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A review on the nutritional contents of small indigenous freshwater fishes of the north east Assam, India

Sharmistha Chakraborty

Science College Kokrajhar, India

Statement of the problem: Small freshwater fishes are known to be excellent sources of nutrients for human being. The North East India is signified as the hotspot region for the biodiversity of fishes. Fishes are also adopted for the livelihood of a large portion of common people of India and around the world. Malnutrition is one of the prime factors of the socio-economic backwardness of the region in spite of having vast potential resources. Small fishes are enriched in micronutrients as well as macronutrients, essential for the human health. Consumption of fishes may prevent coronary heart diseases and many other life threatening diseases. Small fishes are well accepted by the common people due to their low cost and high availability. Although many researchers worked on the nutritional status of fishes but the small fish species are still less emphasized.

Objective of the work: The present work is aimed at the comparative and quantitative analysis of the nutritional contents of the small fish species.

Methodology & theoretical orientation: Many research articles have been reviewed to tabulate comparative data of the values of nutrients of different small fish species in North East India and also around the world. The standard methods adopted for the study of biochemical compositions of the fishes were keenly analyzed to get the suitable procedures of experimentation.

Conclusion & Significance: Proper information about the contributions of nutrients provided by small freshwater fishes would enhance the utilization of them in prevention of many critical diseases.

Biography

Sharmistha Chakraborty has completed her Ph.D. in the area of Biochemistry. Her interested research topics include food and nutrition, biochemical compositions of fishes etc. Due to the lack of infrastructures in concerned area many works have not been done yet. She is in search of scientific works in the field of Food and Nutrition.