

Group F

Fish and Aquatic food

Fish and other sea food add taste as well as nutrition to the diet known as treasures from the sea. They contain high quality protein with all the essential amino acids, essential fatty acids and a variety of minerals such as calcium, phosphorus, potassium. This group contains different types of fresh, brackish and sea water fish, shell fish and dried fish.

SLFCT contains 47 marine and brackish water species, 4 fresh water species and 8 dried fish varieties.



Marine and Brackish Water Fish

SLF001



SCIENTIFIC NAME: *Stolephorus indicus*
 ENGLISH NAME: Anchovy
 SINHALA NAME: හැඳැල්ලා
 TAMIL NAME: நெத்தலி மீன்

SLF002



SCIENTIFIC NAME: *Lates calcarifer*
 ENGLISH NAME: Asian Seabass
 SINHALA NAME: මෝදා
 TAMIL NAME: கொடுவா

SLF003



SCIENTIFIC NAME: *Sphyræna jello*
 ENGLISH NAME: Barracuda, Pickhandle
 SINHALA NAME: පිලො
 TAMIL NAME: சீலா

SLF004



SCIENTIFIC NAME: *Tachysurus thalassinus*
 ENGLISH NAME: Cat fish
 SINHALA NAME: ආංගුලා
 TAMIL NAME: கெழுத்தி மீன்

SLF005



SCIENTIFIC NAME: *Rachycentron canadum*
 ENGLISH NAME: Cobia
 SINHALA NAME: රැඳිල්ලා
 TAMIL NAME: அறக்குளா

SLF006



SCIENTIFIC NAME: *Lethrinus nebulosus*
 ENGLISH NAME: Emperor fish, Spangled
 SINHALA NAME: මිලිටි
 TAMIL NAME: விளைமீன்

SLF007  SCIENTIFIC NAME: <i>Etroplus suratensis</i> ENGLISH NAME: Green chromide SINHALA NAME: කලපු කොරලියා TAMIL NAME: கருமுரல்	SLF008  SCIENTIFIC NAME: <i>Epinephelus coioides</i> ENGLISH NAME: Grouper SINHALA NAME: ගල් කොස්සා TAMIL NAME: களவாய்
SLF009  SCIENTIFIC NAME: <i>Lepturacanthus savala</i> ENGLISH NAME: Hairtail fish SINHALA NAME: සාමාලයා TAMIL NAME: விலாங்கு	SLF010  SCIENTIFIC NAME: <i>Rastrelliger kanagurta</i> ENGLISH NAME: Indian mackerel SINHALA NAME: කුමිබලා TAMIL NAME: புச்சு கண்ணி
SLF011  SCIENTIFIC NAME: <i>Aluterus monoceros</i> ENGLISH NAME: Leatherjacket fish SINHALA NAME: සිලියා TAMIL NAME: கோழிகிளாத்தி	SLF012  SCIENTIFIC NAME: <i>Coryphaena hippurus</i> ENGLISH NAME: Mahi-mahi SINHALA NAME: චන්තා TAMIL NAME: பார்லா

SLF013  SCIENTIFIC NAME: <i>Istiompax indica</i> ENGLISH NAME: Marlin SINHALA NAME: කොප්පරා TAMIL NAME: கொப்பரா	SLF014  SCIENTIFIC NAME: <i>Nemipterus mesoprion</i> ENGLISH NAME: Mauve-lip thread-fin bream SINHALA NAME: සිද්දා TAMIL NAME: துள்ளுவண்டு மீன்
SLF015  SCIENTIFIC NAME: <i>Parastromateus niger</i> ENGLISH NAME: Pomfret, Black SINHALA NAME: වව්වාලයා, TAMIL NAME: வெளவால் மீன்	SLF016  SCIENTIFIC NAME: <i>Elagatis bipinnulata</i> ENGLISH NAME: Rainbow runner SINHALA NAME: ලේනපරා TAMIL NAME: கௌரிச்சல் மீன்
SLF017  SCIENTIFIC NAME: <i>Mobula kuhlii</i> ENGLISH NAME: Ray, Shortfin devil SINHALA NAME: අංග මඩුවා TAMIL NAME: கொம்பு திருக்கை	SLF018  SCIENTIFIC NAME: <i>Dasyatis Pastinaca</i> ENGLISH NAME: Ray, Stingray SINHALA NAME: මඩුවා TAMIL NAME: திருக்கை

SLF019  SCIENTIFIC NAME: <i>Istiophorus platypterus</i> ENGLISH NAME: Sailfish, Indo-Pacific SINHALA NAME: තලපත් TAMIL NAME: மயில் மீன்	SLF020  SCIENTIFIC NAME: <i>Sardinella gibbose</i> ENGLISH NAME: Sardinella, Goldstripe SINHALA NAME: සාලයා TAMIL NAME: நோனலாய்
SLF021  SCIENTIFIC NAME: <i>Amblygaster sirm</i> ENGLISH NAME: Sardinella, spotted SINHALA NAME: හුරුලෑ TAMIL NAME: சாலை மீன்	SLF022  SCIENTIFIC NAME: <i>Sardinella albella</i> ENGLISH NAME: Sardinella, White SINHALA NAME: සුඩයා TAMIL NAME: சூடை
SLF023  SCIENTIFIC NAME: <i>decapterus macarellus</i> ENGLISH NAME: Scad, mackerel SINHALA NAME: ලින්තා TAMIL NAME: போலா பாரகுட்டி	SLF024  SCIENTIFIC NAME: <i>Selaroides leptolepis</i> ENGLISH NAME: Scad, yellow-stripe SINHALA NAME: සුරා පරවා TAMIL NAME: செம்பாறை

SLF025

SCIENTIFIC NAME: *scomberomorus commerson*
 ENGLISH NAME: Seer fish
 SINHALA NAME: තේරා
 TAMIL NAME: அறகுளா

SLF026

SCIENTIFIC NAME: *Sphyrna mokarran*
 ENGLISH NAME: Shark, great hammerhead
 SINHALA NAME: උදුලු මේරා
 TAMIL NAME: கொம்பன் சுறா

SLF027

SCIENTIFIC NAME: *Carcharhinus falciformis*
 ENGLISH NAME: Shark, Silky shark
 SINHALA NAME: බල මේරා, කිරි මේරා
 TAMIL NAME: பால் சுறா

SLF028

SCIENTIFIC NAME: *Xiphias gladius*
 ENGLISH NAME: Swordfish
 SINHALA NAME: සජ්ජරා
 TAMIL NAME: கடு கொப்பறா

SLF029

SCIENTIFIC NAME: *Carnax heberi*
 ENGLISH NAME: Trevally, Blacktip
 SINHALA NAME: ඉරු පරවා
 TAMIL NAME: கருங்கண்ணி பாரை

SLF030

SCIENTIFIC NAME: *Alectis indicus*
 ENGLISH NAME: Trevally, Diamond
 SINHALA NAME: කණ්ණාඩි පරවා
 TAMIL NAME: கண்ணாடி பாரை

SLF031  SCIENTIFIC NAME: <i>Caranx ignobilis</i> ENGLISH NAME: Trevally, giant SINHALA NAME: ගොලියා පර්වා TAMIL NAME: வத்தாவா பாரை	SLF032  SCIENTIFIC NAME: <i>Caranx sexfasciatus</i> ENGLISH NAME: Trevally, Bigeye SINHALA NAME: ඇටනෙලු පර්වා TAMIL NAME: ஊசி பாரை
SLF033  SCIENTIFIC NAME: <i>Canthidermis maculanta</i> ENGLISH NAME: Triggerfish SINHALA NAME: මුහුදු කුකුලා TAMIL NAME: கிளாத்தி	SLF034  SCIENTIFIC NAME: <i>Auxis thazard</i> ENGLISH NAME: Tuna, frigate SINHALA NAME: අලගොඩුවා TAMIL NAME: எலிச்சூரை
SLF035  SCIENTIFIC NAME: <i>Euthynnus affinis</i> ENGLISH NAME: Tuna, Mackerel SINHALA NAME: ඇටවෙල්ලා TAMIL NAME: சூரை	SLF036  SCIENTIFIC NAME: <i>Katsuwonus pelamis</i> ENGLISH NAME: Tuna, Skipjack SINHALA NAME: බලයා TAMIL NAME: வரிச்சூரை

SLF037

SCIENTIFIC NAME: *Thunnus albacares*
 ENGLISH NAME: Tuna, Yellowfin
 SINHALA NAME: කෙලවිල්ලා
 TAMIL NAME: மஞ்சள் குரை

SLF038

SCIENTIFIC NAME: *Chirocentrus nudus*
 ENGLISH NAME: Wolf-herring
 SINHALA NAME: කවුඩිල්ලා
 TAMIL NAME: முள்ளு வாளை

Marine and Brackish Water Shell Fish

SLF039

SCIENTIFIC NAME: *Sopha pharaonic*
 ENGLISH NAME: Squid, hardshell
 SINHALA NAME: පොකු දැල්ලා
 TAMIL NAME: ஓட்டு கணவாய்

SLF040

SCIENTIFIC NAME: *Loligo singhalensis*
 ENGLISH NAME: Squid, Long barrel
 SINHALA NAME: බේරුන් දැල්ලා
 TAMIL NAME: ஊசி கணவாய்

SLF041

SCIENTIFIC NAME: *Loligo duvaucelii*
 ENGLISH NAME: Squid, red
 SINHALA NAME: අඹින් දැල්ලා
 TAMIL NAME: கூந்தல் கணவாய்

SLF042

SCIENTIFIC NAME: *Octopus vulgaris*
 ENGLISH NAME: Octopus
 SINHALA NAME: බූවිල්ලා
 TAMIL NAME: பாய் கணவாய்

SLF043  SCIENTIFIC NAME: <i>Penaeus semisulcatus</i> ENGLISH NAME: Prawn, green tiger SINHALA NAME: කුරුටු ඉස්සා TAMIL NAME: வரி இறால்	SLF044  SCIENTIFIC NAME: <i>Penaeus monodon</i> ENGLISH NAME: Prawn, giant tiger SINHALA NAME: කරවුණු ඉස්සා TAMIL NAME: கருவண்டு இறால்
SLF045  SCIENTIFIC NAME: <i>Scylla tranquebarica</i> ENGLISH NAME: Crab, mud SINHALA NAME: කලපු කකුළුවා TAMIL NAME: பச்சை நண்டு	SLF046  SCIENTIFIC NAME: <i>Portunus sanguinolentus</i> ENGLISH NAME: Crab, Three-spot SINHALA NAME: මුදු කකුළුවා TAMIL NAME: முக்கண் நண்டு
SLF047  SCIENTIFIC NAME: <i>Meretrix meretrix</i> ENGLISH NAME: Clam, white shell SINHALA NAME: මට්ටි, කලපු බෙල්ලේ TAMIL NAME: மட்டி	

Fresh Water Fish and Shell Fish

SLF048



SCIENTIFIC NAME: *Heteropneustes fossilis*
 ENGLISH NAME: Fresh water Cat fish
 SINHALA NAME: හංගා
 TAMIL NAME: கெழுத்தி மீன்-நன்னீர்

SLF049



SCIENTIFIC NAME: *Anguilla bengalensis*
 ENGLISH NAME: Fresh water Eel
 SINHALA NAME: ආඨා
 TAMIL NAME: விலாங்கு

SLF050



SCIENTIFIC NAME: *Oreochromis niloticus*
 ENGLISH NAME: Fresh water, Tilapia
 SINHALA NAME: කොරලියා
 TAMIL NAME: ஜிலாபி மீன்

SLF051



SCIENTIFIC NAME: *Macrobrachium rosenbergii*
 ENGLISH NAME: Fresh water Prawn, giant
 SINHALA NAME: මිටිදිය ඉස්සා
 TAMIL NAME: இறால்-நன்னீர்

Dried Fish

SLF052



SCIENTIFIC NAME: *Stolephorus commersonii*
 ENGLISH NAME: Anchovy sprats
 SINHALA NAME: හාල්මැස්සා
 TAMIL NAME: நெத்தலி கருவாடு

SLF053



SCIENTIFIC NAME: *karandi spp.*
 ENGLISH NAME: Baby shrimps, brown
 SINHALA NAME: කුනිස්සා
 TAMIL NAME: கூனி இறால்

SLF054



SCIENTIFIC NAME: *Tuna spp.*
 ENGLISH NAME: Maldives fish
 SINHALA NAME: උමඬෙකඩ
 TAMIL NAME: மாசி

SLF055



SCIENTIFIC NAME: *Istiophorus platypterus*
 ENGLISH NAME: Marlin, Indo-Pacific Sailfish
 SINHALA NAME: කළපන් කරවල
 TAMIL NAME: கொப்பரா கருவாடு

SLF056



SCIENTIFIC NAME: *Seriphus politus*
 ENGLISH NAME: Queenfish
 SINHALA NAME: කට්ටා කරවල
 TAMIL NAME: கட்டா பாரை கருவாடு

SLF057



SCIENTIFIC NAME: *Carcharhinus falciformis*
 ENGLISH NAME: Shark,
 SINHALA NAME: කීලන්, මෝරා කරවල
 TAMIL NAME: சுறா கருவாடு

SLF058



SCIENTIFIC NAME: *Katsuwonus pelamis*
ENGLISH NAME: Skipjack tuna
SINHALA NAME: බල කරවල
TAMIL NAME: சூரை கருவாடு

SLF059



SCIENTIFIC NAME: *Amblygaster leiogaster*
ENGLISH NAME: Smooth belly sardinella
SINHALA NAME: කිරමින් කරවල
TAMIL NAME: சூடை கருவாடு

Table 1. PROXIMATE PRINCIPLES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture		Protein		Total Fat		Ash	
		ENERC		WATER		PROTCNT		FATCE		ASH	
		kcal	kJ	g	g	g	g	g	g		
Marine and Brackish Water Fish											
SLF001	Anchovy (<i>Stolephorus indicus</i>)	87	367	77.77		19.88		0.78		1.62	
SLF002	Asian Seabass (<i>Lates calcarifer</i>)	67	284	82.52		15.28		0.29		1.12	
SLF003	Barracuda, Pickhandle (<i>Sphyaena jello</i>)	107	446	74.60		22.46		1.74		1.26	
SLF004	Cat fish (<i>Tachysurus thalassinus</i>)	109	456	76.22		22.18		2.13		1.32	
SLF005	Cobia (<i>Rachycentron canadum</i>)	97	406	78.36		20.21		1.68		1.07	
SLF006	Emperor fish, Spangled (<i>Lethrinus nebulosus</i>)	108	453	75.66		22.45		1.92		1.26	
SLF007	Green chromide (<i>Etroplus suratensis</i>)	92	386	78.66		19.68		1.38		0.97	
SLF008	Grouper (<i>Epinephelus coioides</i>)	89	374	80.02		19.38		1.20		1.34	
SLF009	Hairtail fish (<i>Lepturacanthus savala</i>)	128	537	74.67		21.95		4.44		1.41	
SLF010	Indian mackerel (<i>Rastrelliger kanagurta</i>)	101	423	74.55		21.51		1.53		1.20	
SLF011	Leatherjacket fish (<i>Aluterus monoceros</i>)	75	317	80.61		17.17		0.67		1.23	
SLF012	Mahi-mahi (<i>Coryphaena hippurus</i>)	101	424	76.42		22.05		1.33		1.24	
SLF013	Marlin (<i>Istiompax indica</i>)	97	410	75.57		22.89		0.56		1.21	
SLF014	Mauve-lip thread fin bream (<i>Nemipterus mesoprion</i>)	126	530	73.74		22.07		4.20		1.06	
SLF015	Pomfret, Black (<i>Parastromateus niger</i>)	104	434	75.71		21.60		1.80		1.39	
SLF016	Rainbow runner (<i>Elagatis bipinnulata</i>)	87	366	76.36		20.02		0.70		1.28	
SLF017	Ray, Shortfin devil (<i>Mobula kuhlii</i>)	98	413	77.61		23.07		0.56		1.50	
SLF018	Ray, Stingray (<i>Dasyatis pastinaca</i>)	97	408	75.67		23.98		0.68		1.14	
SLF019	Sailfish, Indo-Pacific (<i>Istiophorus platypterus</i>)	91	384	79.15		16.04		2.88		1.65	
SLF020	Sardinella, Goldstripe (<i>Sardinella gibbosa</i>)	100	424	73.38		19.50		2.39		4.47	
SLF021	Sardinella, spotted (<i>Amblygaster sirm</i>)	88	372	78.00		17.08		2.18		2.70	
SLF022	Sardinella, White (<i>Sardinella albella</i>)	152	637	72.29		17.91		8.99		0.84	
SLF023	Scad, mackerel (<i>decapterus macarellus</i>)	112	471	73.30		20.30		3.37		2.99	
SLF024	Scad, yellow-stripe (<i>Selaroides leptolepis</i>)	86	366	78.59		15.69		2.67		3.04	
SLF025	Seer fish (<i>Scomberomorus commerson</i>)	136	570	72.30		22.28		5.18		1.33	
SLF026	Shark, great Hammerhead (<i>Sphyrna mokarran</i>)	103	432	74.61		23.40		0.80		0.92	
SLF027	Shark, Silky (<i>Carcharhinus falciformis</i>)	95	398	72.82		21.60		0.83		1.08	
SLF028	Swordfish (<i>Xiphias gladius</i>)	88	370	79.22		19.82		0.88		1.15	
SLF029	Trevally, Blacktip (<i>Carnax heberi</i>)	104	435	75.77		21.58		1.84		1.21	
SLF030	Trevally, Diamond (<i>Alectis indicus</i>)	101	423	76.25		22.09		1.27		1.28	

Food code	Food Name	Energy		Moisture		Protein		Total Fat		Ash	
		ENERC		WATER		PROTCNT		FATCE		ASH	
		kcal	kJ	g	g	g	g	g	g		
SLF031	Trevally, giant (<i>Caranx ignobilis</i>)	104	434	74.88	21.87	1.68	1.18				
SLF032	Trevally, Bigeye (<i>Caranx sexfasciatus</i>)	103	432	76.37	21.95	1.60	1.17				
SLF033	Triggerfish (<i>Canthidermis maculanta</i>)	86	360	79.18	19.70	0.69	1.26				
SLF034	Tuna, Frigate (<i>Auxis thazard</i>)	104	436	74.39	17.88	3.38	3.91				
SLF035	Tuna, Mackerel (<i>Euthynnus affinis</i>)	112	470	72.12	24.50	1.44	1.11				
SLF036	Tuna, Skipjack (<i>Katsuwonus pelamis</i>)	96	403	77.76	21.28	1.12	0.87				
SLF037	Tuna, Yellowfin (<i>Thunnus albacares</i>)	109	461	73.39	21.47	2.55	2.50				
SLF038	Wolf-herring (<i>Chirocentrus nudus</i>)	97	410	77.25	21.80	1.06	1.27				
Marine and Brackish Water Shell Fish											
SLF039	Squid, hardshell (<i>Sopia pharaonis</i>)	76	320	80.52	16.82	0.93	0.75				
SLF040	Squid, Long barrel (<i>Loligo singhalensis</i>)	84	353	79.38	17.41	1.15	1.19				
SLF041	Squid, red (<i>Loligo duvaucelii</i>)	78	329	80.85	16.25	1.44	1.15				
SLF042	Octopus (<i>Octopus vulgaris</i>)	79	334	80.45	14.71	1.12	1.21				
SLF043	Prawn, green tiger (<i>Penaeus semisulcatus</i>)	65	273	82.41	14.85	0.56	0.94				
SLF044	Prawn, giant tiger (<i>Penaeus monodon</i>)	64	270	81.48	14.25	0.74	0.83				
SLF045	Crab, mud (<i>Scylla tranquebarica</i>)	45	190	83.10	10.00	0.55	2.60				
SLF046	Crab, Three-spot (<i>Portunus sanguinolentus</i>)	67	283	79.67	15.36	0.60	0.92				
SLF047	Clam, white shell (<i>Meretrix meretrix</i>)	59	250	80.27	11.82	1.34	0.85				
Fresh Water Fish and Shell Fish											
SLF048	Cat fish, (<i>Heteropneustes fossilis</i>)	124	518	77.23	15.86	6.24	0.93				
SLF049	Eel (<i>Anguilla bengalensis</i>)	108	451	75.57	20.41	2.63	1.03				
SLF050	Thilapia (<i>Oreochromis niloticus</i>)	83	349	79.57	18.48	1.08	1.18				
SLF051	Prawn, giant (<i>Macrobrachium rosenbergii</i>)	90	380	77.43	19.24	0.52	0.84				
Dried Fish											
SLF052	Anchovy sprats (<i>Stolephorus indicus</i>)	259	1092	24.94	51.16	5.92	17.82				
SLF053	Baby shrimps (<i>karandi spp</i>)	280	1185	20.19	61.12	3.74	14.49				
SLF054	Maldives fish (<i>Tuna spp</i>)	303	1279	16.84	61.32	6.26	15.31				
SLF055	Marlin, Indo-Pacific Sailfish (<i>Isiophorus platypterus</i>)	289	1220	19.70	54.68	8.04	17.98				
SLF056	Queenfish (<i>Seriphus politus</i>)	275	1157	21.24	50.04	8.31	20.43				
SLF057	Shark (<i>Carcharhinus falciformis</i>)	267	1127	26.09	55.03	5.25	13.79				
SLF058	Skipjack tuna (<i>Katsuwonus pelamis</i>)	282	1196	22.77	63.79	3.37	10.82				
SLF059	Smooth belly sardinella (<i>Amblygaster leiogaster</i>)	311	1306	18.66	49.60	12.42	19.16				

Table 2. FAT SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Vitamin A		Vitamin D		Vitamin E		Vitamin K	
		Retinol	Vitamin D equivalent	Cholecalciferol (D3)	25-OH-D3	α - Tocopherols	Vit K2		
		RETOL	VITDEQ	CHOCAL	CHOCALOH	TOCPHA	VITK2		
		μg	μg	μg	μg	mg	μg	μg	
Marine and Brackish Water Fish									
SLF001	Anchovy (<i>Stolephorus indicus</i>)	12.18	3.31	2.76	0.11	0.73		0.60	
SLF002	Asian Seabass (<i>Lates calcarifer</i>)	5.58	1.35	1.05	0.06	0.38		0.63	
SLF003	Barracuda, Pickhandle (<i>Sphyaena jello</i>)	24.82	2.27	1.77	0.10	0.36		1.72	
SLF004	Cat fish (<i>Tachysurus thalassinus</i>)	14.08	3.77	1.42	0.47	0.38		0.96	
SLF005	Cobia (<i>Rachycentron canadum</i>)	1.39	2.47	2.07	0.08	0.72		0.62	
SLF006	Emperor fish, Spangled (<i>Lethrinus nebulosus</i>)	3.16	1.43	0.93	0.10	1.49		1.06	
SLF007	Green chromide (<i>Eetroplus suratensis</i>)	1.29	1.52	0.87	0.13	0.37		12.04	
SLF008	Grouper (<i>Epinephelus coioides</i>)	1.29	2.21	1.86	0.07	0.33		1.63	
SLF009	Hairtail fish (<i>Lepturacanthus savala</i>)	2.88	2.15	1.15	0.20	0.55		0.98	
SLF010	Indian mackerel (<i>Rastrelliger kanagurta</i>)	16.34	1.37	0.22	0.23	0.71		5.25	
SLF011	Leatherjacket fish (<i>Aluterus monoceros</i>)	1.37	0.41	0.21	0.04	1.09		0.77	
SLF012	Mahi-mahi (<i>Coryphaena hippurus</i>)	3.52	1.68	0.43	0.25	0.58		0.75	
SLF013	Marlin (<i>Istiompax indica</i>)	21.51	1.28	0.18	0.22	0.53		0.89	
SLF014	Mauve-lip thread (<i>Nemipterus mesopriion</i>)	25.61	1.84	0.84	0.20	0.58		1.02	
SLF015	Pomfret, Black (<i>Parastromateus niger</i>)	14.30	2.49	0.79	0.34	1.00		8.88	
SLF016	Rainbow runner (<i>Elagatis bipinnulata</i>)	1.49	1.71	0.86	0.17	0.41		1.06	
SLF017	Ray, Shortfin devil (<i>Mobula kuhlii</i>)	1.52	0.08	0.03	0.01	0.24		1.54	
SLF018	Ray, Stingray (<i>Dasyatis pastinaca</i>)	7.55	1.82	0.67	0.23	0.28		0.90	
SLF019	Sailfish, Indo-Pacific (<i>Istiophorus platypterus</i>)	12.03	ND	ND	ND	0.08		2.46	
SLF020	Sardinella, Goldstripe (<i>Sardinella gibbosa</i>)	15.41	ND	ND	ND	1.83		1.78	
SLF021	Sardinella, spotted (<i>Amblygaster sirm</i>)	10.02	ND	ND	ND	0.59		1.46	
SLF022	Sardinella, White (<i>Sardinella albella</i>)	12.66	3.51	3.51	NA	0.38		2.65	
SLF023	Scad, mackerel (<i>decapterus macarellus</i>)	15.78	ND	ND	ND	0.90		3.03	
SLF024	Scad, yellow-stripe (<i>Selaroides leptolepis</i>)	2.65	ND	ND	ND	0.10		1.39	
SLF025	Seer fish (<i>Scomberomorus commerson</i>)	81.90	1.92	1.57	0.07	0.67		0.65	
SLF026	Shark, great Hammerhead (<i>Sphyrna mokarran</i>)	20.55	1.28	0.58	0.14	0.78		1.16	
SLF027	Shark, Silky (<i>Carcharhinus falciformis</i>)	1.11	1.08	0.18	0.18	0.22		0.78	
SLF028	Swordfish (<i>Xiphias gladius</i>)	1.14	0.37	0.02	0.07	0.76		0.78	
SLF029	Trevally, Blacktip (<i>Carnax heberi</i>)	3.23	3.30	1.40	0.38	0.30		0.97	
SLF030	Trevally, Diamond (<i>Alectis indicus</i>)	12.37	1.05	0.10	0.19	0.70		0.92	

Food code	Food Name	Vitamin A		Vitamin D		Vitamin E		Vitamin K	
		Retinol		Vitamin D equivalent		α - Tocopherols		Vit K2	
		RETOL	μg	VITDEQ	μg	CHOCAL	CHOCALOH	TOCPHA	VITK2
			μg		μg		μg	mg	μg
SLF031	Trevally, giant (<i>Caranx ignobilis</i>)	2.58	1.28		0.58		0.14	1.07	1.17
SLF032	Trevally, Bigeye (<i>Caranx sexfasciatus</i>)	2.93	1.19		0.19		0.20	0.90	1.11
SLF033	Triggerfish (<i>Canthidermis maculanta</i>)	1.46	1.02		0.62		0.08	0.25	0.63
SLF034	Tuna, Frigate (<i>Auxis thazard</i>)	14.42	ND		ND		ND	1.67	0.90
SLF035	Tuna, Mackerel (<i>Euthynnus affinis</i>)	16.65	3.26		0.11		0.63	0.57	11.63
SLF036	Tuna, Skipjack (<i>Katsuwonus pelamis</i>)	21.01	0.90		0.65		0.05	0.14	1.23
SLF037	Tuna, Yellowfin (<i>Thunnus albacares</i>)	15.95	ND		ND		ND	1.60	1.64
SLF038	Wolf-herring (<i>Chirocentrus nudus</i>)	1.25	0.30		0.25		0.01	0.31	0.84
Marine and Brackish Water Shell Fish									
SLF039	Squid, hardshell (<i>Sepia pharaonis</i>)	1.93	1.88		0.78		0.22	0.55	2.26
SLF040	Squid, Long barrel (<i>Loligo singhalensis</i>)	8.55	1.35		0.55		0.16	0.66	1.84
SLF041	Squid, red (<i>Loligo duvaucelii</i>)	4.72	1.95		1.05		0.18	0.47	1.14
SLF042	Octopus (<i>Octopus vulgaris</i>)	28.00	1.63		0.43		0.24	0.66	0.84
SLF043	Prawn, green tiger (<i>Penaeus semisulcatus</i>)	1.24	2.93		1.18		0.35	3.04	2.97
SLF044	Prawn, giant tiger (<i>Penaeus monodon</i>)	6.55	4.77		1.62		0.63	2.87	2.32
SLF045	Crab, mud (<i>Scylla tranquebarica</i>)	8.33	1.64		0.94		0.14	2.34	1.03
SLF046	Crab, Three-spot (<i>Portunus sanguinolentus</i>)	5.02	1.13		0.63		0.10	2.06	1.11
SLF047	Clam, white shell (<i>Meretrix meretrix</i>)	8.50	2.58		2.08		0.10	1.21	1.53
Fresh Water Fish and Shell Fish									
SLF048	Cat fish, (<i>Heteropneustes fossilis</i>)	13.59	1.92		1.37		0.11	0.38	0.96
SLF049	Eel (<i>Anguilla bengalensis</i>)	866	6.66		3.81		0.57	1.80	1.23
SLF050	Thilapia (<i>Oreochromis niloticus</i>)	17.14	1.25		0.85		0.08	1.86	3.65
SLF051	Prawn, giant (<i>Macrobrachium rosenbergii</i>)	3.56	0.85		0.35		0.10	2.85	0.84
Dried Fish									
SLF052	Anchovy sprats (<i>Stolephorus indicus</i>)	12.83	ND		ND		ND	-	1.12
SLF053	Baby shrimps (<i>karandi spp</i>)	13.79	ND		ND		ND	1.34	1.40
SLF054	Maldives fish (<i>Tuna spp</i>)	22.29	ND		ND		ND	0.41	0.66
SLF055	Marlin, Indo-Pacific Sailfish (<i>Istiophorus platypterus</i>)	9.38	ND		ND		ND	0.64	1.17
SLF056	Queenfish (<i>Seriphus politus</i>)	2.48	ND		ND		ND	0.07	0.94
SLF057	Shark (<i>Carcharhinus falciformis</i>)	10.31	ND		ND		ND	0.90	0.16
SLF058	Skipjack tuna (<i>Katsuwonus pelamis</i>)	14.32	ND		ND		ND	-	0.48
SLF059	Smooth belly sardinella (<i>Amblygaster leiogaster</i>)	12.92	ND		ND		ND	0.01	1.54

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid		Total vitamin	Total Folate
		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	
		mg	mg	mg	mg	mg	μg	
Marine and Brackish Water Fish								
SLF001	Anchovy (<i>Stolephorus indicus</i>)	0.03	0.04	0.91	1.21	0.06	11.70	
SLF002	Asian Seabass (<i>Lates calcarifer</i>)	0.01	0.04	1.54	0.40	0.08	20.79	
SLF003	Barracuda, Pickhandle (<i>Sphyaena jello</i>)	0.05	0.06	2.10	0.44	0.11	7.90	
SLF004	Cat fish (<i>Tachysurus thalassinus</i>)	0.05	0.05	1.38	1.24	0.22	11.36	
SLF005	Cobia (<i>Rachycentron canadum</i>)	0.06	0.04	2.37	0.67	0.09	5.72	
SLF006	Emperor fish, Spangled (<i>Lethrinus nebulosus</i>)	0.12	0.02	2.82	0.29	0.07	8.28	
SLF007	Green chromide (<i>Etroplus suratensis</i>)	0.08	0.05	1.15	0.23	0.09	11.99	
SLF008	Grouper (<i>Epinephelus coioides</i>)	0.06	0.05	2.24	0.22	0.14	11.94	
SLF009	Hairtail fish (<i>Lepturacanthus savala</i>)	0.04	0.03	1.96	0.64	0.08	11.63	
SLF010	Indian mackerel (<i>Rastrelliger kanagurta</i>)	0.07	0.10	2.67	1.35	0.10	7.13	
SLF011	Leatherjacket fish (<i>Aluterus monoceros</i>)	0.06	0.02	3.95	0.18	0.18	7.76	
SLF012	Mahi-mahi (<i>Coryphaena hippurus</i>)	0.06	0.04	4.28	1.13	0.13	5.02	
SLF013	Marlin (<i>Istiompax indica</i>)	0.04	0.04	4.41	0.71	0.12	8.08	
SLF014	Mauve-lip thread-fin bream (<i>Nemipterus mesoprión</i>)	0.04	0.01	1.86	0.32	0.19	13.17	
SLF015	Pomfret, Black (<i>Parastromateus niger</i>)	0.06	0.02	2.35	0.74	0.16	11.32	
SLF016	Rainbow runner (<i>Elagatis bipinnulata</i>)	0.06	0.02	2.19	1.07	0.16	6.77	
SLF017	Ray, Shortfin devil (<i>Mobula kuhlii</i>)	0.04	0.07	2.50	0.45	0.13	13.34	
SLF018	Ray, Stingray (<i>Dasyatis pastinaca</i>)	0.03	0.02	2.74	0.98	0.21	25.59	
SLF019	Sailfish, Indo-Pacific (<i>Istiophorus platypterus</i>)	ND	0.10	0.91	0.27	0.13	78.22	
SLF020	Sardinella, Goldstripe (<i>Sardinella gibbosa</i>)	ND	0.18	5.77	0.14	1.39	60.87	
SLF021	Sardinella, spotted (<i>Amblygaster sirm</i>)	ND	0.14	0.30	0.72	1.66	61.66	
SLF022	Sardinella, White (<i>Sardinella albella</i>)	0.01	0.06	0.91	0.77	0.14	22.66	
SLF023	Scad, mackerel (<i>decapterus macarellus</i>)	ND	0.23	0.77	0.38	0.68	59.78	
SLF024	Scad, yellow-stripe (<i>Selaroides leptolepis</i>)	ND	0.12	2.06	0.46	1.55	157	
SLF025	Seer fish (<i>Scomberomorus commerson</i>)	0.03	0.07	3.46	1.22	0.16	15.45	
SLF026	Shark, great Hammerhead (<i>Sphyrna mokarran</i>)	0.02	0.04	2.72	0.66	0.07	20.06	
SLF027	Shark, Silky (<i>Carcharhinus falciformis</i>)	0.03	0.04	2.68	1.15	0.11	8.57	
SLF028	Swordfish (<i>Xiphias gladius</i>)	0.06	0.05	3.24	0.21	0.07	8.20	
SLF029	Trevally, Blacktip (<i>Carnax heberi</i>)	0.03	0.02	2.86	0.27	0.17	16.12	
SLF030	Trevally, Diamond (<i>Alectis indicus</i>)	0.04	0.03	1.81	1.07	0.07	5.61	

Food code	Food Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic acid (B5)		Total vitamin (B6)		Total Folate (B9)	
		THIA		RIBF		NIA		PANTAC		VITB6C		FOLSUM	
		mg		mg		mg		mg		mg		µg	
SLF031	Trevally, giant (<i>Caranx ignobilis</i>)	0.03		0.06		3.70		1.19		0.18		10.76	
SLF032	Trevally, Bigeye (<i>Caranx sexfasciatus</i>)	0.05		0.04		1.51		0.75		0.15		13.03	
SLF033	Triggerfish (<i>Canthidermis maculanta</i>)	0.03		0.05		4.53		0.68		0.07		13.37	
SLF034	Tuna, Frigate (<i>Auxis thazard</i>)	ND		0.32		3.39		0.62		0.32		69.03	
SLF035	Tuna, Mackerel (<i>Euthynnus affinis</i>)	0.06		0.07		4.73		1.34		0.07		13.74	
SLF036	Tuna, Skipjack (<i>Katsuwonus pelamis</i>)	0.07		0.15		5.04		1.27		0.12		7.89	
SLF037	Tuna, Yellowfin (<i>Thunnus albacares</i>)	ND		0.17		0.43		0.27		0.73		77.39	
SLF038	Wolf-herring (<i>Chirocentrus nudus</i>)	0.13		0.02		0.86		0.61		0.10		14.38	
Marine and Brackish Water Shell Fish													
SLF039	Squid, hardshell (<i>Sopita pharaonis</i>)	0.02		0.02		0.65		1.22		0.04		6.22	
SLF040	Squid, Long barrel (<i>Loligo singhalensis</i>)	0.01		0.03		0.71		0.77		0.12		18.33	
SLF041	Squid, red (<i>Loligo duvaucelii</i>)	0.03		0.02		0.71		0.95		0.10		13.00	
SLF042	Octopus (<i>Octopus vulgaris</i>)	0.05		0.05		1.18		0.94		0.09		20.87	
SLF043	Prawn, green tiger (<i>Penaeus semisulcatus</i>)	0.01		0.03		1.03		1.68		0.10		15.37	
SLF044	Prawn, giant tiger (<i>Penaeus monodon</i>)	0.03		0.03		1.18		1.47		0.11		8.07	
SLF045	Crab, mud (<i>Scylla tranquebarica</i>)	0.06		0.14		0.60		1.30		0.18		13.83	
SLF046	Crab, Three-spot (<i>Portunus sanguinolentus</i>)	0.05		0.06		0.97		1.53		0.12		7.74	
SLF047	Clam, white shell (<i>Meretrix meretrix</i>)	0.06		0.11		0.90		0.97		0.11		9.00	
Fresh Water Fish and Shell Fish													
SLF048	Cat fish, (<i>Heteropneustes fossilis</i>)	0.01		0.07		1.74		1.12		0.11		13.95	
SLF049	Eel (<i>Anguilla bengalensis</i>)	NA		0.31		2.30		1.52		0.11		12.94	
SLF050	Thilapia (<i>Oreochromis niloticus</i>)	0.02		0.18		1.40		0.78		0.18		8.29	
SLF051	Prawn, giant (<i>Macrobrachium rosenbergii</i>)	NA		0.02		1.31		1.74		0.19		18.26	
Dried Fish													
SLF052	Anchovy sprats (<i>Stolephorus indicus</i>)	ND		0.25		5.72		0.63		0.62		438	
SLF053	Baby shrimps (<i>karandi spp</i>)	ND		2.18		3.67		1.52		3.44		520	
SLF054	Maldives fish (<i>Tuna spp</i>)	ND		0.18		3.19		0.31		2.99		352	
SLF055	Marlin, Indo-Pacific Sailfish (<i>Istiophorus platypterus</i>)	ND		0.04		0.11		0.48		0.43		97.80	
SLF056	Queenfish (<i>Seriphus politus</i>)	ND		0.03		1.78		0.65		0.35		80.40	
SLF057	Shark (<i>Carcharhinus falciformis</i>)	ND		0.04		3.27		0.81		0.32		187	
SLF058	Skipjack tuna (<i>Katsuwonus pelamis</i>)	ND		0.12		2.98		1.64		1.98		213	
SLF059	Smooth belly sardinella (<i>Amblygaster leiogaster</i>)	ND		0.13		2.18		0.40		2.41		144	

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	mg	mg	mg	mg
	Marine and Brackish Water Fish					
SLF001	Anchovy (<i>Stolephorus indicus</i>)	36.60	246	53.00	212	270
SLF002	Asian Seabass (<i>Lates calcarifer</i>)	8.84	188	24.16	63.68	355
SLF003	Barracuda, Pickhandle (<i>Sphyaena jello</i>)	11.42	251	29.90	38.73	453
SLF004	Cat fish (<i>Tachysurus thalassinus</i>)	5.54	252	25.69	35.82	429
SLF005	Cobia (<i>Rachycentron canadum</i>)	6.55	219	24.71	51.41	343
SLF006	Emperor fish, Spangled (<i>Lethrinus nebulosus</i>)	6.65	249	31.12	30.53	467
SLF007	Green chromide (<i>Etroplus suratensis</i>)	11.73	192	28.49	23.72	452
SLF008	Grouper (<i>Epinephelus coioides</i>)	10.66	177	22.87	40.14	279
SLF009	Hairtail fish (<i>Lepturacanthus savala</i>)	16.53	170	29.87	82.65	263
SLF010	Indian mackerel (<i>Rastrelliger kanagurta</i>)	31.27	231	37.46	83.01	309
SLF011	Leatherjacket fish (<i>Aluterus monoceros</i>)	10.22	203	25.85	37.12	306
SLF012	Mahi-mahi (<i>Coryphaena hippurus</i>)	9.32	258	32.27	36.20	439
SLF013	Marlin (<i>Istiompax indica</i>)	7.20	268	30.08	61.96	365
SLF014	Mauve-lip thread (<i>Nemipterus mesoprion</i>)	8.62	207	26.23	36.06	390
SLF015	Pomfret, Black (<i>Parastromateus niger</i>)	11.32	245	34.38	44.86	470
SLF016	Rainbow runner (<i>Elagatis bipinnulata</i>)	8.17	252	31.68	37.60	406
SLF017	Ray, Shortfin devil (<i>Mobula kuhlii</i>)	11.02	231	28.46	59.03	387
SLF018	Ray, Stingray (<i>Dasyatis pastinaca</i>)	9.16	174	24.61	64.14	270
SLF019	Sailfish, Indo-Pacific (<i>Istiophorus platypterus</i>)	7.64	154	24.89	66.56	282
SLF020	Sardinella, Goldstripe (<i>Sardinella gibbosa</i>)	435	97.39	42.83	86.65	284
SLF021	Sardinella, spotted (<i>Amblygaster sirm</i>)	103	106	35.45	52.57	155
SLF022	Sardinella, White (<i>Sardinella albella</i>)	42.26	191	24.39	38.49	228
SLF023	Scad, mackerel (<i>decapterus macarellus</i>)	155	240	33.29	71.73	160
SLF024	Scad, yellow-stripe (<i>Selaroides leptolepis</i>)	193	225	30.74	65.90	236
SLF025	Seer fish (<i>Scomberomorus commerson</i>)	9.85	302	36.73	34.85	473
SLF026	Shark, great Hammerhead (<i>Sphyrna mokarran</i>)	7.92	200	25.11	53.55	304
SLF027	Shark, Silky (<i>Carcharhinus falciformis</i>)	8.44	263	32.58	63.63	372
SLF028	Swordfish (<i>Xiphias gladius</i>)	12.08	255	26.38	66.21	306
SLF029	Trevally, Blacktip (<i>Carnax heberi</i>)	13.52	284	27.59	45.22	384
SLF030	Trevally, Diamond (<i>Alectis indicus</i>)	9.04	252	32.36	59.57	432

Food code	Food Name	Calcium		Phosphorus		Magnesium		Sodium		Potassium	
		CA		P		MG		NA		K	
		mg		mg		mg		mg		mg	
SLF031	Trevally, giant (<i>Caranx ignobilis</i>)	6.03		246		27.53		22.33		379	
SLF032	Trevally, Bigeye (<i>Caranx sexfasciatus</i>)	7.21		235		26.33		49.51		384	
SLF033	Triggerfish (<i>Canthidermis maculanta</i>)	9.83		256		28.98		33.87		490	
SLF034	Tuna, Frigate (<i>Auxis thazard</i>)	43.38		211		30.89		85.82		319	
SLF035	Tuna, Mackerel (<i>Euthynnus affinis</i>)	9.82		292		35.85		52.89		357	
SLF036	Tuna, Skipjack (<i>Katsuwonus pelamis</i>)	6.45		209		26.02		22.60		273	
SLF037	Tuna, Yellowfin (<i>Thunnus albacares</i>)	13.35		234		33.82		80.38		222	
SLF038	Wolf-herring (<i>Chirocentrus nudus</i>)	37.06		229		39.05		91.91		365	
Marine and Brackish Water Shell Fish											
SLF039	Squid, hardshell (<i>Sopha pharaonis</i>)	8.73		173		35.46		99.14		116	
SLF040	Squid, Long barrel (<i>Loligo singhalensis</i>)	36.46		151		38.53		154		134	
SLF041	Squid, red (<i>Loligo duvaucelii</i>)	14.15		167		35.74		121		134	
SLF042	Octopus (<i>Octopus vulgaris</i>)	22.10		131		50.92		230		181	
SLF043	Prawn, green tiger (<i>Penaeus semisulcatus</i>)	37.81		189		45.93		188		141	
SLF044	Prawn, giant tiger (<i>Penaeus monodon</i>)	71.89		191		30.50		61.05		140	
SLF045	Crab, mud (<i>Scylla tranquebarica</i>)	201		153		46.92		305		227	
SLF046	Crab, Three-spot (<i>Portunus sanguinolentus</i>)	333		193		80.04		313		252	
SLF047	Clam, white shell (<i>Meretrix meretrix</i>)	50.00		192		86.64		404		245	
Fresh Water Fish and Shell Fish											
SLF048	Cat fish, (<i>Heteropneustes fossilis</i>)	21.99		157		18.78		29.29		250	
SLF049	Eel (<i>Anguilla bengalensis</i>)	52.99		361		42.50		88.67		450	
SLF050	Thilapia (<i>Oreochromis niloticus</i>)	99.39		184		24.96		52.55		255	
SLF051	Prawn, giant (<i>Macrobrachium rosenbergii</i>)	48.55		237		39.25		849		269	
Dried Fish											
SLF052	Anchovy sprats (<i>Stolephorus indicus</i>)	1178		419		162		10921		694	
SLF053	Baby shrimps (<i>karandi spp</i>)	1978		532		319		9146		1024	
SLF054	Maldives fish (<i>Tuna spp</i>)	51.12		461		133		10612		804	
SLF055	Marlin, Indo-Pacific Sailfish (<i>Istiophorus platypterus</i>)	62.75		179		110		13730		743	
SLF056	Queenfish (<i>Seriphus politus</i>)	86.55		162		92.17		13679		817	
SLF057	Shark (<i>Carcharhinus falciformis</i>)	42.24		146		92.94		10585		837	
SLF058	Skipjack tuna (<i>Katsuwonus pelamis</i>)	83.48		185		83.45		7909		765	
SLF059	Smooth belly sardinella (<i>Amblygaster leiogaster</i>)	555		580		166		13018		787	

Food code	Food Name	Manganese																Copper																Zinc																Selenium																Cobalt																Molybdenum																Chromium																Nickel																Lithium																Aluminium																Lead																Mercury																Cadmium																Arsenic																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
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Table 6. AMINO ACIDS

(All values are expressed per 100g of protein)

Food code	Food Name	Marine and Brackish Water Fish																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
		Aspartic Acid				Threonine				Serine				Glutamic Acid				Proline				Glycine				Alanine				Cysteine				Valine				Methionine				Isoleucine				Leucine				Tyrosine				Phenylalanine				Histidine				Lysine				Arginine																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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Food code	Food Name	Tryptophan			Aspartic Acid			Threonine			Serine			Glutamic Acid			Proline			Glycine			Alanine			Cysteine			Valine			Methionine			Isoleucine			Leucine			Tyrosine			Phenylalanine			Histidine			Lysine			Arginine																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
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Table 7. FATTY ACIDS AND CHOLESTEROL

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids						
		Marine and Brackish Water Fish																
		Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)			
FASAT		F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C	F20D1	F22D1	F24D1C			
mg		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLF001	Anchovy (<i>Stolephorus indicus</i>)	-	14.33	4.16	178	51.19	-	-	-	50.36	20.17	28.58	-	-	-	-	-	1.61
SLF002	Asian Seabass (<i>Lates calcarifer</i>)	86.40	1.82	-	56.47	22.78	-	-	-	53.27	16.28	36.98	-	-	-	-	-	-
SLF003	Barracuda, Pickhandle (<i>Sphyræna jello</i>)	677	-	99.11	411	145	8.58	2.62	-	369	126	219	7.66	1.07	14.41	-	-	-
SLF004	Cat fish (<i>Tachysurus thalassinus</i>)	792	-	39.00	485	249	6.85	-	-	430	86.44	327	16.84	-	-	-	-	-
SLF005	Cobia (<i>Rachycentron canadum</i>)	654	-	60.90	392	182	6.68	1.08	-	352	87.08	249	10.42	0.63	4.88	-	-	-
SLF006	Emperor fish, Spangled (<i>Lethrinus nebulosus</i>)	837	1.05	61.34	559	191	7.98	6.24	-	519	91.30	415	9.74	-	3.33	-	-	-
SLF007	Green chromide (<i>Etroplus suratensis</i>)	577	-	42.45	355	158	4.47	3.22	-	290	69.74	207	13.41	-	-	-	-	-
SLF008	Grouper (<i>Epinephelus coioides</i>)	455	-	37.86	267	133	4.99	3.44	-	250	57.29	182	7.24	-	2.76	-	-	-
SLF009	Hairtail fish (<i>Lepturacanthus savala</i>)	1959	-	214	35.05	451	17.67	9.97	6.56	857	248	564	21.14	4.83	18.76	-	-	-
SLF010	Indian mackerel (<i>Rastrelliger kanagurta</i>)	604	-	48.67	351	180	7.34	4.24	3.17	216	78.69	123	6.76	2.64	4.78	-	-	-
SLF011	Leatherjacket fish (<i>Aluterus monoceros</i>)	199	-	5.76	130	63.46	-	-	-	74.51	7.31	67.20	-	-	-	-	-	-
SLF012	Mahi-mahi (<i>Coryphaena hippurus</i>)	441	-	34.95	259	136	2.86	-	-	198	50.32	143	4.66	-	-	-	-	-
SLF013	Marlin (<i>Istiompax indica</i>)	150	-	5.94	89.37	51.87	1.84	-	-	55.25	9.19	44.24	1.81	-	-	-	-	-
SLF014	Mauve-lip thread Fin bream (<i>Nemipterus mesoprión</i>)	1611	-	152	23.58	469	17.05	12.93	-	818	154	602	34.85	-	27.45	-	-	-
SLF015	Pomfret, Black (<i>Parastromateus niger</i>)	755	-	46.21	479	197	9.56	5.53	-	288	56.73	199	18.37	6.90	6.69	-	-	-
SLF016	Rainbow runner (<i>Elagatis bipinnulata</i>)	229	-	11.18	148	64.54	1.77	0.65	0.62	104	18.24	81.83	2.28	0.34	0.88	-	-	-
SLF017	Ray, Shortfin devil (<i>Mobula kuhlii</i>)	169	-	3.27	96.98	60.88	-	-	-	67.62	6.93	55.16	5.53	-	-	-	-	-
SLF018	Ray, Stingray (<i>Dasyatis pastinaca</i>)	289	-	10.96	150	129	-	-	-	173	14.47	159	-	-	-	-	-	-
SLF019	Sailfish, Indo-Pacific (<i>Istiophorus platypterus</i>)	1166	2.57	104	694	326	7.00	9.15	3.61	684	87.01	402	13.73	104	73.62	-	-	-
SLF020	Sardinella, Goldstripe (<i>Sardinella gibbosa</i>)	1346	3.70	300	769	200	23.44	7.70	7.82	544	262	133	8.57	5.89	130	-	-	-
SLF021	Sardinella, spotted (<i>Amblygaster sirm</i>)	1124	4.36	98.00	661	311	9.46	2.66	5.47	310	97.27	-	9.55	3.84	88.52	-	-	-
SLF022	Sardinella, White (<i>Sardinella albella</i>)	1250	-	215	765	246	15.52	7.79	-	630	289	327	13.37	-	-	-	-	-
SLF023	Scad, mackerel (<i>decapterus macarellus</i>)	1254	-	90.82	694	396	14.91	15.93	10.84	674	82.21	358	8.36	90.97	134	-	-	-
SLF024	Scad, yellow-stripe (<i>Selaroides leptolepis</i>)	1131	4.22	96.17	647	325	11.22	17.38	7.73	565	111	157	2.00	93.06	198	-	-	-
SLF025	Seer fish (<i>Scomberomorus commerson</i>)	2229	-	325	1352	464	28.87	17.73	7.74	1078	431	603	26.17	6.59	12.16	-	-	-

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids					
		Saturated Fatty Acids										Mono Unsaturated Fatty Acids					
		Total	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	
FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C	F20D1	F22D1	F24D1			
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLF026	Shark, Great Hammerhead (<i>Sphyrna mokarran</i>)	264	-	7.35	-	143	110	-	4.35	-	103	15.15	88.26	-	-	-	
SLF027	Shark, Silky (<i>Carcharhinus falciformis</i>)	275	-	21.83	2.34	156	94.89	-	-	-	126	35.41	83.76	6.85	-	-	
SLF028	Swordfish (<i>Xiphias gladius</i>)	363	-	39.39	5.47	235	73.36	6.43	3.36	-	184	27.21	130	16.28	6.73	3.72	
SLF029	Trevally, Blacktip (<i>Carnax heberi</i>)	720	-	63.05	13.28	413	216	8.38	6.03	-	276	70.25	190	8.06	-	7.16	
SLF030	Trevally, Diamond (<i>Alectis indicus</i>)	479	-	20.27	24.65	291	137	3.57	2.50	-	234	46.51	175	9.30	1.52	1.62	
SLF031	Trevally, giant (<i>Caranx ignobilis</i>)	3317	-	352	47.55	2069	767	39.77	19.60	21.07	1876	495	1295	41.15	13.30	30.89	
SLF032	Trevally, Bigeye (<i>Caranx sexfasciatus</i>)	603	-	29.59	9.57	338	213	7.45	2.44	2.58	259	41.23	199	9.95	-	8.93	
SLF033	Triggerfish (<i>Canthidermis maculanta</i>)	169	-	3.51	2.88	95.50	67.48	-	-	-	83.65	6.50	77.16	-	-	-	
SLF034	Tuna, Frigate (<i>Auxis thazard</i>)	1704	8.45	159	48.21	983	458	20.50	18.29	8.41	824	138	508	19.14	62.28	96.48	
SLF035	Tuna, Mackerel (<i>Euthynnus affinis</i>)	660	-	53.12	11.08	399	184	8.50	3.75	-	300	76.97	207	8.72	1.69	5.46	
SLF036	Tuna, Skipjack (<i>Katsuwonus pelamis</i>)	424	-	30.58	8.29	243	137	5.87	-	-	168	35.30	133	-	-	-	
SLF037	Tuna, Yellowfin (<i>Thunnus albacares</i>)	907	-	44.18	14.93	536	285	8.87	11.36	5.99	629	56.83	383	9.09	92.38	82.28	
SLF038	Wolf-herring (<i>Chirocentrus nudus</i>)	403	-	33.97	7.72	262	96.64	3.31	-	-	107	29.78	73.60	3.48	-	-	
Marine and Brackish Water Shell Fish																	
SLF039	Squid, hardshell (<i>Sopia pharaonis</i>)	227	-	12.75	3.64	135	74.11	1.60	-	-	61.67	13.13	37.90	10.63	-	-	
SLF040	Squid, Long barrel (<i>Loligo singhalensis</i>)	304	-	15.78	-	182	106	-	-	-	62.57	6.79	37.64	18.13	-	-	
SLF041	Squid, red (<i>Loligo duvaucelii</i>)	448	-	31.31	6.46	323	87.45	-	-	-	83.36	12.49	61.11	9.77	-	-	
SLF042	Octopus (<i>Octopus vulgaris</i>)	325	-	17.36	-	173	135	-	-	-	69.95	23.57	46.38	-	-	-	
SLF043	Prawn, green tiger (<i>Penaeus semisulcatus</i>)	121	-	7.19	3.11	65.63	43.57	1.20	-	-	76.53	25.87	48.27	2.40	-	-	
SLF044	Prawn, giant tiger (<i>Penaeus monodon</i>)	177	-	5.20	5.31	94.05	72.64	-	-	-	88.30	24.59	58.66	5.05	-	-	
SLF045	Crab, mud (<i>Scylla tranquebarica</i>)	95.11	-	4.36	-	52.71	38.05	-	-	-	66.63	17.87	48.75	-	-	-	
SLF046	Crab, Three-spot (<i>Portunus sanguinolentus</i>)	129	-	5.70	1.01	63.49	57.40	0.99	-	-	64.32	20.35	41.99	-	-	1.99	
SLF047	Clam, white shell (<i>Meretrix meretrix</i>)	441	-	36.15	10.27	256	132	5.94	-	-	127	52.47	60.30	14.05	-	-	
Fresh Water Fish and Shell Fish																	
SLF048	Cat fish, (<i>Heteropneustes fossilis</i>)	2182	28.88	177	-	1554	395	16.30	11.03	-	2055	538	1428	88.89	-	-	
SLF049	Eel (<i>Anguilla bengalensis</i>)	981	8.87	94.91	-	640	217	14.44	5.84	-	733	204	493	35.62	-	-	
SLF050	Thilapia (<i>Oreochromis niloticus</i>)	413	-	61.56	-	270	76.21	4.72	-	-	254	113	134	7.52	-	-	
SLF051	Prawn, giant (<i>Macrobrachium rosenbergii</i>)	86.86	-	4.50	-	53.55	28.81	-	-	-	56.77	14.59	39.93	2.25	-	-	

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids					
		Total										Total					
		Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)			Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0		FAMS	F16D1C	F18D1C	F20D1	F22D1	F24D1C
		mg	mg	mg	mg	mg	mg	mg	mg	mg		mg	mg	mg	mg	mg	mg
Dried Fish																	
SLF052	Anchovy sprats (<i>Stolephorus indicus</i>)	2497	-	290	76.04	1572	479	41.81	16.07	21.30		1164	278	315	16.09	178	361
SLF053	Baby shrimps (<i>karandi spp</i>)	2061	14.96	192	48.51	1282	407	53.60	46.14	15.70		976	419	292	8.93	72.62	177
SLF054	Maldives fish (<i>Tuna spp</i>)	2713	24.83	227	61.39	1615	702	40.10	25.83	16.08		1537	255	842	21.57	163	240
SLF055	Marlin, Indo-Pacific Sailfish (<i>Istiophorus platypterus</i>)	1846	-	171	34.54	1118	490	18.55	9.91	3.59		1469	169	917	71.68	156	148
SLF056	Queenfish (<i>Seriphus politus</i>)	1292	-	114	21.31	784	333	19.26	12.57	-		731	148	393	6.19	79.78	89.88
SLF057	Shark (<i>Carcharhinus falciformis</i>)	1157	-	12.49	5.47	422	701	7.13	8.29	-		830	14.17	404	31.34	321	50.63
SLF058	Skipjack tuna (<i>Katsuwonus pelamis</i>)	1767	-	75.28	43.50	986	604	26.77	20.45	10.18		657	40.54	449	16.53	82.90	59.01
SLF059	Smooth belly sardinella (<i>Amblygaster leiogaster</i>)	2068	12.77	328	52.73	1182	410	54.06	14.23	13.44		680	250	171	4.53	82.84	156

Food Code	Food Name	Poly Unsaturated Fatty Acids														Cholesterol
Total																Docosahexaenoic (C22:6n3)
FAPU	F18D2CN6	F18D3N3	F20D2	F20D3N6	F20D4N6	F20D5N3	F22D2	F22D5N3	F22:6n3					CHOLC		
mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg		
Marine and Brackish Water Fish																
SLF001	Anchovy (<i>Stolephorus indicus</i>)	290	7.13	-	-	-	26.26	60.00	-	10.15	187	-	-	29.56		
SLF002	Asian Seabass (<i>Lates calcarifer</i>)	57.36	9.67	-	4.12	2.69	20.38	5.74	-	-	14.76	-	-	18.99		
SLF003	Barracuda, Pickhandle (<i>Sphyraena jello</i>)	431	11.86	-	1.62	3.56	47.67	116	-	43.52	207	-	-	30.50		
SLF004	Cat fish (<i>Tachysurus thalassinus</i>)	619	22.11	-	7.03	-	133	75.24	-	61.60	320	-	-	18.36		
SLF005	Cobia (<i>Rachycentron canadum</i>)	422	23.29	-	4.23	0.63	74.42	76.10	-	39.35	204	-	-	30.39		
SLF006	Emperor fish, Spangled (<i>Lethrinus nebulosus</i>)	294	17.71	-	4.64	-	41.76	35.89	-	27.75	166	-	-	19.98		
SLF007	Green chromide (<i>Etroplus surattensis</i>)	274	52.96	-	6.76	-	40.90	26.57	-	46.90	100	-	-	15.62		
SLF008	Grouper (<i>Epinephelus coioides</i>)	275	11.88	3.50	3.52	2.05	53.08	40.36	2.06	29.63	129	-	-	20.59		
SLF009	Hairtail fish (<i>Lepturacanthus savala</i>)	1185	56.78	-	5.36	4.81	116	220	-	161	620	-	-	54.63		
SLF010	Indian mackerel (<i>Rastrelliger kanagurta</i>)	470	28.10	-	1.25	7.56	54.37	72.72	-	47.11	259	-	-	46.48		
SLF011	Leatherjacket fish (<i>Aluterus monoceros</i>)	208	17.09	-	-	-	36.64	16.28	-	8.92	129	-	-	10.84		
SLF012	Mahi-mahi (<i>Coryphaena hippurus</i>)	456	14.55	-	1.31	1.03	65.13	63.93	-	35.03	275	-	-	13.53		
SLF013	Marlin (<i>Istiompax indica</i>)	179	7.49	-	0.30	0.31	31.36	17.03	-	8.59	114	-	-	21.72		
SLF014	Mauve-lip thread fin bream (<i>Nemipterus mesoprion</i>)	1342	71.26	-	12.12	13.25	259	116	-	130	740	-	-	19.88		
SLF015	Pomfret, Black (<i>Parastromateus niger</i>)	490	19.37	-	4.26	2.66	90.30	77.61	-	70.40	226	-	-	21.97		
SLF016	Rainbow runner (<i>Elagatis bipinnulata</i>)	179	10.42	-	0.48	0.51	19.95	20.13	-	8.79	118	-	-	22.64		
SLF017	Ray, Shortfin devil (<i>Mobula kuhlii</i>)	143	10.33	-	4.08	-	40.10	4.34	-	10.67	73.54	-	-	15.01		
SLF018	Ray, Stingray (<i>Dasyatis pastinaca</i>)	174	38.98	-	-	-	39.38	20.07	-	-	75.62	-	-	62.47		
SLF019	Sailfish, Indo-Pacific (<i>Istiophorus platypterus</i>)	741	32.27	3.05	8.62	-	5.73	70.19	-	76.81	544	-	-	5.75		
SLF020	Sardinella, Goldstripe (<i>Sardinella gibbosa</i>)	256	30.34	23.31	3.91	-	37.67	6.44	-	19.09	135	-	-	53.19		
SLF021	Sardinella, spotted (<i>Amblygaster sirm</i>)	528	47.34	22.67	4.86	-	37.49	5.71	-	19.40	390	-	-	12.57		
SLF022	Sardinella, White (<i>Sardinella albella</i>)	770	42.33	-	16.50	8.29	88.19	297	-	-	317	-	-	49.12		
SLF023	Scad, mackerel (<i>decapterus macarellus</i>)	1104	60.37	9.50	14.71	-	10.36	86.91	-	113	809	-	-	31.32		
SLF024	Scad, yellow-stripe (<i>Selaroides leptolepis</i>)	707	28.34	9.35	5.80	-	2.90	74.43	-	42.97	543	-	-	35.25		
SLF025	Seer fish (<i>Scomberomorus commerson</i>)	1384	59.97	-	9.87	11.94	140	422	-	115	626	-	-	67.71		
SLF026	Shark, great Hammerhead (<i>Sphyrna mokarran</i>)	232	11.86	-	-	-	48.70	23.08	-	-	148	-	-	55.81		
SLF027	Shark, Silky (<i>Carcharhinus falciformis</i>)	230	6.05	-	3.39	-	34.77	35.47	-	28.68	121	-	-	24.40		
SLF028	Swordfish (<i>Xiphias gladius</i>)	134	3.95	-	1.30	0.89	16.88	24.11	-	25.23	61.55	-	-	27.59		
SLF029	Trevally, Blacktip (<i>Carnax heberi</i>)	578	22.66	-	5.06	3.00	77.56	80.85	-	38.83	350	-	-	23.29		
SLF030	Trevally, Diamond (<i>Alectis indicus</i>)	329	7.57	-	2.11	1.12	56.43	39.73	-	29.33	193	-	-	18.56		

Food Code	Food Name	Poly Unsaturated Fatty Acids												Cholesterol			
		Linoleic (C18:2n6)		A-Linolenic (C18:3n3)		Eicosadienoic (C20:2)		Eicosatrienoic (C20:3n6)		Arachidonic (C20:4n6)		Eicosapentaenoic (C20:5n3)			Docosadienoic (C22:2)		Docosapentaenoic (C22:5n3)
Total	FAPU	F18D2CN6	F18D3N3	F20D2	F20D3N6	F20D4N6	F20D5N3	F22D2	F22D5N3	F22:6n3	CHOLC						
		mg		mg		mg		mg		mg		mg					
SLF031	Trevally, giant (<i>Caranx ignobilis</i>)	1746	80.54	-	14.64	18.12	204	398	-	197	834	64.34					
SLF032	Trevally, Bigeye (<i>Caranx sexfasciatus</i>)	487	18.28	-	2.29	-	61.54	39.57	-	55.82	310	16.06					
SLF033	Triggerfish (<i>Canthidermis maculanta</i>)	248	8.70	-	-	-	68.29	26.69	-	12.24	132	9.65					
SLF034	Tuna, Frigate (<i>Auxis thazard</i>)	510	58.92	5.77	14.29	-	5.50	36.26	-	52.42	336	35.41					
SLF035	Tuna, Mackerel (<i>Euthynnus affinis</i>)	575	23.05	-	4.76	1.98	69.44	90.61	-	40.23	345	46.10					
SLF036	Tuna, Skipjack (<i>Katsuwonus pelamis</i>)	306	25.61	-	-	-	37.61	40.39	-	11.68	191	64.06					
SLF037	Tuna, Yellowfin (<i>Thunnus albacares</i>)	754	37.65	4.60	9.69	-	6.02	46.47	-	79.36	571	24.36					
SLF038	Wolf-herring (<i>Chirocentrus nudus</i>)	336	16.91	-	-	-	33.28	38.19	-	14.57	233	15.60					
Marine and Brackish Water Shell Fish																	
SLF039	Squid, hardshell (<i>Sopia pharaonis</i>)	303	3.25	-	2.32	-	57.49	48.52	-	14.05	178	60.32					
SLF040	Squid, Long barrel (<i>Loligo singhalensis</i>)	441	8.22	-	-	-	67.70	95.50	-	-	269	324					
SLF041	Squid, red (<i>Loligo duvaucelii</i>)	545	17.81	-	1.87	-	72.08	82.28	-	29.27	342	126					
SLF042	Octopus (<i>Octopus vulgaris</i>)	383	9.32	-	-	-	121	72.24	-	-	181	118					
SLF043	Prawn, green tiger (<i>Penaeus semisulcatus</i>)	101	12.55	-	2.04	0.99	22.95	19.83	-	6.63	35.72	70.80					
SLF044	Prawn, giant tiger (<i>Penaeus monodon</i>)	204	20.99	-	-	-	54.81	69.78	-	8.28	50.40	19.47					
SLF045	Crab, mud (<i>Scylla tranquebarica</i>)	129	11.56	-	3.26	-	35.64	41.52	-	5.53	31.76	7.10					
SLF046	Crab, Three-spot (<i>Portunus sanguinolentus</i>)	146	5.83	-	2.42	1.26	31.72	30.35	-	6.97	67.91	23.18					
SLF047	Clam, white shell (<i>Meretrix meretrix</i>)	418	16.94	-	29.48	-	47.16	85.90	-	21.13	217	23.98					
Fresh Water Fish and Shell Fish																	
SLF048	Cat fish, (<i>Heteropneustes fossilis</i>)	978	458	-	132	51.98	80.31	78.77	36.82	-	140	84.01					
SLF049	Eel (<i>Anguilla bengalensis</i>)	600	190	-	90.12	24.90	137	17.91	20.95	-	119	58.64					
SLF050	Thilapia (<i>Oreochromis niloticus</i>)	199	49.44	-	32.45	7.95	35.03	14.76	-	-	59.16	26.36					
SLF051	Prawn, giant (<i>Macrobrachium rosenbergii</i>)	94.61	17.75	-	3.91	-	17.87	27.14	-	-	27.94	87.28					
Dried Fish																	
SLF052	Anchovy sprats (<i>Stolephorus indicus</i>)	1667	131	52.08	15.43	-	8.01	57.94	-	108	1294	171					
SLF053	Baby shrimps (<i>karandi spp</i>)	324	115	27.72	8.11	-	4.79	9.27	-	9.61	149	306					
SLF054	Maldives fish (<i>Tuna spp</i>)	1379	83.04	24.32	19.00	-	5.01	89.17	-	115	1044	98.44					
SLF055	Marlin, Indo-Pacific Sailfish (<i>istiophorus platypterus</i>)	1157	62.55	10.02	12.16	-	4.91	110	-	93.42	864	93.76					
SLF056	Queenfish (<i>Seriphus politus</i>)	636	29.61	9.77	3.98	-	2.58	67.42	-	48.21	475	75.58					
SLF057	Shark (<i>Carcharhinus falciformis</i>)	852	22.22	-	10.91	-	-	108	-	96.81	615	39.82					
SLF058	Skipjack tuna (<i>Katsuwonus pelamis</i>)	604	61.73	7.96	15.91	-	4.46	24.24	-	83.31	407	77.14					
SLF059	Smooth belly sardinella (<i>Amblygaster leiogaster</i>)	788	66.55	34.44	7.32	-	0.99	43.57	-	46.66	589	119					