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Tuna & Rohu â€“ Two distinctly separate yet appealing fish for the fish lovers by Martin Walker

Article published on January 13th 2012 | Food

Fish is an amazing source of protein and minerals in normal daily diet. Fish protein is easily digestible and this is the reason why even doctors prescribe fish as a daily diet for even the very aged persons. Fish has got some of the essential nutrients and some of the rarest essential oils and this is the reason why popularity of fish is on rise as a non-vegetarian food supplement.

Tropical climate offers very effective breeding place for aqua-marine fishes. Especially fishes like Tuna are favored among the people for its nutritional value and taste. Being among the most popular seafood in the world, tuna is in demand for most seafood lovers around the world.

There are many species of Tuna are found all around the globe. As in summers they normally feed on the surface water fishes and stay in the warm water its quite easier to catch tuna during summers. In other fairly cold seasons, tuna dives deep into the sea and makes catch an impossible thing. But during the reproductive season of tuna during summer, people, who catch tuna, can have their catch of the year, and can preserve these species through different preservation techniques. Canned Tuna are widely available through departmental stores round the year.

Another fish which is tropical in nature and are preferred around the world is Rohu. This is a fish which is normally available throughout Indian subcontinent region and are popular for its taste as well as nutrition. Rohu are cultured these days in fish tanks and ponds. This is a fresh water fish which is widely popular as a non-vegetarian food supplement.

Rohu are widely popular in various South-East Asian regions. This fish is very famous for its taste and can be preserved for many days with appropriate techniques and proper procedure. Also this fish is naturally dried and preserved in many regions of the world. This fish has attained attention of the world wide non-vegetarian food lovers and has attained popularity as salmon and tuna. This increasing popularity of this fish is being well dominated in the international arena and frozen Rohu is now available at many corners of the world.

With the developed preservation techniques, fishes of various varieties are now can be well preserved for regular availability. Frozen fish are attaining enormous attraction among the people are have helped in making available seasonal fishes round the year. Also such frozen fish are being transported to different parts of the world. Canned Tuna is one of the most popular fishes which are widely being caught and are used for seafood lovers. With rising demand for such fishes, there is a huge potential market for such fish exists on the global platform.

Article Source:
http://www.articleside.com/food-articles/tuna-rohu-two-distinctly-separate-yet-appealing-fish-for-the-fish-lovers.htm - Article Side

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Martin Walker is an author who writes informative articles on topics related to a Rohu, Asian shrimp, a Canned Tuna, Pangasius, Tilapia etc. For more information you can also visit www.siamcanadian.com.

Article Keywords:
Rohu, Canned Tuna

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