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Nutritional qualities of small fishes with special reference to their proximate composition: A review

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The nutritional awareness is an alarming issue of the present centuries. Modern researchers strongly empathize on nutrition and human health. Consumption of imbalance nutrients is globally responsible for the malnutrition, a curse for the people who belongs to below poverty lane. More than one billion of people around the world include fish food in their regular diet. Fish is a vital source of protein and many other essential nutrients for the human health. Many researches had already been done on the nutritional contents of fish species with respect to their proximate composition which are commercially valued and most admired by the urban people. Many of the developing countries like India are resided by poor villagers who gladly consume the small fish species which are of low cost and easily available in the water lands. Today the nutritional excellence of the food fishes is of greater interest to the researchers in the field of biochemistry. Advanced researches on the biochemical constituents of different fishes are signified and essential to the human health as well as medicinal practitioners to formulate newer medicines for the prevention of many life risk diseases of the community. This review paper is an attempt to review the current scientific literatures on the substantial difference in proximate composition of different fish species across the globe. The significance of such study on proximate composition of fish along with challenges and future perspectives are also highlighted.

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.