If badly conducted, the frying process of food may interfere in the sensory, nutritional and functional quality of food. Objective: Evaluating the frying process in restaurants downtown Florianópolis and too the form of disposal of the oil/fat (OF) used. Methodology: Data have been collected in 98 restaurants through interviews and direct observation. The OF temperatures have been measured with digital thermometer of the Digital Thermometer® brand(-50ºC to 280ºC). Results and discussion: The restaurants researched have been characterized as follows: preparing fried foods daily (90.0%), in electric frying pans (93.9%); in soybean oil (70.4%) or in hydrogenated vegetable fat (23.5%), mixing the oil to water and salt (71.4%). In 63.2% of the restaurants 3 or more different kinds of food are fried every day. In 22.4% the OF temperatures were over 180ºC, above the recommended temperature. The OF using time ranged from 2 to 195 hours, and an average time of 38.36 hours, showing the need for an intervention. The criteria used for the OF change mentioned by the companies were: color change (72.4%) and the OF time of use (69.4%). Oil is recycled for soap production in 97% of the restaurants. Conclusions: Risky situations to the consumers’ health were detected, specially related to the OF long period of use and high temperatures during the frying process. Restaurants do not follow the OF change recommendations, of the Brazilian sanitary legislation. Most of the companies dispose the used OF appropriately.