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Effects of Different Processing Technologies on the Chemical Composition of Seafoods

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The aim of this study was to determine the effect of processing on the chemical composition of seafoods. Raw materials and processed seafoods (canned tuna, dried horse mackerel, smoked salmon, marinated anchovy, and brine-salted bonito) were obtained from different firms and analyzed. Dried and smoked seafoods contained lower amount of moisture but higher amounts of the other components than raw materials ($p < 0.05$). Marinated anchovies and brine-salted bonitos also contained higher amounts of fat, carbohydrate and energy ($p < 0.05$) than raw material. Except canning with water, all processing technologies decreased the moisture content but increased fat and energy values ($p < 0.05$) of the fish. It is concluded that processed seafoods are rich in chemical components and very nutritive, but they are generally not suitable for low-calorie diets due to the high amounts of fat and energy value. Canned tuna with salted water may be advised for low-calorie diets.

Keywords: [chemical composition](#), [seafood processing](#), [salting](#), [marinating](#), [smoking](#), [canning](#), [drying](#)

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