled liver. The rest consisted of liver dumplings and soups containing them, canned cod liver and frozen mixed offal. However, the most common food containing liver was pâté, with 17 different varieties. Hence, these products are the focus of the following objective: to compare the composition and nutritional values of liver-containing pâtés. Significant differences were found, particularly in the fat and protein content and, in terms of ingredients, in the percentage of liver, the addition of cheaper meat substitutes and the number of additives.

Other objectives and hypotheses are related to the questionnaire survey. This involved a total of 521 anonymous respondents, representing different ages, genders, and educational background. The objectives were to determine the frequency of liver consumption, identify preferences in liver choice, and map knowledge of its health benefits and risks in a sample of the adult population.

The hypotheses for the questionnaire survey were as follows. The first hypothesis states that most respondents include liver in their diet less than once a month. This was confirmed, as more than half of the respondents stated that they do not consume liver or only on rare occasions. The next two hypotheses, according to which liver pâté is the most consumed form of liver and poultry liver is the most frequently consumed, were similarly verified. According to the fourth confirmed hypothesis, people who do not consume liver regularly cite its taste as the main reason for avoiding its consumption. Finally, the last hypothesis, which states that people who eat liver regularly are also more aware of its health benefits and risks, was also confirmed based on the responses obtained from the questionnaire. In conclusion, respondents who consumed liver at least once a week had the highest success rate, and individuals who did not have the lowest success rate.

Keywords: liver, liver products, composition, food preparation, nutrition