

# NUTRITION FACTS

## Boal (*Wallago attu*)



### ICAR Outreach Project “NUTRIENT PROFILING OF FISH”

ICAR – Central Institute of Freshwater Aquaculture  
(ISO 9001:2015 Certified Institute)  
Kausalyaganga, Bhubaneswar – 751 002  
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### Information on the species

*Wallago attu* inhabit in fast running as well as sluggish water of deep and shallow pools, beels, jheels, tanks, rivers, reservoirs and even in some streams of higher altitude. The species is highly acceptable among consumers because of its good taste and nutritional value. The nutrient profiling of the species was conducted under the Outreach Activity on “Nutrient profiling of fish” of Indian Council of Agricultural research (ICAR).

### Taxonomical Classification

Kingdom	: Animalia
Phylum	: Chordata
Subphylum	: Vertebrata
Class	: Actinopterygii
Order	: Siluriformes
Family	: Siluridae
Genus	: <i>Wallago</i>
Species	: <i>attu</i>
Binomial Name	: <i>Wallago attu</i> (Bloch and Schneider, 1801)

**Morphological Characters:** Elongated body of the species is laterally compressed. Eyes are small with a free orbital margin. Mouth is wide, deeply cleft and its corner extends far behind eyes. Teeth in jaws set in wide bands. Barbells are two pairs, among which maxillary barbells extend posteriorly to beyond eyes and mandibular pair is much shorter, about as long as snout. Dorsal fin is short and anal fin is very long. Pectoral spine is weak. Caudal fin is deeply forked. Body colour grayish or yellowish grey in above and whitish in below but the fins are grey. *Wallago attu* reaches lengths of more than 1.8 m (5 ft 11 in) and weights of more than 45 kg.

**Feeding habits:** The fish is voracious, carnivorous and predatory. Juveniles feed mainly on insects; adults feed on smaller fish, crustaceans and molluscs.

# NUTRITION INFORMATION

## Amount per 100g fresh fish

CALORIE INFORMATION	
Calories	92.63 Kcal (387.18KJ)
From Fat	32.29 Kcal (134.98 KJ)
From Protein	60.34 Kcal (252.20 KJ)

AMINO ACID		
Arginine	7.07	mg
Histidine	7.07	mg
Isoleucine	18.37	mg
Leucine	35.33	mg
Lysine	7.07	mg
Methionine	7.07	mg
Phenylalanine	7.07	mg
Threonine	7.07	mg
Tryptophan	291.08	mg
Valine	7.07	mg
Aspartic acid	1137.47	mg
Serine	12.72	mg
Glutamic acid	55.11	mg
Proline	175.21	mg
Glycine	8.48	mg
Alanine	25.43	mg
Cysteine	26.85	mg
Tyrosene	7.07	mg
Glutamine	178.04	mg
Asparagine	640.09	mg

FATS AND FATTY ACIDS		
Total Fat	3.58	g
Saturated Fat	2.07	g
C4:0	3.96	mg
C6:0	5.40	mg
C10:0	7.20	mg
C11:0	1.80	mg
C12:0	15.48	mg
C13:0	23.76	mg
C14:0	199.44	mg
C15:0	103.32	mg
C16:0	1206.00	mg
C17:0	64.80	mg
C18:0	381.60	mg
C20:0	14.04	mg
C21:0	33.84	mg
C23:0	31.68	mg
C24:0	33.12	mg
Monounsaturated Fat	1.02	g
C14:1	5.04	mg
C15:1	4.32	mg
C16:1	32.40	mg
C18:1n9c	946.80	mg
C20:1n9c	46.08	mg
Polyunsaturated Fat	0.49	g
C18:2n6t	4.68	mg
C18:2n6c	207.72	mg
C18:3n6	19.80	mg
C18:3n3	47.52	mg
C20:2	6.84	mg
C20:3n6	19.44	mg
C20:3n3	30.60	mg
C20:4n6	38.88	mg
C20:5n3	100.80	mg
C22:6n3	11.16	mg
ω 3 : ω 6	0.50	
ω 3	155.16	mg
ω 6	311.40	mg

# NUTRITION INFORMATION

## Amount per 100g fresh fish

VITAMINS	
Vitamin A	53.7 IU
Vitamin D	5.0 IU

Proximate Compositions	
Moisture	74.25 g
Protein	14.13 g
Fat	3.58 g
Ash	1.97 g

MINERALS	
Calcium	203.08 mg
Sodium	5.160 mg
Potassium	11.21 mg
Iron	0.050 mg
Manganese	0.004 mg
Zinc	0.001 mg
Copper	0.007 mg



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