

# NUTRITION FACTS

## *Catla catla* (Catla)



### Outreach Activity on

### "NUTRIENT PROFILING OF FISH"

ICAR - Central Institute of Freshwater Aquaculture

(ISO 9001 : 2008 Certified Institute)

Kausalyaganga, Bhubaneswar-751002

Odisha



Kingdom	Animalia
Phylum	Chordata
Class	Teleostomi
Order	Cypriniformes
Family	Cyprinidae
Genus	<i>Catla</i>
Species	<i>catla</i>
Binomial Name	<i>Catla catla</i> , Heckel 1843

### Identifying Characters

1. Body short, deep and laterally compressed with rounded abdomen.
2. Large cycloid scales present through the body with bluntly rounded snout.
3. Mouth wide and upturned with prominent protruding lower jaw and the lower jaw consists of movable articulation at the symphysis.
4. Body colour is grayish on back and flanks, silvery-white below, fins dusky.

### Information on the species:

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 fin of 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 analyzed Catla samples was 1.5 to 3 Kg. and collected from West Bengal, Odisha, Karnataka, Tripura, Chhattisgarh.

# NUTRITION INFORMATION

Amounts per 100g

## CALORIE INFORMATION

Calories	89.92 kcal (376.48 kJ)
From Carbohydrate	0.0 kcal
From Fat	25.20 kcal (105.51 kJ)
From Protein	64.72 kcal (270.97 kJ)

## PROTEIN & AMINO ACIDS

Protein	16.18 g
Arginine	0.14
Histidine	0.64
Isoleucine	1.02
Leucine	1.50
Lysine	0.49
Methionine	0.32
Phenylalanine	0.91
Threonine	0.96
Tryptophan	0.08
Valine	1.00
Aspartic acid	1.68
Serine	1.05
Glutamic acid	2.45
Proline	0.07
Glycine	2.26
Alanine	1.30
Cysteine	0.01
Tyrosene	0.21

## FATS & FATTY ACIDS

Total Fat	2.80 g
Saturated Fat	0.57 g
C12:0	0.005 mg
C13:0	0.005 mg
C18:0	0.39 mg
C20:0	0.01 mg
C21:0	0.03 mg
C22:0	0.02 mg
C23:0	0.10 mg
Monounsaturated Fat	1.32 g
C14:1	0.006 mg
C16:1	0.07 mg
C17:1	0.07 mg
C18:1n9c	1.14 mg
C20:1n9c	0.02 mg
Polyunsaturated Fat	0.90 g
C18:2n6c	0.18 mg
C18:3n3	0.30 mg
C20:2n6	0.02 mg
C20:3n6	0.03 mg
C20:3n3	0.006 mg
C20:4n6	0.01 mg
C20:5n3 (EPA)	0.19 mg
C22:6n3 (DHA)	0.13 mg
ω 3	0.63 mg
ω 6	0.24 mg

# NUTRITION INFORMATION

Amounts per 100g

## VITAMINS

Vitamin A	30.53 IU
Vitamin D	102.40 IU
Vitamin E	0.48 IU
Vitamin K	1.21 mcg

## OTHERS

Water	76.24 g
Ash	2.46 g

## MINERALS

Calcium	161.11 mg
Phosphorus	146.82 mg
Sodium	198.31 mg
Potassium	283.91 mg
Iron	1.61 mg
Manganese	0.32 mg
Zinc	1.35 mg
Selenium	0.23 mg



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