

# NUTRITION FACTS

## *Heteropneustes fossilis* (Singhi)



<b>Kingdom</b>	: Animalia
<b>Phylum</b>	: Chordata
<b>Sub-phylum</b>	: Vertebrata
<b>Class</b>	: Teleostomi
<b>Sub-class</b>	: Actinopterygii
<b>Order</b>	: Siluriformes
<b>Sub-order</b>	: Siluroidei
<b>Family</b>	: Heteropneustidae
<b>Genus</b>	: Heteropneustes
<b>Species</b>	: fossilis
<b>Binomial Name</b>	: <i>Heteropneustes fossilis</i> (Bloch 1794)

### Identifying Characters

1. The width of head is shorter than its length.
2. Four pairs of barbells present, the maxillary barbell extends beyond the pectoral fin.
3. The dorsal fin commences in the anterior 1/3 of the body.
4. Anal and cordal fins are separated by a distinct notch.
5. Scale is absent.
6. Maximum length : 25.5 cm
7. Maximum Weight : 210 g

*Singhi*, (*Heteropneustes fossilis*, Bloch, 1794) is found mainly in ponds, ditches, swamps, and marshes, but sometimes occurs in muddy rivers. It can tolerate slightly brackish water. It is omnivorous. This species breeds in confined water during the monsoon months, but can breed in ponds, derelict water bodies, and ditches when sufficient rain water accumulates. It is in great demand due to its nutritional value. The nutrient profile of this fish is a guideline for dieticians, medical practitioners and nutritionists in prescribing diet chart for the human population.

### Outreach Activity on

### "NUTRIENT PROFILING OF FISH"



ICAR - Central Institute of Freshwater Aquaculture

(ISO 9001 : 2008 Certified Institute)

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# NUTRITION INFORMATION

Amounts per 100g

## CALORIE INFORMATION

Calories	119.50 kcal (500.11 KJ)
From Carbohydrate	00.00
From Fat	27.97 kcal (117.05 KJ)
From Protein	91.53 kcal (383.05 KJ)

## FATS & FATTY ACIDS

<b>Total Fat</b>	<b>2.96 g</b>
<b>Saturated Fat</b>	<b>1.08 g</b>
C4:0	7.40 mg
C10:0	4.70 mg
C11:0	0.60 mg
C12:0	25.40 mg
C13:0	0.00 mg
C14:0	181.10 mg
C15:0	0.90 mg
C16:0	742.90 mg
C17:0	6.80 mg
C18:0	93.50 mg
C20:0	0.00 mg
C21:0	0.00 mg
C22:0	15.10 mg
C23:0	0.00 mg
<b>Monounsaturated Fat</b>	<b>1.47 g</b>
C14:1	1.70 mg
C15:1	71.60 mg
C16:1	175.80 mg
C17:1	4.10 mg
C18:1n9	1217.40 mg
<b>Polyunsaturated Fat</b>	<b>0.41 g</b>
C18:2n6t	0.00 mg
C18:2n6c	3.20 mg
C18:3n6	1.80 mg
C18:3n3	6.80 mg
C20:2n6	32.00 mg
C20:3n3	171.70 mg
C20:3n6	23.70 mg
C20:4n6	17.20 mg
C20:5n3	106.50 mg
C22:2n6	0.00 mg
C22:6n3	47.40 mg
ω 3	184.40 mg
ω 6	225.80 mg
EPA+DHA	153.90 mg



## PROTEIN & AMINO ACIDS

<b>Protein</b>	<b>16.12 g</b>
Arginine	250 mg
Histidine	0.650 mg
Ileucine	0.860 mg
Leucine	1280 mg
Lysine	620 mg
Methionine	230 mg
Phenylalanine	980 mg
Threonine	940 mg
Tryptophan	100 mg
Valine	920 mg
Aspartic acid	1990 mg
Serine	960 mg
Glutamine	2480 mg
Proline	120 mg
Glycine	2370 mg
Alanine	1030 mg
Cysteine	20 mg
Tyrosene	150 mg

# NUTRITION INFORMATION

Amounts per 100g

## VITAMINS

Vitamin A	49.68 IU
Vitamin D	197.20 IU
Vitamin E	0.19 IU
Vitamin K	1.63 mcg

## OTHERS

Water	74.61 g
Ash	2.72 g

## MINERALS

Calcium	221.37 mg
Phosphorus	185.68 mg
Sodium	200.04 mg
Potassium	113.53 mg
Iron	2.32 mg
Manganese	0.29 mg
Zinc	1.30 mg
Selenium	0.31 mg



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## FOR FURTHER INFORMATION

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