

NUTRITIONAL COMPOSITION OF SOME RAW SRI LANKAN HOLOTHURIANS

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Although "Beche-de-mer" is prepared by curing the holothurians, some of the holothurians are eaten raw in some parts of South East Asia (Clark 1946; Sachithanathan 1972).

The present study was undertaken to determine the nutritional composition of some raw edible holothurians of Sri Lanka.

The specimens were collected, cut into small pieces, sundried and the percentage of moisture, ash, fat and protein was determined by the methods described in A. O. A. C. (1950).

The results are given below :

1. *Holothuria nobilis* and *H. atra* have more protein than *H. scabra* which is exported from Sri Lanka.
2. *H. atra* and *Stichopus chloronotus* have more fat than the other species examined.
3. The moisture content of all species except *S. chloronotus* is similar.
4. The ash weights of *H. scabra*, *H. spinifera* and *S. chloronotus* are more than that of other species.

The selection of species accordingly will provide holothurian of better nutritional value.

References:

1. A. O. A. C, 1950. Official methods of Analysis of the Association of Official Agricultural Chemists, 1950 edition.
2. Clark, H. L. 1946. The Echinoderm fauna of Australia. *Publs. Carnegie Instn.* No. 566 : 1 - 567,
3. Sachithanathan, K. 1972. "South Pacific Islands. Beche-de-mer fishery" Rome, Food and Agriculture Organisation of the United Nations. (FI: DP/RAS/69/102/11).