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Effects of boiled fish ingestion on young male and female Wistar albino rat growth; *Silurus glanis*, *Heterotis niloticus*, *Cyprinus carpio* and *Oreochromis niloticus*

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This work was focused on the determination of the nutritional value of some boiled freshwater fishes. Four freshwater fish species, collected in Batie (Division of the western highlands of Cameroon) were boiled according to the method used in our households and then used for the composition of feed for rats. Thus, five iso-protein diets were prepared and used for the evaluation of growth parameters of young male and female Wistar albino rats. The effects of these diets on it as well as the food intake, digestibility were determined. The lipidic and some biochemical parameters were given. The results showed that, food intake of the experimental diets were similar to those of the positive control rats, except for the rats fed with the diet containing *Heterotis niloticus* which revealed an average food intake of 719.86 ± 51.44 g in male, higher than the value obtained in other diets. The biometry of bodies revealed a normal evolution except those of the negative control diet which present renal hypertrophies. Protein efficiency ratio of rats that ate food based on *Heterotis niloticus* was better than other. Despite this difference, these parameters are closed each other 1.92, 1.78 and 1.69 respectively for *Silurus glanis*, *Cyprinus carpio*, and *Oreochromis niloticus*. The serum total cholesterol rates, Hdl-cholesterol, Ldl-cholesterol and (Ldl vldl)-cholesterol revealed some significant differences, in rats fed with diets based on *Silurus glanis* and *Cyprinus carpio*, whereas the others remain narrowly close to the values obtained with the positive control especially in female. The results of this study make it possible to conclude that the freshwater fish collected in the locality of Batie are good quality protein source for tissues construction or building.

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