

# Acetes : A Small Catch with Big Benefits!!!

Locally known as Jawla, Gala, or Kolmi in different regions.



- ✓ Easy to Catch – Found in large numbers in coastal waters.
- ✓ High Market Demand – Used in various food products.
- ✓ More Income – Processing into value-added products increases profit.
- ✓ Long Shelf Life – Can be dried, powdered, or made into paste.



A powerful, affordable, and sustainable **protein** source for strong muscles & energy!



## Dried Acetes

- Sun-dry or use a dryer for better quality.



- 🔥 "Twice the protein of chicken, nearly 4x more than eggs – Acetes is a protein powerhouse!"
- 🔥 "Chitin in Acetes is a superior natural fiber – better digestion, better health!"



zero carbohydrates, and is also very low in calories

**chitin is considered a nutraceutical**

- ✓ Chitin helps with digestion, gut health, and cholesterol reduction!
- ✓ Unlike plant fibers, chitin also has antimicrobial & wound-healing properties!

- ✓ High protein content – Good for muscle and body health(48.29g protein per 100g).
- ✓ Rich in Omega-3 fatty acids (DHA & EPA) – Supports heart & brain health.
- ✓ Contains essential minerals (Ca, Na, K, Mg, Fe) – Important for bones, nerves & immunity.
- ✓ Low in fat – Suitable for a healthy diet.
- ✓ Chitin (10%) – Aids digestion and has health benefits.

## Value-Added Products



### Shrimp Paste

- Mix Acetes with salt and ferment for a few days.



### Shrimp Sauce

- Cook and extract liquid for seasoning sauces.



### Shrimp Papad and cutlet

- Acetes shrimp into a paste, mix with spices and flour.



## Benefits



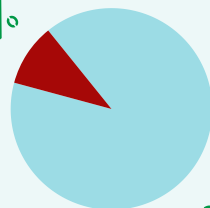
- ★ Cooperative Selling .
- ★ Proper Drying & Packaging
- ★ Government Support
- ★ Local Business Opportunity





## BOMBAY DUCK: "SMALL FISH, BIG PROFITS!"

protein  
10%



Moisture  
90%

Market Value & Opportunities for Fishermen

### Nutritional Facts

- ✓ High in protein and omega-3 fatty acids
- ✓ Contains essential vitamins (B12) & minerals (Calcium, Iron, Phosphorus)
- ✓ Low in fat & calories – A healthy seafood choice

### Support sustainable fishing & enjoy the benefits of Fishing

#### How to Start?

**Proper Drying & Storage** – Keep fish clean, dry in hygienic conditions

**Packaging** – Simple plastic or vacuum packing increases value

**Find Buyers** – Sell to wholesalers, markets, or directly to customers



#### Pickled Bombay Duck

Preserved using spices, vinegar, and oil.

**Bombay Duck chutney**  
Dried and ground into powder for use as a seasonin



#### Dried Bombay Duck

Easy to store



#### Smoked Bombay Duck

Improves flavor and preservation.



#### Ribbon Fish Surimi

Processed fish paste used to make fish balls, sausages, and imitation crab meat.



#### Dried Ribbon Fish

High demand in domestic and export markets.

#### Ribbon Fish Pickle

Spiced and preserved for longer shelf life.



#### Frozen Ribbon Fish Fillets

Cleaned, deboned, and packed for easy cooking.  
Supplied to restaurants, supermarkets, and export markets.

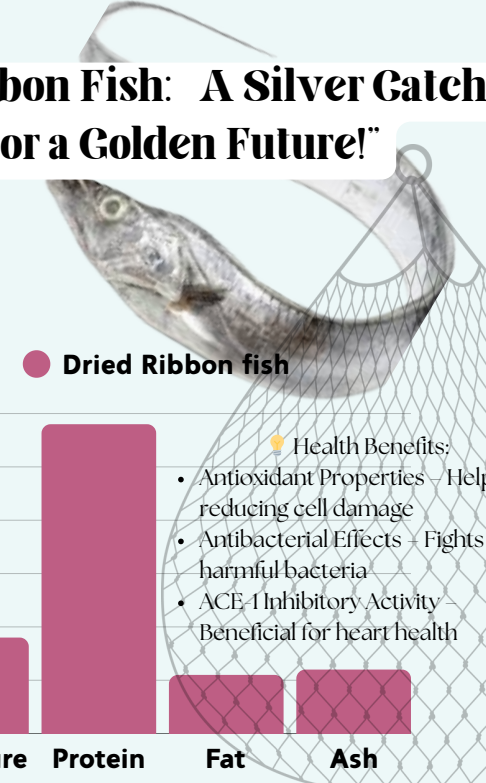


#### Ribbon Fish Powder

Dried and ground for use in soups, seasonings, and health supplements.



## Ribbon Fish: A Silver Catch for a Golden Future!"



#### Dried Ribbon fish

#### Health Benefits:

- Antioxidant Properties – Helps in reducing cell damage
- Antibacterial Effects – Fights harmful bacteria
- ACE-I Inhibitory Activity – Beneficial for heart health

### Support for Fishermen

- Government schemes for fish processing
- Local cooperatives and training programs

### Why Value Addition Matters for Fishermen ?

- ✓ Higher earnings from processed products
- ✓ Longer shelf life and reduced waste
- ✓ Greater demand in export markets

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