

## 1. ROHU (*Labeo rohita*):

### CLASSIFICATION OF LABEO ROHITA : ROHU

Phylum :- CHORDATA ( Notochord and dorsal tubular nerve cord present and gill-slits present).

Group :- CRANIATA ( Cranium with brain present ).

Subphylum :- VERTEBRATA (Vertebral column present ).

Division :- GNATHOSTOMATA ( Jaws and paired appendages present ).

Super class :- PISCES (Paired fins , gills and skin with scales)

Class :- OSTEICHTHYES ( Bony fishes ).

SUB-CLASS :- ACTINOPTERYGII ( Ray finned fish ).

SUPER ORDER :- TELEOSTEI ( Bony fish proper).

Order :- CYPRINIFORMES ( Anterior vertebrae fused. Weberian ossicles present between air bladder and ear).

GENUS :- Labeo

SPECIES :- rohita

## GENERAL CHARACTERISTICS OF LABEO ROHITA : ROHU

Labeo Rohita is commonly known as carp and Rohu in Hindi.

Body compressed, fusiform, about 1 metre in length and weighing about 4 kg.

Colour of the body is bluish or brownish on back and silvery white below. Body covered with large overlapping cycloid scales. Scales are of taxonomic importance.

Body is regionated into head, trunk and tail.

Head is depressed and is produced into a short, obtuse and blunt snout. It bears a subterminal fringe-lipped mouth bounded by fleshy upper and lower lips. It also contains paired nostrils and paired eyes.

- A pair of filamentous barbels arises from upper lip. Small tubercles cover the snout, which is oblong, depressed, swollen and projecting beyond the jaws.

- Large operculum hangs on either side enclosing gills and branchial chamber.

Lateral line is distinct. Scales overlying the lateral line are perforated by tubes of the lateral line system. Scales are of taxonomic value. Scales are flat, bony with rounded edges and are called as cycloid scales. These overlap and form a complete covering.

Dorsal, anal, caudal, paired pectoral and anal fin with soft fin rays present. Caudal fin forked into equal lobes.

Weberian apparatus present between bladder and inner ear. Kidneys are mesonephric.

### **Rohu (*Labeo rohita*)**



#### NUTRITIONAL VALUE OF ROHU:

S.No	Nutritional levels in Rohu Fish per 100 g	Levels
1	Protein	12 – 15 g
2	Iron	2 – 2.3 mg
3	Vitamin A	4 - 4.8 IU
4	Vitamin D	3 - 37.5IU
5	Vitamin E	0.2 - 0.6IU
6	Total Fats	2 – 3.2 g
7	Phosphorous	110-120 mg
8	Sodium	180 – 200 mg

Rohu fish or labeo rohita is a hidden gem among all fishes.

Rohu is enriched with a handsome amount of protein. Packed with Omega 3 fatty acids and vitamins A, B, and C. You should eat Rohu at least once a week.

## **Health benefits of rohu fish:**

### **Prevents Cough and Cold**

The presence of a high amount of Vitamin C in rohu fish helps prevent cough, cold and nausea type of chronic diseases.

### **Body Building and Growth**

Rohu fish contain a very high amount of protein. This protein helps in the overall growth and muscle building of the body. Children and aged people both can consume rohu fish because of protein.

### **No Fat**

The fat content in rohu fish is shallow. As a result, it is an excellent option for people into bodybuilding, fitness and diet. No fat, but high protein is a fantastic combination.

### **Presence of omega 3 fatty acid**

Rohu fish contains omega 3 fatty acid that is highly essential for the heart. Omega 3 fatty acids nourish and keep the heart-healthy.

### **Improves Brain**

It also helps in increasing the intelligence factor of your brain. An outstanding balance has been proven between fish and brain because it directly plays a significant role in increasing the activeness of your brain.

### **Treatment Of Cancer**

Cancer, the most common disease recently, can be prevented by consuming rohu fish. The antioxidants found in rohu fish helps in fighting against cancer in the human body.

### **Skin Treatment**

Rohu fish acts as an anti-ageing factor, keeps your skin healthy and nourished. Rohu also plays like a vital shield against sun rays that makes your skin dull.

### **Improves Vision**

The presence of Vitamin A in rohu fish helps in developing eyesight. We already know how Vitamin A plays a vital role in maintaining your vision. Rohu fish also plays a significant role in preventing night blindness in human beings.

## Benefit in Pregnancy

In pregnancy, rohu fish is a great choice. Unlike other fishes, rohu fish does not contain mercury. Mercury is a substance that should not be taken even in a small amount during pregnancy. But rohu fish do not contain mercury. So it is the best choice of fish during pregnancy since it contains iron, zinc, protein, magnesium and a high amount of vitamins and minerals, which is highly recommended during pregnancy.

## ROHU FISH IN SHADNAGAR AND JADCHERLA:



## GENERAL CHARACTERISTICS OF CATLA FISH:

- Body of the catla fish is usually short.
  - Head is comparatively bigger than their body.
  - Mouth is wide and curved to up.
  - The upper lip is thin but lower lip is thick.
  - The back is more convex than their belly.
  - Upper side of their body is dark gray colored and side part is silver colored.
- Catla is a fish with large and broad head, a large protruding lower jaw and upturned mouth.
- It has large, greyish scales on dorsal side and whitish on belly.
  - Catla is a surface feeder.
  - Adults feed on zooplankton but young ones on both zooplankton and phytoplankton.
  - Catla attains sexual maturity at an average age of two years and an average weight of 2 kg.
  - Egg laying capacity of per kg of catla is 1-1.50 lakh.
  - Breeding season is June- July.
  - Commonly called as catla in most part of the country.



CATLA CATLA FISH IN LOCAL MARKET

## 2. Bocha (Catla catla):

Catla, also known as the major South Asian carp, is an economically important South Asian freshwater fish in the carp family Cyprinidae. It is native to rivers and lakes in northern India, Bangladesh, Myanmar, Nepal, and Pakistan, but has also been introduced elsewhere in South Asia and is commonly farmed.

### CLASSIFICATION OF CATLA CATLA:

Classification of Catla fish described below

- Kingdom - Animalia
- Phylum - Chordata
- Class - Actinopterygii
- Order - Cypriniformes
- Family - Cyprinidae
- Genus - Catla
- Species - C. catla

**NUTRITIONAL VALUE OF CATLA FISH :**

**Katla Nutritional Value per 100 grams**

<b>Nutrient</b>	<b>Value</b>
Protein	23 grams
Omega 3	902 mg
Omega 6	663 mg
Cholesterol	84 mg
Sodium	63 mg
Potassium	427 mg
Calcium	52 mg
Vitamin A	32 I.U. (1% of daily intake)
Vitamin B <sub>6</sub>	0.2 mg (12% of daily intake)
Vitamin B <sub>12</sub>	1.5 mcg (24% of daily intake)
Vitamin C	1.6 mg (9% of daily intake)
Total Calories	162



## HEALTH BENEFITS OF CATLA FISH:

Catla is known to offer a range of health benefits. Here are health benefits of freshwater Catla:-

It has Omega 6 to Omega 3 fatty acids. It contains Niacin or Vitamin B3 as well.

Freshwater Fish Catla is believed to help remove cholesterol deposits.

Catla contains low cholesterol levels.

It has a low-fat content. It is rich in numerous nutrients such as zinc, potassium, iodine, vitamins, selenium, and Vitamin A.

Omega-3 fatty acids are said to keep our skin healthy and help prevent skin problems such as psoriasis and eczema.

Freshwater Fish Catla has been known to lower the symptoms of rheumatoid arthritis.

The Omega-3 fatty acids are known to help keep our eyes healthy.

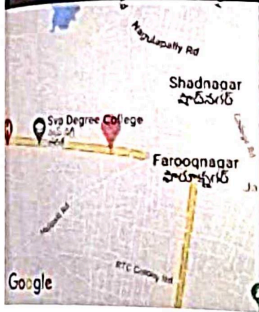
It is rich in nutrients and retinol. Retinol is a type of vitamin A.

It is good for the nervous system.

Some people also believe it guards us against bowel infections.

However, it is still loaded with plenty of nutrients and tastes best when cooked in mustard oil. While being low in saturated fat, it also has a considerable concentration of protein which is a bonus of Catla Fish Nutrition.

CATLA FISH IN SHADNAGAR AND BADEPALLY (JADCHERLA):



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### 3. MURREL (*Channa striata*):

*Channa striata*, the striped snakehead, is a species of snakehead fish. It is also known as the common snakehead, chevron snakehead, or snakehead murrel and generally referred simply as mudfish.

#### CLASSIFICATION OF MURREL:

Phylum: Chordata

Class: Actinopterygii (Ray-finned fishes)

Order: Perciformes (Perches)

Suborder: Channoidei (Ophiocephaliformes)

Family: Channidae (Snakeheads)

Genus: *Channa*

Species: *C. striata*

#### CHARACTERISTICS OF SNEAKHEAD MURREL:

Body sub-cylindrical; head depressed; caudal fin rounded.

The dorsal surface and sides is dark and mottled with a combination of black and ochre, and white on the belly.

A large head reminiscent of a snake's head; deeply-gaping, fully toothed mouth, very large scales.

Although the exact colour may vary.

The live adult common snakehead can be distinguished from most other adult snakeheads by its relatively plain colour pattern, lacking distinct spots or blotches.

When compared with the similarly plain-coloured black snakehead (*Channa melasoma*), the common snakehead can be identified by the presence of (at times subtle) dark diagonal stripes on its dorsal surface, a more abrupt transition between dorsal and ventral colour patterns.

And the absence of a thin white margin to the caudal and dorsal fins. Lower jaw morphology also differs between the two species. In the common snakehead, the sides of the lower jaw are either parallel or converge towards the snout, whereas the jawline diverges slightly in the black snakehead.



**Murrel fish in local market**



### NUTRITIONAL VALUES OF MURREL FISH:

Nutrient	Value
Total Fat	1.4g 2%
Saturated Fat	0.6g 3%
Polyunsaturated Fat	0.4g
Monounsaturated Fat	0.2g
Cholesterol	67mg 22%
Sodium	219mg 10%
Total Carbs	0g
Dietary Fiber	0g
Total Sugars	0g
Added Sugars	0g
Protein	15g 30%
Vitamin A	47mcg 5%
Vitamin C	0mg
Calcium	22mg 2%
Iron	1mg 6%
Potassium	380mg 8%

Snakehead fish is a rich source of the main groups of nutrients, including: useful protein (78.32 ± 0.23%), lipid (2.08 ± 0.08%) and vitamin A (0.265) ± 0.013 mg). It is high in arachidonic acid (AA) 20: 4 omega 6 and docosahexaenoic acid (DHA) 22: 6 omega 3.

## HEALTH BENEFITS OF MURREL FISH:

It is known that the snakehead fish contained a lot of albumin which is very important for our health. The albumin has many benefits such as:

### 1. Prevent Occurrence of Swelling

Albumin is an important protein that prevents swelling. Swelling or edema occurs because blood cells lose their shape. Blood cells are only liquid, but in them there are molecules and particles that in normal circumstances do not mix with each other. Albumin is what makes this blood cell cells mixed.

If albumin in the body is not fulfilled, it will form precipitate deposits of blood in various parts of the body. Sediment precipitation is what causes swelling and bruising in the body.

### 2. Maintain Liquid Balance

The human body consists of 70% liquid. The body does not always get enough fluid intake. Whereas the cell body cells need fluids to perform metabolism. Then how does the body keep the fluid balance in the body? Apparently albumin also plays a role in this process. If the body cells are deficient in fluid, albumin will make water in the blood into the cells until the balance occurs.

Conversely, when there is excess water concentration, albumin plays a role to remove this excess from the cell. Then this excess water goes back into the blood.

### 3. Media Storage Nutrition and Hormones

Just like fatty acids that help store and digest fat soluble vitamins, albumin also has the same function. Albumin not only keeps blood cells in the form of dissolved, but also other nutrients. Some proteins, hormones, and minerals are stored in albumin to then be circulated throughout the body. Hence the lack of albumin will cause disturbances in the human circulatory system.

### 4. Helping to Fix Tissues Damage

Albumin has an important role in improving the cell regeneration process. This is very important if the body tissue is damaged. Not only accelerate the regeneration process, albumin also sends signals to the body's immune system if there are cells and tissues that are damaged. Somehow it happens when the body lacks albumin in a long time.

## 5. Role in the Formation of White Blood Cells

White blood cells have an important function as the body's immune system. When there is a foreign object that enters the body, white blood cells are the body's main defense with its phagocyte properties. Albumin is a protein that plays a role in the formation of this white blood cell. Lack of albumin can cause the body easily ache and inflammation.

### MURREL FISH IN SHADNAGAR:



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#### 4. Bangaru teega: (cyprinus carpio)

Cyprinus carpio is a large, deep-bodied fish, varying in colour from silver to olive-green, brass or grey on the back and sides. Its belly is yellowish and the lower fins are orange-red.

It has a single dorsal spine and its cheeks and gill covers are partially scaled.

The binomial name of common carp is cyprinus carpio.

#### CLASSIFICATION OF CYPRINUS CARPIO:

Kingdom: Animalia

Phylum : chordata

Class : Actinopterygii

Order : cypriniformes

Family : cyprinidae

Genus : Cyprinus

Species : C. carpio

Scientific name : Cyprinus carpio

#### GENERAL CHARACTERISTICS OF CYPRINUS CARPIO:

- The body of carp is flat.
- Head is comparatively smaller than their body.
- The body of carp fish is covered with slight reddish scales.
- There are only a few row of scale in the body of mirror carp fish.
- The backside is slightly brown coloured.
- A common carp lengths about 100-120 cm.
- Adult fish weights highest 40kg.
- They survive for long time.



*Cyprinus carpio* in local markets

## NUTRITIONAL VALUES OF CYPRINUS CARPIO:

USDA National Nutrient database

Principle	Nutrient Value	Percent of RDA
Energy	127 Kcal	6.4%
Carbohydrates	0 g	0%
Protein	17.8 g	31.78%
Total Fat	5.6 g	32%
Cholesterol	66 mg	22%
Dietary Fiber	0 g	0%
<b>Vitamins</b>		
Folate total	15 µg	4%
Niacin	1.64 mg	10%
Pyridoxine	0.190 mg	14.5%
Riboflavin	0.055 mg	4%
Thiamin	0.115 mg	9.75%
Vitamin-A	30 IU	1%
Vitamin-B12	1.53 µg	63.75%
Vitamin-D	988 IU	165%
<b>Electrolytes</b>		
Sodium	49 mg	3%
Potassium	333 mg	7%
<b>Minerals</b>		
Calcium	41 mg	4%
Iron	1.24 mg	15.5%
Magnesium	29 mg	7%
Phosphorus	415 mg	59%
Selenium	12.6 mg	23%
Zinc	1.48 mg	13.5%
<b>Omega-3 fats (PUFA)</b>		
EPA (20:5 n-3)	0.238 g	--
DPA (22:5 n-3)	0.082 g	--
DHA (22:6 n-3)	0.114 g	--

## Health benefits of *Cyprinus carpio*

1. *Cyprinus carpio* is an oily, freshwater fish. It is one of the finest sources of essential fatty acids, protein, minerals and fat-soluble vitamins like vitamin A, E and D.
2. Carp fish is moderately high; 100 g holds 127 calories and 17.8 g/100 g (32% of RDI) of protein. Its white, flaky meat is firm and composes all the essential amino acids in good proportions.
3. It's lean meat is a good source of polyunsaturated fatty acids (PUFA). Studies suggest a diet rich in fish that are high in omega-3 fatty acids, can curb or prevent cognitive decline, dementia, depression, neuropsychiatric disorders, asthma, and inflammatory disorders.
4. Carp fish contains just 0.110 ppm of mercury in its flesh. US FDA categorizes Carp fish in the "best choice" section considering mercury levels in its flesh. The recommendation is consumption of 2-3 serving (8-12 ounces) per week for Carp fish.
5. Carp is a moderate source of omega-3 eicosapentaenoic acid (EPA), docosapentaenoic acid (DPA) and docosahexaenoic acid (DHA) fatty acids.
6. According to Cornell University and the New York Sea Grant Extension Program. 2012 - the fatty acids play crucial role in decreasing blood pressure and heart rate and help improve cardiovascular function.
7. 100 g of carp holds 988 IU of vitamin D; about 165% of daily recommended intake. Vitamin D plays an important role in the calcium metabolism, and offers protection from cancers.
8. It composes small amounts of vitamin-A (30 IU/100 g) in its flesh; Nonetheless, it carries moderate amounts of omega-3 essential fatty acids such as ALA, DHA and DPA which help maintain healthy mucosa and skin.
9. Carp fish compose many B-complex vitamins such as niacin, pyridoxine (B-6). It is also a good source of vitamin-E, vitamin-B12, thiamin, and riboflavin.
10. Further, it is a natural source of rich minerals including iodine, selenium, phosphorus, calcium, zinc, potassium, and magnesium.

## 5..DOBOCHA (*Oreochromis niloticus*)

The Nile tilapia (*Oreochromis niloticus*) is a species of tilapia.

### CLASSIFICATION OF DOBOCHA:

- Kingdom : Animalia
- Phylum : Chordata
- Subphylum : Vertebrata
- Class : Actinopterygii
- Order : Perciformes
- Family : Cichlidae
- Genus : *Oreochromis*
- Species : *Oreochromis niloticus*

### CHARACTERISTICS OF NILE TILAPIA:

Tilapia typically have laterally compressed, deep bodies.

Like other cichlids, their lower pharyngeal bones are fused into a single tooth-bearing structure.

A complex set of muscles allows the upper and lower pharyngeal bones to be used as a second set of jaws for processing food (cf. morays), allowing a division of labor between the "true jaws" (mandibles) and the "pharyngeal jaws".

This means they are efficient feeders that can capture and process a wide variety of food items.

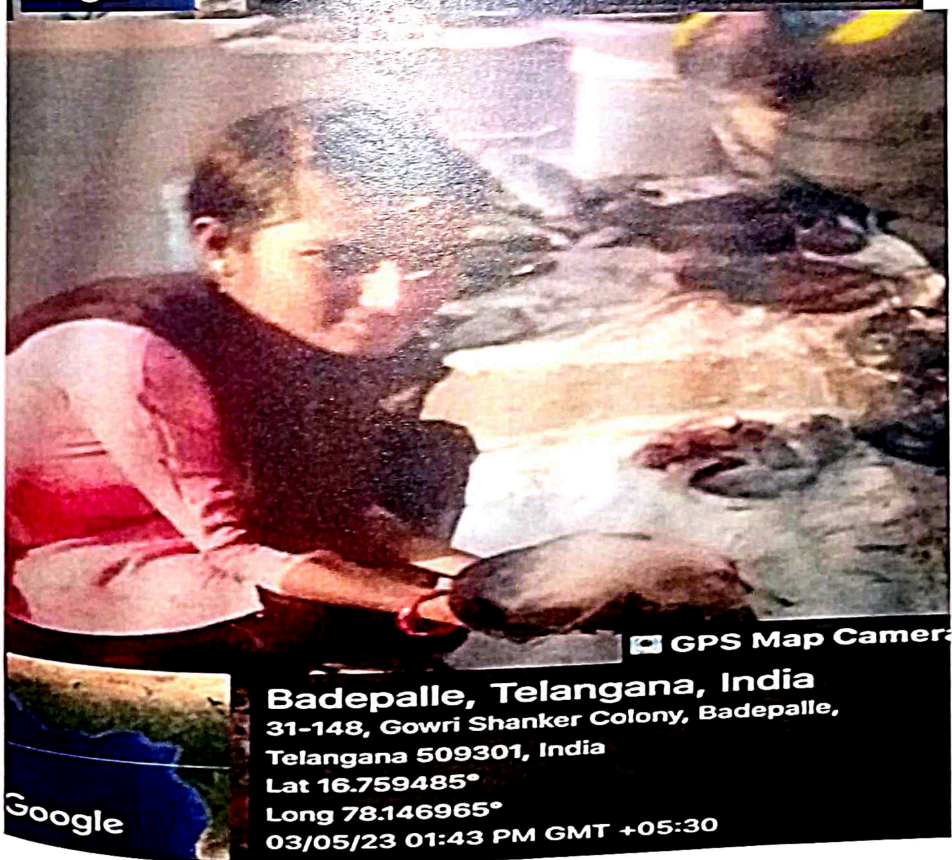
Their mouths are protrusible, usually bordered with wide and often swollen lips.

The jaws have conical teeth. Typically, tilapia have a long dorsal fin, and a lateral line that often breaks towards the end of the dorsal fin, and starts again two or three rows of scales below.

Some Nile tilapia can grow as long as 60 centimetres (2 ft).

Other than their temperature sensitivity, tilapia exist in or can adapt to a very wide range of conditions. An extreme example is the Salton Sea, where tilapia introduced when the water was merely brackish now live in salt concentrations so high that other marine fish cannot survive.

Tilapia are also known to be mouth-brooding species, which means they carry the fertilized eggs and young fish in their mouths for several days after the yolk sac is absorbed.



## TILAPIA FISH IN LOCAL FISH MARKET (JADCHERLA)

### NUTRITIONAL VALUES OF NILE TILAPIA:

Calcium, Ca	12 mg	1.20%
Iron, Fe	0.6 mg	7.50%
Magnesium, Mg	30 mg	7.14%
Phosphorus, P	177 mg	25.29%
Potassium, K	331 mg	7.04%
Sodium, Na	49 mg	3.27%
Zinc, Zn	0.36 mg	3.27%
Copper, Cu	0.065 mg	7.22%
Manganese, Mn	0.032 mg	1.39%
Selenium, Se	47.3 µg	86.00%
Vitamin B1 (Thiamin)	0.081 mg	6.75%
Vitamin B2 (Riboflavin)	0.064 mg	4.92%
Vitamin B3 (Niacin)	4.128 mg	25.80%
Vitamin B5 (Pantothenic acid)	0.578 mg	11.56%
Vitamin B6 (Pyridoxine)	0.107 mg	8.23%
Vitamin B9 (Folate)	5 µg	1.25%
Folate, food	5 µg	N/D
Folate, DEF	5 µg	N/D
Choline	44.6 mg	8.11%
Vitamin B-12 (Cobalamine)	1.62 µg	67.50%

## Health Benefits of Tilapia

Tilapia helps to strengthen bones, maintain psychological health, maintain cardiovascular health, fight cancerous cells, help heal wound, promote weight loss, prevent premature aging, treats thyroid problems, maintain skin health, improve immune system and support hair health. Food rich in omega-3 fatty acids or protein are recommended to consume regularly.

### 1. Psychological health

Tilapia is rich in omega-3 fatty acids which help to nourish brain as it promotes neurological functions. Tilapia consumption helps to promote concentration and provides clarity to mind. Tilapia provides adequate amounts of selenium.

### 2. Strengthening bones

It is recommended to consume foods enriched with phosphorus and calcium for enhancing bone density. Tilapia is helpful for bones. It has collagen type-one which is used in regenerative medicine. Minerals available in fish prevent the chances of fractures and other bone problems. It promotes brain health and also strengthens cells to counteract off factors leading to various diseases such as Alzheimer's, epilepsy and Parkinson's. Add single serving of Tilapia fish to increase flow of oxygen to brain and effectively balance fluids. It contains minimum calories and no fat and cholesterol. It is helpful for people with chronic problems.

### 3. Combat cancer cells

Selenium helps to counteract free radical activity which is harmful for overall health. It encounters the demerits of oxidative stress in the body. Similar to antioxidants, selenium helps to eradicate cancerous cell. The consumption of effective nutrient from natural sources such as tilapia fish helps to gain benefits. Studies are being carried out for identifying how selenium helps to inhibit cancerous cells mutation.

### 4. Cardiac health

Omega-3s helps to maintain cardiac health. It does not contain omega 6 and omega 3 fatty acids that helps to lower calories. It is an excellent source of food which deals with various cardiac problems. It has no fat and cholesterol. It lowers high blood pressure that causes heart attack and stroke.



#### 5. Assist to lose weight

Individuals who are overweight can add tilapia to diet because it contains zero fats and 36% calories. It is a great source to reap proteins that helps to strengthen muscles. Besides this, other nutrients makes the body energized.

#### 6. Healing of wounds

Tilapia assists in production of collagen and heals scratch wounds faster. The consumption of this fish helps to speed up recovery process of wounds. Moreover, nutrients assist in regaining stamina or strength which is lost after an injury.

#### 7. Thyroid health

Hormonal imbalance or thyroid problems are caused due to various reasons. It could be treated by natural sources and prevent body from falling prey to other health problems. Tilapia has selenium that promotes regular functioning of thyroid gland. Metabolism combat factors which contributes to weight fluctuation with health problems related with thyroid malfunction.

#### 8. Prevention of early aging

Tilapia contains various vitamins such as Vitamin Bs and Vitamin E which eliminates damaging factors contributing early aging. Vitamins help to eliminate health damaging factors resulting early aging. Various internal and external elements are responsible for the condition and daily intake of minerals, vitamins, antioxidants and proteins could treat it effectively.

#### 9. Strengthen immunity

The immune system helps to prevent body from various diseases. Strong immunity is essential for treating flu to destroy cancerous cells. For this, one requires adequate nutrients for enhancing function of immune system. Tilapia is a great food source being loaded with essential nutrients. It strengthens immune system with the consumption of fish on daily basis.

#### 10. Healthy skin

Many dream of having clear skin with natural glow. The skin condition is based on the diet being consumed. Tilapia comprises of Vitamin B and E which is well known for treating skin problems such as eczema.

## CONCLUSION:

Fish consumption may prevent or improve metabolic health and play a protective role in the prevention of MetS. This protective role may be related to gender, as men may benefit more from the consumption of fish. Both fish and fish oil may be beneficial in reducing MetS through modulation of lipid metabolism and its effect in reducing inflammation. Further, both lean and fatty fish may play a protective role through its positive effect on satiety and due to the variety of different nutrients they provide. Additional research is required to further explore these associations to improve or reverse MetS and its components.

Although fish consumption has an influence on mortality due to major chronic diseases, findings on the relationship between fish consumption and all-cause morbidity and mortality have been inconsistent [10,49,64]. In a metaanalysis, 17 cohorts with 315,812 participants and an average follow-up period of 15.9 years were identified [10]. The results showed that compared with the lowest fish intake (<1 serving/month or 1–3 servings/month), the pooled RR of fish intake on CAD mortality was 0.84 for low fish intake (1 serving/week), 0.79 for moderate fish intake (2–4 servings/week) and 0.83 for high fish intake (>5 servings/week) [10]. The dose–response analysis indicated that every 15-g/day increment of fish intake decreased the risk of CAD mortality by 6% (RR: 0.94). The results indicate that either low (1 serving/week) or moderate fish consumption (2–4 servings/week) has a significantly beneficial effect on the prevention of CAD mortality. High fish consumption (>5 servings/week) has only a marginally protective effect on CAD mortality, possibly owing to the limited studies included in this group.

## **RECOMMENDATION:**

Fish have important nutrients that can help your child's growth and development. We recommend children eat 2 servings of fish per week from a variety of "Best Choices," but the portion sizes should be smaller than adult portions and right for your child's age and body weight. On average, a serving size is about 1 ounce for children ages 1-3 years, 2 ounces for children ages 4-7 years, 3 ounces for children ages 8-10 years, and 4 ounces for children 11 years and older.

For some children, the healthy dietary patterns in the Dietary Guidelines for Americans) include more fish than our advice. To consume those higher amounts, children should only be fed fish from the "Best Choices" list that are even lower in mercury – these fish are anchovies, Atlantic mackerel, catfish, clams, crab, crawfish, flounder, haddock, mullet, oysters, plaice, pollock, salmon, sardines, scallops, shad, shrimp, sole, squid, tilapia, trout, and whiting.

For adults who weigh less than the average used to develop our advice (165 pounds), eating smaller portions or eating just two servings of fish a week from the "Best Choices" category can keep your mercury intake within the limits of our advice. For example, you could eat 2.5 ounces three times a week or you could eat 4 ounces two times a week.

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