

Nutrition Evaluation of Some Freshwater and Marine Fish Species in Sri Lanka

Nandanathilaka, B.B.S.^{1*}, Shafnam, M.T.¹, Bandara, W.M.M.D.¹, Illippangama, I.P.A.U.N.K.¹

¹Department of Food Technology, Faculty of Technology,
Rajarata University of Sri Lanka

*bst1718046@tec.rjt.ac.lk

Fish plays a significant role in the diet of Sri Lankans. Nevertheless, the available information regarding the nutrient composition of fish in Sri Lanka is outdated and insufficient. Hence, the objective of this study was to provide an updated and comprehensive analysis of proximate composition of selected commonly consumed marine and freshwater fish species in Sri Lanka. Fish species were collected from Trincomalee and Anuradhapura fish landing sites and subjected to analysis for moisture, ash, protein and fat content. The data were analysed with two-way ANOVA and the Tukey's mean separation. Barracuda (*Sphyraena barracuda*) was found to have highest moisture percentage (72.43%) followed by Thippili (*Osphronemus goramy*) (72.20%), Pony fish (*Leiognathus equulus*) (71.98%), Korali (*Etroplus suratensis*) (69.45%), and Jack mackerel (*Trachurus symmetricus*) (69.15%). The lowest percentage of moisture, 65.85%, was recorded in Leylla (*Tor khudree*). Pony was found to have the highest amount of ash (4.01%) and Barracuda contained the least amount (3.03%). Thippili, Leylla, and Pony fish contained higher amounts of protein, 32.08%, 30.92%, and 27.42% respectively. The total fat content varied between 3-7%. Thippili recorded the highest percentage of lipids (7.48%) where Leylla contained the lowest percentage (3.39%). This analytical data serves as a significant contribution to the development of Sri Lanka's food composition database, facilitating future research on nutritional strategies and dietary recommendations.

Keywords: Marine fish, Fresh water fish, Nutrient composition, Proximate composition