

ZSA-25

SS 117 (2002)

Determination of nutritional values of six selected fish species in Southern region.

M.N.F. Ruweena

Supervisor – Dr. N.J. De S. Amarasinghe, Dept. of Zoology, Univ. of Ruhuna

Man like other organisms grows, reproduces and also engages in various activities essential for life. To be able to carry out these activities he eats food, which are broken down to simpler substances in his gut and then absorbed and buildup into more complex substances needed for growth of tissues. This particular study was done to find out, the lipid, protein, ash, moisture and energy content in selected fresh water fish species making use of Soxtec Analyzer, Kjeltex Analyzer and Bomb Calorimeter respectively. Investigations was focused mainly on the length groups of each fish species and further the results were compared at intra specific level rather than inter specific level. In the present study it was found that all six species have adequate amount of lipid, protein, ash, moisture and energy contents which should be in a balanced diet. Further it can be recommended that consuming medium size fish of these fish species can give more lipid and protein to the diet of man than that of large fish.