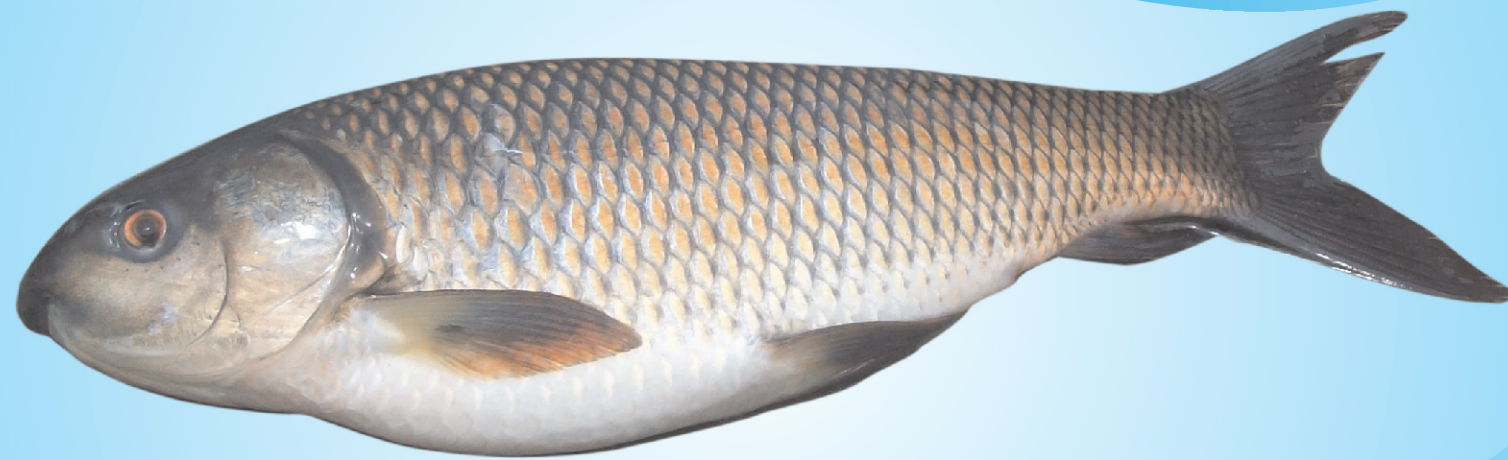


NUTRITION FACTS

Labeo rohita (Rohu)



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>Labeo</i>
Species	<i>rohita</i>
Binomial Name	<i>Labeo rohita</i> , Hamilton 1822

Identifying Characters

1. Body moderately elongated, mouth inferior and lips thick and fringed with distinct inner fold.
2. Dorsal fin inserts anterior to pelvic fins and ends in line with or slightly anterior to anal fin.
3. Scales cycloid and moderate.
4. Body colour blue to brownish along the back, silvery on the sides and belly

Information on the species:

Rohu is the most commonly consumed fish among the Indian Major Carp. It is predominantly a planktivorous surface feeder during fry stage. From the fingerling stage onwards the feeding habit changes and the fish feed in the water column and on the bottom, mainly on the filamentous algae, decomposed vegetation and mud. Feeding intensity varies with size, the reproductive cycle, season and environment. Smaller size of fish feed more intensively than larger fish, the feeding intensity of juvenile fish is high throughout the year with a slight drop during the winter months. In the mature stages, there is reduction in feeding. After spawning, the spent fishes again start feeding actively. Change of feeding intensity is more in female fish during the year. The weight range of analyzed rohu samples was 500 to 2.0 kg and collected from West Bengal, Odisha, Chhattisgarh and Karnataka.

NUTRITION INFORMATION

Amounts per 100g

CALORIE INFORMATION

Calories	88.49 kcal (370.49 kJ)
From Carbohydrate	0.0 kcal
From Fat	24.57 kcal (102.87 kJ)
From Protein	63.92 kcal (370.49 kJ)

PROTEIN & AMINO ACIDS

Protein	15.98
Arginine	0.25
Histidine	0.87
Isoleucine	0.97
Leucine	1.27
Lysine	0.59
Methionine	0.32
Phenylalanine	0.79
Threonine	0.91
Tryptophan	0.17
Valine	1.11
Aspartic acid	1.72
Serine	0.98
Glutamic acid	2.27
Proline	0.07
Glycine	2.26
Alanine	1.18
Cysteine	0.07
Tyrosene	0.19

FATS & FATTY ACIDS

Total Fat	2.73	g
Saturated Fat	2.00	g
C6:0	0.0005	mg
C10:0	0.0003	mg
C11:0	0.0003	mg
C12:0	0.005	mg
C13:0	0.008	mg
C14:0	0.05	mg
C16:0	1.63	mg
C17:0	0.05	mg
C18:0	0.14	mg
C20:0	0.005	mg
C21:0	0.09	mg
C22:0	0.005	mg
C23:0	0.007	mg
Monounsaturated Fat	0.28	g
C14:1	0.001	mg
C15:1	0.0003	mg
C17:1	0.01	mg
C18:1n9	0.26	mg
C20:1n9	0.007	mg
Polyunsaturated Fat	0.45	g
C18:2n6	0.212	mg
C18:3n6	0.006	mg
C18:3n3	0.17	mg
C20:2n6	0.002	mg
C20:3n6	0.01	mg
C20:3n3	0.003	mg
C20:4n6	0.003	mg
C20:5n3 (EPA)	0.03	mg
C22:6n3 (DHA)	0.01	mg
Σn 3	0.213	mg
Σn 6	0.233	mg
EPA+DHA	0.04	mg

NUTRITION INFORMATION

Amounts per 100g

VITAMINS

Vitamin A	4.22 IU
Vitamin D	36.08 IU
Vitamin E	0.54 IU
Vitamin K	0.41 mcg

OTHERS

Water	75.58 g
Ash	02.62 g

MINERALS

Calcium	219.03 mg
Phosphorus	124.93 mg
Sodium	202.11 mg
Potassium	267.50 mg
Iron	2.19 mg
Manganese	0.44 mg
Zinc	1.98 mg
Selenium	0.68 mg



Authors: B.N. Paul, N. Sridhar, S. Chanda, G.S. Saha, S.S. Giri

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Director

ICAR-CENTRAL INSTITUTE OF FRESHWATER AQUACULTURE

KAUSALYAGANGA, BHUBANESWAR-751002, ODISHA, INDIA

Phone: 91-674-2465421, 2465446 FAX: 91-674-2465407

E-Mail: cifa@ori.nic.in, Website : <http://www.cifa.in>