

# **The Proximate Composition and Element Spectrum of the Flesh of the Three Cichlid Species in the Victoria Reservoir**

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## **Abstract**

Laboratory analysis conducted on the nutritional quality of the flesh of the three cichlid species in the Victoria reservoir yielded the following quantitative values. The protein content ranged between  $79.91 \pm 2.13$  to  $84.38 \pm 1.18$  percent with a high proportion of essential amino acids of which lysine and leucine were predominant. The lipid content varied between  $10.08 \pm 0.82$  and  $10.92 \pm 2.32$  on a percentage dry weight basis while the element spectrum revealed that the flesh also had a high mineral content. Although no major differences were evident, the analytical results showed that the flesh of *O. niloticus* had a higher protein and lipid content with more sodium, potassium, carbon and nitrogen.