

## **ABSTRACT**

The aim of this research was to determine the water content from two samples of ham, made by a producer from the West Region of Romania. We obtained and analyzed two types of ham (Prague and Premier), during an experimental period of three years, 2013-2015, before implementing the HACCP system (2013) and after it's implementation (2014-2015), in order to track the food quality, regarding the nutritional value.