

NUTRITIONAL FACTS

Bata (*Labeo bata*)



ICAR Outreach Project

"NUTRIENT PROFILING OF FISH"



ICAR - Central Institute of Freshwater Aquaculture

(ISO 9001 : 2015 Certified Institute)

Kausalyaganga, Bhubaneswar-751002

India



Species Information

Labeo bata, the freshwater minor carp, belongs to genus *Labeo* under family Cyprinidae. The species is commonly known as Bata, and one of the commercially important food fish in Indian Subcontinents, Bangladesh, India and Pakistan. Bata is also very popular for recreational fishing. The species provides a respected amount of fish protein along with its good taste and is highly preferred by the consumers. The nutrient profile of this fish would provide a guideline to the dieticians, medical practitioners and nutritionists prescribing diet chart in human nutrition. The nutrient profiling of the species is conducted under the Outreach Project on "Nutrient profiling of fish" of Indian Council of Agricultural Research (ICAR).

TAXONOMICAL CLASSIFICATION

Kingdom	: Animalia
Phylum	: Chordata
Class	: Actinopterygii
Order	: Cypriniformes
Family	: Cyprinidae
Genus	: <i>Labeo</i>
Species	: <i>bata</i>
Binomial Name	: <i>Labeo bata</i> (Hamilton, 1822)

Morphological Characters : Body is elongated. Dorsal profile is more convex than the ventral. Snout is bluntly pointed. Snout slightly projecting beyond mouth of ten studded with pores. A pair of small maxillary barbells is hidden inside the labial fold. No cartilaginous support to lips. Dorsal originates midway between snout tip and anterior base of anal. Pelvis originate slightly nearer to opercule than to caudal base. Bluish or darkish on upper half, silvery below is light orange.

Habitat : *L. bata* is a typical freshwater fish lives in tanks, rivers, canals, reservoirs, jheels, baors, beels, ponds and moats. It is not normally found in the saline zone of the tidal river. Adults are mainly bottom dweller.

Feeding habits : *L. bata* is predominantly a bottom feeder. It is an herbivorous fish and feeds mainly on algae, plant parts, decayed organic matter, insects, mud and debris.

NUTRITIONAL INFORMATION

Amount per 100g fresh fish

CALORIE INFORMATION

Calories	100.52 Kcal (420.67KJ)
From Carbohydrate	0.0 Kcal
From Fat	33.74 Kcal (141.20 KJ)
From Protein	66.78 Kcal (279.47KJ)

PROTEIN & AMINO ACIDS

Arginine	80.00 mg
Histidine	10.00 mg
Isoleucine	50.00 mg
Leucine	7.82 mg
Lysine	7.82 mg
Methionine	1860.00 mg
Phenylalanine	20.00 mg
Threonine	320.00 mg
Tryptophan	7.82 mg
Valine	7.82 mg
Aspartic acid	90.00 mg
Serine	30.00 mg
Glutamic acid	10.00 mg
Proline	7.82 mg
Glycine	7.82 mg
Alanine	1.50 mg
Cysteine	14.0 mg
Tyrosene	20.00 mg
Glutamine	7.82 mg
Asparagine	70.00 mg

FATS & FATTY ACIDS

Total Fat	3.74 g
Saturated Fat	2.15 g
C4:0	1.12 mg
C8:0	1.87 mg
C11:0	2.62 mg
C12:0	10.00 mg
C13:0	25.00 mg
C14:0	210.00 mg
C15:0	110.00 mg
C16:0	1490.00 mg
C17:0	18.00 mg
C18:0	190.00 mg
C20:0	7.48 mg
C22:0	10.00 mg
C23:0	70.10 mg
Monounsaturated Fat	0.72 g
C14:1	230.00 mg
C15:1	9.76 mg
C17:1	1.50 mg
C18:1c	690.00 mg
C18:1t	4.13 mg
C20:1c	3.75 mg
C20:1n9	12.00 mg
Polyunsaturated Fat	0.87 g
C18:2n6t	4.10 mg
C18:2n6c	250.00 mg
C18:3n6	16.00 mg
C18:3n3	150.00 mg
C20:2n6	30.00 mg
C20:3n6	40.00 mg
C20:3n3	10.00 mg
C20:4n6	70.00 mg
C20:5n3	140.00 mg
C22:6n3	120.00 mg
ω 3	420.00 mg
ω 6	410.00 mg
EPA+DHA	260.00 mg

NUTRITIONAL INFORMATION

Amount per 100g fresh fish

MINERALS

Calcium	211.27 mg
Sodium	4.23 mg
Potassium	14.51 mg
Iron	0.07 mg
Manganese	0.07 mg
Zinc	0.02 mg
Copper	0.06 mg

PROXIMATE COMPOSITIONS

Moisture	73.45
Protein	15.64
Fat	3.74
Ash	2.22g

PROXIMATE COMPOSITIONS

Vitamin A	207.63 IU
Vitamin D	351.60 IU



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