



## Article on Nutrient in Fish

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Fish of different species fed on different types of food materials for growth, reproduction and sustainability. Fish that are omnivorous fed on both aquatic plant and aquatic insects or zoo planktonic organisms, but the herbivorous species rely on the aquatic plant or planktonic organisms for food.

Nutrition is an aspect which aquatic animals like fish cannot do without. It is a process that involves the ingestion of materials that are used for growth and reproduction by the fish and absorbed and transported to the tissues and organs for functioning. The most important aspects of the nutrition in fish is its amino – acid profile contained in the protein requirement of the fish. This is because it is the main building block for the body of the fish. Though other nutrients, that is the macronutrients are required for good performance. These macronutrients, that is Vitamins and minerals also contain some essential nutrients. Lipids also form part of the essential nutrients in the nutrition of fish, this is because it releases the energy which the fish made use for its daily physical activities in its aquatic environment. Lipid is an energy- given nutrient for the fish, it plays an important role for normal body growth, and to perform its daily physical activities.

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