



Nutritional Analysis of Small Indigenous Fishes for Micronutrients Requirements of the People

Dubey A.K.¹;

1-Department of Zoology, Shri Krishna University, Chhatarpur, Madhya Pradesh, India

*Corresponding author's email: ashwanikhajuraho@gmail.com

Abstract

A situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy human life. Food security is a measure of the availability of food and individuals' ability to access it. An abnormal physiological condition caused by inadequate, unbalanced or excessive consumption of macronutrients. Fish as a tool for fighting three dimensions of hunger. Fish is an important component of human diet. Important source of Quality Animal Proteins, rich source of micronutrients (minerals and vitamins). Fish Oil a rich source of PUFAs, especially w-3 PUFAs EPA & DHA. Rich source of and Anti-oxidants. Small indigenous fishes are nutrient dense-rich source of Micronutrients (minerals and vitamins). Therefore, in the present investigation need to access the Micronutrients composition of fish species and introduce to fish farmer by this scientific study in the world market.

Keywords: Nutritional Analysis, Small Indigenous Fish, Micronutrients Requirements