

**SALT, SUGAR AND FAT CONTENT OF SEAFOOD SPECIES EXPORT BY
CEYLON FRESH SEAFOOD (PVT) LTD., SRI LANKA**

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Seafood plays a vital role in human diet by providing many essential nutrients; however, information on nutrient composition of seafood species is rare and obsolete. Precise information on nutrient composition is essential in exports-oriented production. The objective of this study was to determine salt, sugar and fat contents of five selected seafood species namely, Crab (*Portunus lessoniana*), Squid (*Loligo vulgaris*), Prawn (*Penaeus indicus*), Yellow fin tuna (*Thunnus albacores*) and Sword fish (*Xiphias gladius*) exported by Ceylon Fresh Seafood private limited, Ja Ela, Sri Lanka. Seafood samples were collected from local lagoons in *Puttalam, Negombo, Jaffna* and deep-sea boats belonging to this company. Salt and fat contents were quantified using Mohr's titration method and Soxhlet extraction method respectively. UV-visible spectrophotometer was used to quantify sugar content. The highest average salt concentration was recorded $1.7 \pm 0.1\%$ in Crab (*Portunus lessoniana*). The average fat content ($4.51 \pm 0.1\%$) was significantly higher in Sword fish (*Xiphias gladius*) compared to other species. Yellow fin tuna (*Thunnus albacores*) had the lowest fat content among the tested species as $0.98 \pm 0.1\%$. However, all the tested seafood species had zero level of sugar content. According to the findings of this study, it can be concluded that the average salt, sugar and fat content of the tested seafood species are within the standards imposed by United States Food and Drug Administration.

Keywords: Crab, Nutrition composition, Seafood species, Sword fish, Yellow fin tuna