

E2-12: Studies on the nutrient content of some fresh water fish

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The food tables currently used in Sri Lanka contain only about 10% of the data analysed on Sri Lankan food varieties. The values used are from Indian publications. No study has been previously reported on the nutrient value of fresh water fish.

This study reports the analysis carried out for water, total available carbohydrates, crude proteins, lipids & minerals (Na, K, Ca, P, Fe) for 5 varieties of commonly eaten fresh water fish namely Hunga, Kaviya, Thilapiya, Lulla & Weligouva.

Three samples were analysed for each variety. The water content was determined using Dean & Starke apparatus. Proteins & carbohydrates were determined using Kjeldhal method & Anthrone method respectively. Lipid content was determined by the total amount of chloroform extractable material. Minerals were determined by analysing the ash using flame photometer and UV spectroscopy.

Hunga had the highest nutrient content. Hunga had the highest amount of carbohydrates (4.2 ± 0.8 g/g%), protein (18.57 ± 1.12 g/g%), calcium (650.00 ± 8.16 mg/g%), Phosphorous (621.32 ± 35.39 mg/g%) & iron (2.29 ± 0.40 mg/g%), while amount of potassium (316.10 ± 7.80 mg/g%) and sodium (77.04 ± 12.25 mg/g) were highest in Weligouva. Kaviya had the highest lipid content (4.35 ± 0.76 g/g%).