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ARTICLE

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ASSESSMENT OF PROXIMATE COMPOSITION IN SELECTED FISH SPECIES FROM EASTERN GHATS OF ODISHA, INDIA

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Fishes form an integral part of the diet, being the easily available and cheap source of animal protein. The present study focused on the proximate composition of the most commonly available fish species from Koraput of southern Odisha by considering four large fish varieties and four small fish varieties. Among the large fish varieties, the protein was observed to be maximum in G. catla (12.885± 1.207%), while minimum in O. mossambicus (5.213±0.115%), fat was maximum in L. rohita (5.863±0.410%), and minimum in G. catla (2.278±0.166%). The ash content was maximum in O. mossambicus (8.855±3.623%) while minimum in G. catla (4.250±0.212%). Moisture was found to be similar for all the species ranging within 78-82%. Among the small fish varieties protein and fat content was found to be maximum in P. conchonius i.e. 22.752±2.389% and 8.021±0.573% respectively. Moisture content was found to be maximum in P. dorsalis (74.434±1.021%). The components were observed to vary significantly ($p<0.05$) within the species. Overall proximate composition showed significant variation among the small and large fishes ($p<0.05$), with the maximum protein and fat in small fishes while moisture content was higher in larger fishes, Instead of size variation, both the large and small-sized fishes have similar ash content, highlighting the good amount of mineral content among them. Though the small fishes are neglected as food fishes, the present study revealed them to be comparatively better option in having higher amounts of protein, fat, and ash content.