

PROXIMATE COMPOSITION OF THREE COMMERCIAL FISHES COMMONLY CONSUMED IN AKWA IBOM STATE, NIGERIA

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ABSTRACT

Proximate compositions of *Cynoglossus senegalensis*, *Polydactylus quadrifilis* and *Chrysichthys nigrodigitatus* obtained from Ayadehe in Akwa Ibom State, Nigeria were determined using standard methods. Results of the mean values for moisture, protein and fat were as follows; 66.19%, 14.2% and 10.62% respectively in *Chrysichthys nigrodigitatus*, 63.97%, 18.56% and 2.57% in *Cynoglossus senegalensis*, and 67.54%, 17.83% and 3.39% in *Polydactylus quadrifilis*. The ranges of ash carbohydrate, calorific value and crude fibre were as follows; 5.3% – 7.7%, 3.69% – 7.26%, 152.0 kcal/100g – 189.02 kcal/100g and 7.67% - 10.71% respectively. The data showed that these species of fishes are rich in crude protein, lipid, moisture and ash and meet the requirement for human nutritional needs.

Keywords: Calorific value, moisture, proximate composition.