

# Small Indigenous Food Fishes and their Nutritional Significance



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**Kripa Drishti Publications, Pune.**

# **SMALL INDIGENOUS FOOD FISHES AND THEIR NUTRITIONAL SIGNIFICANCE**

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## **PREFACE**

Fish is the essential food recommended for the prevention of many life-threatening diseases of human being. Fishes are also regarded as the cheapest source of vital nutrients which are the key of a healthy nation. Fishes play an important role in the field of communities suffering from malnutrition, vitamin and protein deficiency. The estimation of proximate composition of fish species not only evaluates the nutritional importance but also gives the justification for better processing and preservation. Many parts of the world are enriched with a plenty of natural resources where there are so many indigenous small fishes in ponds, lakes, rivers and wetlands and there are many small food fishes traditionally consumed by people across the globe. However, there are many species are unknown and not studied at all. The rural people consume these small fishes mainly in their diet due to their low cost and availability. Therefore, further research has to be done to find out the nutritional values of the small food fishes for making a healthy society and for enhancing the nutritional awareness.

This book is an attempt to create an awareness about the nutritional importance of the small indigenous food fishes. The knowledge about the proximate composition, amino acid, fatty acid, mineral and vitamin contents of the small indigenous food fishes will help the readers to understand the importance of small indigenous fish species. It will also create awareness among the community people to conserve the food fishes by regular monitoring the fish fauna and conserve them as well.

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# CONTENT

## **1. Food Fishes and Their Importance in Human Diet - *Dr. V. Bhavani* ..... 1**

1.1 Nutritional Benefits of Fish:.....	3
1.2 Health Benefits of Fish: .....	9
1.3 Certain Seafood Contains a Lot of Mercury: .....	13
1.4 Microplastic in Seafood: .....	14
1.5 How to Prepare Fish?.....	14

## **2. Proximal Composition of Various Food Fishes and their Nutritional Significance - *Aarathi Sanjeevi*..... 16**

2.1 Introduction: .....	16
2.2 Proximal Composition of Food Fishes: .....	16
2.3 Nutritional Significance: .....	21
2.4 Omega 3 Fatty Acids: .....	21
2.5 Micronutrients: .....	22
2.6 Conclusion: .....	26
2.7 References: .....	26

## **3. Analytical Methods of Proximate Composition of Food Fishes - *Prof. Renu Mogr*..... 28**

3.1 Introduction: .....	29
3.2 Estimation of Moisture Content: .....	30
3.3 Estimation of Crude Protein:.....	31
3.4 Estimation of Crude FAT:.....	34
3.5 Estimation of ASH: .....	35
3.6 Estimation of Crude Fibre:.....	37
3.7 Estimation of Carbohydrate: .....	39
3.8 Estimation of Energy Content: .....	39
3.9 References: .....	39

## **4. Aquaculture's Vital Role in Sustainable Food Production - *Ankita Kanwar, Tejinder Kaur Chhabra* ..... 41**

4.1 Introduction: .....	41
4.2 Different Types of Aquacultures: .....	43
4.3 On the Basis of Number of Species Stocked for Farming: .....	45
4.4 On the Basis of Enclosure used for Culture: .....	45
4.5 Environmental Impacts of Aquaculture: .....	48

4.6 Conclusion: .....	49
4.7 References:.....	50

**5. Harvesting Nutritional Treasures: Unveiling the Vital Role of Fish in Human Nutrition - Tejinder Kaur Chhabra, Ankita Kanwar .....53**

5.1 Introduction:.....	53
5.2 Fish and Its Benefits as a Food Source:.....	55
5.3 Nutritional Value of Fish: .....	57
5.3.1 Proteins and Amino Acids:.....	57
5.3.2 Lipids and Fatty Acids: .....	58
5.3.3 Vitamins: .....	60
5.3.4 Minerals:.....	62
5.4 Conclusion: .....	64
5.5 References:.....	65

**6. Nutritional Status of Small Indigenous Food Fishes W.R.T. Their Proximate Composition, Amino Acid, Fatty Acid, Vitamin and Mineral Contents - Maromi Roy, Deepjyoti Mazumdar .....69**

6.1 Introduction:.....	70
6.2 Proximate Composition of SIF Species:.....	72
6.3 Fatty Acids: .....	75
6.3.1 Factors Affecting Fish's Fatty Acid Content: .....	77
6.4 List of Fatty Acid found in Small Indigenous Fish species: .....	77
6.5 Health benefits of different fatty acids found in small indigenous fish species: .....	79
6.6 Vitamins:.....	84
6.7 Health benefits of different vitamins found in small indigenous fish species: .....	86
6.8 Minerals: .....	91
6.9 Summary and Conclusion.....	100
6.10 References:.....	100

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