

CHANGES IN FATTY ACID PROFILE OF *TENUALOSA ILISHA* TOWARDS POLYUNSATURATION AND IMPROVEMENT OF TASTE DURING UPSTREAM MIGRATION

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*The conception of superiority of taste of the highly-preferred foodfish *Tenualosa ilisha* which are caught from rivers in comparison to those caught from marine waters has been reviewed in this communication. High fat content in flesh of *T. ilisha*, relaxation of its musculatory system during its anadromous migratory route in riverine waters and conversion of saturated fatty acids in muscle to mono- and further to poly-unsaturated fatty acids have been attributed to improvement in taste of *T. ilisha*, which has established itself as one of the most important commercial fishes of the Indo-West Pacific region. Towards the end of this communication, the beneficial effect of *T. ilisha* to human health and nutrition has been discussed.*

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