Nutritive value of fish

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Bata (*Labeo bata*)

Labeo bata, the freshwater minor carp, belongs to genus Labeo under family Cyprinidae. The species is commonly known as Bata, and one of the commercially important food fish in Indian Subcontinents, Bangladesh, India and Pakistan. Bata is also very popular for recreational fishing.

The species provides a respected amount of fish protein along with its good taste and is highly preferred by the consumers.

For more information about the nutritive profile of Bata (*Labeo bata*), Click Here.

Boal (*Wallago attu*)

Wallago attu inhabit in fast running as well as sluggish water of deep and shallow pools, beels, jheels, tanks, rivers, reservoirs and even in some streams of higher altitude.

The species is highly acceptable among consumers because of its good taste and nutritional value.

For More Information about the nutritive profile of Boal (*Wallago attu*), Click Here.

Calbasu (*Labeo calbasu*)

Labeo calbasu is a freshwater medium carp, belongs to genus labeo of cyprinidae family. It is commonly known as calbaus, and found in rivers, tanks, artificial reservoirs, canals, beels, baors, jheels, deep pools, streams, creeks and ponds etc.

Also, the species can thrive in the saline zone of the tidal rivers. This is one of the commercially and nutritionally valuable food fish in Indiansubcontinent, Bangladesh, India and Pakistan.

For more information about about the nutritive profile of Calbasu (*Labeo calbasu*), Click Here.

Catla catla (Catla)

Catla attains sexual maturity at an average age of two years and an average weight of 2Kg Catla breed during the monsoon season on rivers. Under captive conditions spawning is induced by hypophysation. During the breeding season the dorsal surface of the pectoral finof the males becomes rough and on applying gentle pressure on the belly milt oozes freely from the genital papilla. The female has a soft, round, bulging belly and a swollen, pinkish genital opening. Catla is a surface feeder. Each of the developmental stages has their own feeding preferences and nutritional requirements. Maximum feeding activity of catla occurs during the morning. The weight range of anlyzed Catla samples was 1.5 to 3 Kg. and collected from West Bengal, Odisha, Karnataka, Tripura, Chhattisgarh.

For more information about the nutritive profile of Catla, Click Here.

Silver barb (*Barbonymus gonionotus*)

Barbonymus gonionotus is a freshwater riverine fish. This species is native to Indonesia and introduced in India in 1972. The species occurs at mid-water to bottom depths in rivers, streams, lakes, ponds, floodplains and occasionallly in reservoirs. It prefers living in standing water habitats instead of flowing water. These fishes are omnivorous and their diet includes small invertebrates

and plant matter. The is highly acceptable by consumers because of its good taste and nutritional values. The species is also compatible to carp polyculture.

For more information about the nutritive profile of Silver barb (*Barbonymus gonionotus*), Click Here.

Anabas testudineus (Koi)

Koi (*Anabas testudineus* Bloch, 1792) is found in canals, lakes, ponds and swampy areas of both fresh and brackishwater. They can thrive in stagnant and turbid water.

The fish feeds on algae, worms, insects, molluscs, aquatic plants etc. They remain under the mud during dry season. It is highly consumers preferred fish in India due to its high nutritional value.

For more information about the nutritive profile of *Anabas testudineus* (Koi), Click Here.

Clarias batrachus (Magur)

Magur (*Clarias batrachus* Linnaeus, 1758) is found in fresh and brackish water. They can thrive in cloudy and turbid water. It is omnivore and is mainly active at night and prey on items such as insect larvae, fish eggs, fish and occasionally plant material.

It breeds in shallow marginal pond water, ditches and inundated paddy-fields during monsoon. It is highly preferred catfish in India and has high demand by the consumers because of its high nutritional value.

For more information about the nutritive profile of *Clarias batrachus* (Magur), Click Here.

Cirrhinus Mrigala (Mrigal)

Mirgal is mainly oligophagous, feeding on the bottom on decayed vegetation, although it can also switch to a filter feeding mode. The thin terminal lips are adapted for picking up food materials from the substratum. Juvenile fish feed intensively throughout the year except between January and March, while adults feed most intensively during post-spawning period (October to December).

The weight range of polled analyzed mrigal sample was 1.5 kg to 2.5 kg and collected from West Bengal, Odisha, Tripura, Karnataka and Chhattisgarh.

For more information about the nutritive profile of *Cirrhinus Mrigala* (Mrigal), Click Here.

Ompok bimaculatus (Pabda)

Ompok bimaculatus (Bloch), popularly known as butter catfish belongs to the family Siluridae, has a very high consumer preference in the north-eastern and eastern states and also in the mainlands of India. The species is distributed in ponds, tanks, rivers, floodplains, wetland and reservoirs of India, Bangladesh, Sumatra, Laos, Sri Lanka, Nepal, Indonesia, Myanmar, Pakistan, Thailand, Cambodia, Vietnam and other Asian countries. The species is usually carnivorous and insectivorous in nature but occasionally feed on crustaceans and planktons. It is a preferred fish with high market demand.

For more information about the nutritive profile of *Ompok bimaculatus* (Pabda), Click Here.

Pangas (*Pangasianodon hypophthalamus*)

Pangasianodon hypophthalamus, Commonly known as Pangas, is a highly migratory riverine fish species.

It lives in estuaries and large rivers. It inhabits mainly in floodplains and channels of large rivers and seasonally moves up to floodplains and marshy land for feeding and nursing.

The species contains high nutritional value.

For more information about the nutritive profile of Pangas (*Pangasianodon hypophthalamus*), Click Here.

Reba (*Cirrhinus reba*)

Cirrhinus reba is a commercially important freshwater minor carp species of Genus *Cirrhinus* under *Cyprinidae* family. It is primarily found in large streams and rivers but also the inhabitants of tanks, ponds, lakes, canals, beels, jheels and reservoirs. It is a bottom feeder and primarily feeds on planktons and detritus but may also takes in mud, vegetables, crustaceans and insect larvae.

This is one of the commercially and nutritionally important food fish in Asian countries, India, Pakistan, Nepal, Bangladesh and Myanmar. The species is highly preferred by consumers as it is very tasty and contains high amount of protein, fat, calcium and vitamin A and D.

For more information about the nutritive profile of Reba (*Cirrhinus reba*), Click Here.

Labeo Rohita (Rohu)

Rohu is the most commonly consumed fish among the Indian Major Carp. It is predominantly a planktivorous surface feeder during fry stage. From the fingerling stage onwards the feeding habit changes and the fish feed in the water column and on the bottom, mainly on the filamentous algae, decomposed vegetation and mud. Feeding intensity varies with size, the reproductive cycle, season and environment. Smaller size of fish feed more intensively than larger fish, the feeding intensity of juvenile fish is high throughout the year with a slight drop during the winter months. In the mature stages, there is reduction in feeding. After spawning, the spent fishes again start feeding actively. Change of feeding intensity is more in female fish during the year. The weight range of analyzed rohu samples was 500 to 2.0 kg and collected from West Bengal, Odisha, Chhattisgarh and Karnataka.

For more information about the nutritive profile of *Labeo rohita* (Rohu), Click Here.

Shol (*Channa striata*)

Channa striata, the most common snakehead is the native of Asian freshwater eco-system rivers, lakes, reservoirs, swamps, beels, jheels, canals, ponds, ditches and paddy fields.

The species grows up to 90cm in length and 3kg body weight, and survives the dry season as long as skin and breathing apparatus remain moist. This is one of the highly priced consumers' preferred food fish of Asia, Africa and North America.

For more information about the nutritive profile of Shol (*Channa striata*), Click Here.

Heteropneustes fossilis (Singhi)

Singhi, (Heteropneustes fossilis, Bloch, 1794) is found mainly in ponds, ditches, swamps, and marshes, but sometimes occurs in muddy rivers. It can tolerate slightly brackish water.

It is omnivorous. This species breeds in confined water during the monsoon months, but can breed in ponds, derelict water bodies, and ditches when sufficient rain water accumulates. It is in

great demand due to its nutritional value.

For more information about the nutritive profile of *Heteropneustes fossilis* (Singhi), Click Here.

Tangra (*Mystus vitattus*)

This species is freshwater inhabitants including lakes, ponds, rivers and streams. It can also be found in flooded canals, beels, paddy and jute fields, streams, oxbow lakes and rivers in swarms during rainly season. Adults inhabit standing and flowing freshwaters.

Usually found among marginal vegetation in lakes and swamps with a mud substrate. The species is highly acceptable by consumers because fo its good taste and nutritional values.

For more information about the nutritive profile of Tangra (*Mystus vitattus*), Click Here.

Source : ICAR - Central Institute of Freshwater Aquaculture, Bhubaneshwar