EVALUATION OF COMMERCIAL VALUED DERIVED FROM CAT FISH

By

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ND/23/AGT/PT/0150

BEING A RESEARCH PROJECT SUBMITTED

TO THE DEPARTMENT OF AGRICULTURAL TECHNOLOGY

INSTITUTE OF APPLIED SCIENCE (IAS), KWARA STATE POLYTECHNIC, ILORIN

IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF NATIONAL DIPLOMA (ND) IN AGRICULTURAL TECHNOLOGY AND MANAGEMENT

JULY, 2025

CERTIFICATION

This project has been read and approved as meeting the requirements for the award of National Diploma (ND) Agricultural Technology Department, Institute of Applied Science, Kwara State Polytechnic, Kwara State.

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DEDICATION

First and foremost, I dedicate this project to Almighty Allah, whose grace, guidance, and unwavering love have sustained me throughout this journey. Without His strength, this accomplishment would not have been possible.

To my dear mother, thank you for your endless sacrifices, prayers, and unconditional support. Your strength and love have been my greatest source of motivation.

To my uncle, I am deeply grateful for your encouragement, guidance, and belief in my potential. Your support has meant so much to me.

To my wonderful siblings and my princess, thank you for being my cheerleaders and for always standing by me. Your love and support have been a constant source of inspiration.

ACKNOWLEDGEMENTS

I give all glory and thanks to Almighty Allah for His divine grace, strength, and guidance throughout the course of this project and my academic journey. His faithfulness has been my anchor through every challenge.

My deepest gratitude goes to my wonderful parent **MR. & MRS RAHEEM** for their unwavering love, prayers, and sacrifices. Their support has been my greatest motivation. To my amazing brother, **RAHEEM QUADRI** thank you for your constant encouragement and belief in me.

To the distinguished Head of Department **MR. BANJOKO IBRAHIM KAYODE,** my amiable project supervisor **MRS. ALEGE OMOWUNMI RUKAYAT** and all other lecturers and staffs of the Department, thank you for your dedication, knowledge, and guidance. Your efforts played a significant role in shaping my academic growth.

I sincerely appreciate my friends **ABOLARIN QUADRI** who stood by me with their support, kind words, and understanding, especially during stressful times. Your companionship made the journey lighter.

Lastly, I acknowledge everyone who supported me in one way or another emotionally, academically, or spiritually. Your contributions have not gone unnoticed, and I am truly grateful.

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Abstract

This study investigates the commercial and nutritional value of catfish oil, with a focus on its extraction methods, economic feasibility, and health benefits. Catfish oil, derived from the viscera and tissues of the fish, is rich in omega-3 fatty acids such as DHA and EPA, which are known for their cardiovascular, anti-inflammatory, and cognitive health benefits. The research employed mechanical pressing and solvent extraction methods to assess the yield, quality, and cost-effectiveness of oil production from catfish by-products. Findings reveal that mechanical pressing yields a clearer, more stable oil with minimal dilution and higher shelf life compared to solvent extraction. The study also highlights the underutilization of catfish processing waste in Nigeria and emphasizes the potential of valorizing these by-products into commercially viable oil. Additionally, the research underscores the need for sustainable and low-cost production techniques, especially for low-income communities. Overall, the study concludes that catfish oil has significant commercial and health potential, provided quality control standards are maintained and modern extraction methods are optimized.

CHAPTER ONE

1.0 INTRODUCTION TO THE STUDY

Catfish oil extraction methods include wet reduction, enzymatic extraction, solvent extraction, and mechanical pressing. Wet reduction is common in small-scale operations, using heat and centrifugation. Enzymatic might be more efficient but requires enzymes. Solvent extraction uses chemicals, which might not be ideal for food-grade oil. Mechanical pressing is traditional and chemical-free as well as cost effective

Moreover, catfish oil is high in omega-3 and omega-6, making it beneficial for heart health, skin, and inflammation.

In Nigeria however, traditional methods involve boiling and skimming, while modern uses mechanical presses. Nevertheless, sustainability is a concern, so eco-friendly methods are encouraged viz-a-viz the oil's versatility is potent in dietary supplements, cosmetics inventories, animal feed, industrial uses**.** In Nigeria, the consumption of fish has been found to increase due to the nutritional values that can be obtained. Yearly, considerable number of fish are consumed based on the fact that it is a good source of Protein, vitamins and minerals.

Fish oil is derived from the tissues of oily fish, which contain the omega-3 fatty acids eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), precursors of certain eicosanoids that are known to reduce Inflammation throughout the body, and have other health Benefits. Marine and freshwater fish oil varies in Contents of arachidonic acid, EPA and DHA.

The various species range from lean to fatty and their oil content in the tissues has shown to vary from 0.7-15.5%. They also differ in their effects on organ lipids. Studies have revealed that there is no relation between total fish intake and estimated Omega-3 fatty acid intake from all fish and serum Omega-3 fatty acid concentrations. (Gruger et al., 1964) Only fatty fish intake, particularly salmonid, and Estimated EPA + DHA intake from fatty fish has been observed to be significantly associated with increase in Serum docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)

Fish oil supplements are available as liquids, capsules, and tablets. It has also been used for preventing heart disease and stroke when taken in the recommended amount. While fish oil can be obtained from eating fish, it can also be gotten by taking fish supplements which are rich in omega-3 fatty acids and provide about 1 gram of omega- 3 fatty acids which is about 3.5 ounces of fish.

Presently, many Americans have turned to omega-3 fish oil supplements. Dietary fish and fish oil supplements have benefits for healthy people and also those with heart disease. Omega-3 fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)Omega-3 fatty acids are very important in preventing and managing heart disease.

In Nigeria, fish supplements are sold in stores for those who can afford them but based on the poverty level of most Nigerians leaving in the rural settlement makes it impossible for them to afford the high cost of this oil supplements. It is important to find an alternative source of this nutrient at an affordable cost to low-income earners.

1.2 STATEMENT OF THE RESEARCH PROBLEM

Every year a considerable amount of total fish catch is discarded as processing leftovers and that include trimmings, fins, frames, head, skin and viscera. Some of the by-products are utilized, but the main bulk is dumped as waste, creating both disposal and pollution problems.

These wastes have high content of nutritive compounds like protein of high biological value, unsaturated essential fatty acids, vitamins and antioxidants, minerals or trace metals and physiological beneficial amino acids and peptides which is substrate of the fish meal production.

Therefore, it is important to determine the physiochemical, minerals and fatty acid profile of catfish which are regularly consumed and to compare the quality of the oil from these fishes with commercially sold fish oil. This will ascertain if oil consumed from the catfish is adequate enough to maintain a good health.

1.3 RESEARCH QUESTION/ STATEMENT OF HYPOTHESIS

a). Extracting oil from catfish can be challenging due to the structure of the fish and the presence of impurities. Some problems with catfish oil extraction include. What best method is prescribed for catfish oil extraction.

b). What is the best temperature of cooking for the extraction of top-quality catfish oil?

c). What process is best avoided in degradation of the catfish oil quality?

d). In the evaluation of the catfish oil, what is commercial benefits of catfish?

e) Adverse effect of the economy instability on the farming catfish and the extraction of oil?

f) Necessary aids to the production and distribution of catfish oil through exportation and circulation?

1.4 OBJECTIVE OF THE STUDY

The aim of the study is to evaluate the commercial value of catfish; if oil consumed from the catfish is adequate enough to maintain a good health.

On the other hand, it tends to investigate the medical and clinical value of catfish oil.

1.5 SIGNIFICANT OF THE STUDY

The research work is an investigation of the commercial value of catfish oil vis-à-vis health benefits so that catfish by-product are well utilized in prevention of disposal and pollution challenges.

However, it will also serve as reference material to any scholar in exploration of techniques to constructing and maintaining a conducive aquarium for aquatic lives.

1.6 SCOPE OF THE STUDY

This study is an investigation into catfish oil and its commercial value vis-à-vis the health benefits to the sustainability of adequate well-being of mammal and most especially human beings at large.

1.7 LIMITATION OF THE STUDY

The study is limited the evaluation of commercial value of catfish; thus, it tends to investigate the medicinal value and health benefits of catfish oil.

1.8 DEFINITION OF TERMS

Commercial value: This value is determined by various factors, including supply and demand dynamics, production costs, market competition, and consumer perception

Medicinal value: Medicinal value means the ability of a substance to cure, heal, or relieve pain. It can also refer to the therapeutic properties of a substance.

Supplement: A product taken orally that contains one or more ingredients (such as vitamins or amino acids) that are intended to supplement one's diet and are not considered food.

Catfish: Any of an order (Siluriformes) of chiefly freshwater stout-bodied scaleless bony fishes having long tactile barbels

Catfish oil: The oil low in calories and packed with lean protein, healthy fats, vitamins, and minerals. It's particularly rich in heart-healthy omega-3 fats and vitamin B12. It can be a healthy addition to any meal, though deep frying adds far more calories and fat than dry heat cooking methods like baking or broiling.

Omega 3: Being or composed of polyunsaturated fatty acids that have the final double bond in the hydrocarbon chain between the third and fourth carbon atoms from the end of the molecule opposite that of the carboxyl group and that are found especially in fish, fish oils, green leafy vegetables, and some nuts and vegetable oils

Protein: Any of various naturally occurring extremely complex substances that consist of amino-acid residues joined by peptide bonds, contain the elements carbon, hydrogen, nitrogen, oxygen, usually sulfur, and occasionally other elements (such as phosphorus or iron), and include many essential biological compounds (such as enzymes, hormones, or antibodies)

Antioxidant: A substance (such as beta-carotene or vitamin C) that inhibits oxidation or reactions promoted by oxygen, peroxides, or free radicals

1.9 ORGANIZATION OF THE STUDY

This study is divided into five chapters, *Chapter One* contains Introduction, Background of the study, the statement of the problem purpose of the study, scope and limitation of the study, significant of the study definition of valuable terms and organization of the study. Subsequently, the seconding chapter reviews redacted literature and scholastic contribution.

Nevertheless, the following chapter evaluates the historical background of the case study, estimate sample and sampling method of data collection and statistic instrument for data analysis.

Consequently, *Chapter Four* presented the analysis of the gathered data while the concluding chapter five account for the summary of findings, sum up conclusions and prescribe recommendation.

CHAPTER TWO

2.0 LITERATURE REVIEW

2.1 INTRODUCTION TO FISH OIL EXTRACTION

The fish processing industry generates significant by-products, such as viscera, skin, bones, and heads, which are valuable for producing food, medicinal products, energy, and industrial feedstock. Fish oil, rich in omega-3 polyunsaturated fatty acids like eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), is widely used in nutritional supplements and other applications. Among these by-products, fish viscera contain the highest concentration of oil, making them an ideal target for extraction due to their cost-effectiveness and environmental benefits. Extracting oil from fish by-product helps reduce environmental pollution and promotes sustainable practices by fully utilizing fish resources. This holistic approach contributes to waste reduction and resource efficiency in the fish processing industry. By incorporating sustainable principles into extraction processes - such as using environmentally friendly solvents, implementing efficient solvent recovery systems, and ensuring compliance with environmental regulations - companies can enhance the sustainability of their operations while extracting valuable components. As demand for fish-based food products rises, effective extraction of fish oil and fishmeal from by-products becomes increasingly important. Various extraction methods, including physical, chemical, and biological approaches, are essential for separating solids, oil, and water to recover valuable components like EPA and DHA. Optimizing these processes and combining different methods can achieve high concentrations of polyunsaturated fatty acids (PUFAs) in fish oil, ranging from 65% to 80%. Emphasizing maximum PUFA content highlights the potential to enhance the quality and nutritional value of fish oil extracted from by-products while advancing sustainability in the fish.

The fish processing industry generates substantial solid and liquid by-products, which differ in composition depending on the species and processing methods. The fat content among fish species varies significantly, ranging from lean to high-fat types, influencing the lipid extraction potentialbfrom their by-products. Effective utilization of these by- products is critical to minimizing environmental impact andnadvancing towarda zero-waste approach (Alfio, Manzo & Micillo 2021; Kratky & Zamazal 2020; Thirukumaran et al. 2022).

However, value extraction and producing high-value products for pharmaceuticals and nutraceuticals, the industry can move towards zero waste (Wan-Mohtar et al. 2023). The use of fish by-products can be tailored to meet macronutrient needs, with fat separation for PUFA-oil supplements or conversion into biofuels and fertilizers, while protein-rich fractions are used in animal feed production (Pinela et al. 2022; Vázquez et al. 2020b).

2.2 FISH OIL EXTRACTION PROCESS

Fish oil extraction methods involve physical, chemical, and biological processes, each offering unique advantages and challenges. Physical methods, such as rendering, include homogenizing, heating, pressing, and filtering to extract oil from various fish by-products (Dave et al. 2024; Pudtikajorn & Benjakul 2020; Purnamayati et al. 2023). Chemical extraction methods often employ organic solvents, but these approaches raise concerns regarding toxicity and the potential loss of functional properties (Alfio, Manzo & Micillo 2021; Marsol-Vall et al. 2022).

In contrast, biological methods, such as enzymatic hydrolysis, are increasingly favored for their lower environmental impact, making them greener and safer alternatives to traditional solvent extraction (Aitta et al. 2022; Marsol-Vall et al. 2022).

2.2.1 PHYSICAL METHOD FOR FISH OIL EXTRACTION

The physical extraction of fish oil, commonly known as rendering, is primarily aimed at obtaining oil rather than fishmeal. This method involves heating visceral organs with warm water, followed by separating solid residues from the liquor. Rendering can be done either wet or dry (Dave et al. 2024; Djamaludin et al. 2023; Pudtikajorn & Benjakul 2020; Purnamayati et al. 2023; Suseno et al. 2021). The purification of the resulting liquid, which contains water, oil, and dry materials, is typically achieved through separation based on specific gravities. Mechanical pressing and centrifugation may be used to extract additional oil from the residues. Mechanical pressing and centrifugation can be employed to extract additional oil from the remaining residues.

However, the oil obtained through renderings still requires several refining steps, including degumming, deacidification, bleaching, and deodorization, to ensure it meets quality standards (Marsol-Vall et al. 2022). The method has been preferred due to its high PUFA content of up to 44% in the extracted oil. This method is often preferred due to the high polyunsaturated fatty acid (PUFA) content, reaching up to 44% in the extracted oil. The wet rendering method for fish oil extraction is effective in yielding a relatively high quantity ofoil but faces hallenges in terms of oil quality due to the high peroxide value caused by oxidation during the heat treatment process (Djamaludin et al. 2023). The denaturation of proteins and the release of free radicals due to pre-cooking can hinder oil release and increase oxidation rates. The resulting high peroxide value can negatively impact the quality off fish oil extracted using the wet rendering technique (Jamshidi et Al. 2020). This issue is particularly critical for oils rich in Omega-3 PUFAs, as their multiple double bonds make them Highly susceptible to oxidation, leading to the formation Of lipid Oxidation products that cause off-flavours and diminish the oil’s value.

Moreover, to address these challenges, researchers are exploring methods to improve the oxidation stability of PUFA-.enriched oils. By optimizing processing conditions and incorporating antioxidants, the fish processing industry can enhance the quality and shelf life of fish oil products, Aligning with the growing demand for high-quality, health-bConscious food options (Arab-Tehrany et al. 2012).

2.2.2 CHEMICAL METHODS FOR FISH OIL EXTRACTION

Chemical methods for fish oil extraction involve the use of various solvents and innovative techniques that can impact both efficiency and sustainability (Alfio, Manzo & Micillo 2021; Marsol-Vall et al. 2022). The choice of solvents.

Nevertheless, Is crucial, as it affects the environmental footprint of the Process. By selecting environmentally friendly solvents wiith lower toxicity and reduced persistence, the industry can mitigate negative environmental effects. Additionally,

Recycling and reusing solvents not only minimize waste and reduce environmental impact but also offer cost savings and enhance sustainability. Efficient solvent recovery systems are crucial in decreasing the consumption of virgin solvents. Proper disposal of waste solvents and strict adherence to environmental regulations are essential to maintaining sustainability in fish oil extraction (Caruso et al. 2020; Marsol-Vall et al. 2022; Mgbechidinma et al.2023; Wang et al. 2021). The solvent extraction of fish oil typically employs Organic solvents such as hexane, benzene, cyclohexane, Acetone, and chloroform to dissolve lipids (Mokhtar et al. 2021). Hexane is particularly popular for large- scale extraction due to its effectiveness; however, its environmental impact necessitates careful management (Iberahim & Tan 2020). Solvent selection depends on solubility, recovery ease, economic viability, toxicity, availability, and reusability. Solvent selection criteria include solubility, ease of recovery, economic viability, toxicity, availability, and reusability. Effective solvents must disrupt lipid interactions within tissue matrices, a process that can be enhanced by adjusting pH or ionic Strength. enzyme deactivation is sometimes required to Improve lipid extraction efficiency. Despite its efficacy, traditional solvent extraction presents challenges, such as the generation of substantial waste solvents, high recycling costs, safety concerns, and potential product contamination (Alfio, Manzo & Micillo 2021; Marsol-Vall et al. 2022). One advanced variation of solvent extraction is Accelerated Solvent Extraction (ASE), an automated Method that uses low-boiling solvents under high pressure to enhance extraction efficiency and reduce waste. ASE eliminates manual sample preparation, accelerates the process, and improves reproducibility, though further research is needed for large-scale applications (Chen et al. 2020; Wang et al. 2021),

Another method, acid-alkali-aided Extraction, employs acids or alkalis to dissolve proteins and isolate fish oils. While effective, this method risks extracting non-lipid compounds, complicating fatty acid profiling. Careful process control is necessary to minimize chemical degradation (Hossain 2022; Sivaranjani et al. 2024). Recent advancements in chemical extraction methods have focused on improving sustainability, including the use of Supercritical Fluid Extraction (SCFE) and the integration of physical pre-treatments such as microwave or ultrasound techniques. Microwave-Assisted Extraction (MAE) leverages microwave energy to heat solvents, enhancing lipid yields and reproducibility while reducing solvent use and energy consumption. MAE offers faster extraction rates and operates at lower temperatures, thus minimizing environmental impact compared to traditional methods. Innovations such as microwave-assisted Soxhlet extraction further reduce extraction time and energy consumption, contributing to sustainability (Keskin Çavdar et al. 2023; Pinela et al. 2022).

Ultrasound-Assisted Extraction (UAE) relies on the cavitation effect of ultrasonic waves, which facilitates extraction and mass transport by disrupting cell walls (Mokhtar et al. 2024). However, UAE has yet to be applied on an industrial scale for fish oil extraction (Hashim et al. 2022; Keskin Çavdar et al. 2023; Putri et Al. 2023). Supercritical Fluid Extraction (SCFE, which uses supercritical CO, as an environmentally friendly solvent (Isa, Sofian-Seng & Wan Mustapha 2021), extracts fish oils with minimal toxic residue. SCFE is particularly suitable for thermally sensitive products, offering rapid extraction and high purity. It is effective across various fish by-products, although it may be less efficient in extracting heavy metals (Franklin et al. 2020; Jamalluddin et al. 2022; Melgosa, Sanz & Beltrán 2021), Membrane-coupled SC-CO, extraction combines membrane technology with SC-CO, to separate triglycerides, enhancing product purity while reducing energy requirements for CO, recycling (Chozhavendhan et al. 2020). This technique is valuable for producing high-quality fish oils for various industries, supporting both sustainability and product quality.

To further enhance sustainability in chemical extraction, the fish oil industry can focus on adopting green solvents by prioritizing low-toxicity, biodegradable options to minimize environmental impact. Implementing efficient solvent recovery and recycling systems can significantly reduce waste and resource consumption. Innovations like MAE and ASE also help lower energy use, thereby reducing the overall carbon footprint. Proper waste management, including responsible disposal and compliance with environmental regulations, ensures sustainable operations.

Additionally, a new class of non-conventional solvents Known as natural deep eutectic solvents (NADES) has Emerged. These solvents, often derived from choline Chloride (ChCI), carboxylic acids, and other hydrogen-bond donors like urea, citric acid, succinic acid, and glycerol, share similar properties with ionic liquids but are less expensive to produce, less toxic, and frequently biodegradable (Chemat et al. 2017). By adopting these strategies, the fish oil industry can advance sustainable practices, balancing efficiency with environmental responsibility.

2.2.3 BIOLOGICAL METHODS FOR FISH OIL EXTRACTION

The extraction of fish oil using biological methods, such as enzymatic hydrolysis and fermentation, presents promising approaches that align well with sustainability goals. These methods leverage natural processes to efficiently extract valuable lipids while minimizing environmental impact. Enzymatic hydrolysis utilizes protease enzymes to extract fish oil by breaking down proteins into fatty acids or triglycerides. This process results in the formation of distinct layers: oil, emulsion, protein substrate, and sludge.

Although enzymatic hydrolysis is a greener alternative to chemical methods, it can result in oil-lipid emulsions with high lipid content but reduced oil quality. The efficiency of enzymatic hydrolysis can be enhanced by using external enzymes and optimizing conditions such as pH and enzyme activity. Enzymes sourced from animals, plants, or microbes, like the Alcalase enzyme from Bacillus subtilis (Garofalo et al. 2023) or Bacillus licheniformis (Araujo et al. 2021), have demonstrated improved lipid recovery. Despite these benefits, challenges remain, such as the cost of enzymes, extended reaction times, and the formation of oil-water emulsions. Research by Liu and Dave (2022) addresses the issue of enzyme reuse and cost by developing a method to immobilize Alkalize, allowing it to be reused for at least three batches without significant decreases in oil yield, demonstrating its potential for effective and consecutive oil extraction from salmon by-products. Another circular economy approach generation of using the fish viscera in order to extract the proteolytic enzyme has been reported by Borges et al. (2023), as a sustainable approach to obtain enzymes. Proper storage conditions and monitoring are essential to maintain the quality of the extracted oil. Enzymatic treatment is a promising innovation to fish oil extraction.

2.3 HISTORY OF CATFISH FARMING

The first efforts at raising catfish were made in the early 1900's at several federal and state fish hatcheries. In the 1950's commercial catfish farming first started in Kansas and Arkansas.

Much of the information used by the early catfish Farmers in the 1950's and 60's was provided by Dr. H. S. Swingle and his co-workers at Auburn University. By 1965, there were over 7,000 acres of commercial Catfish ponds in Arkansas, along with acreage in Louisiana, Texas, Alabama, Georgia, Oklahoma, and Kansas. The first Pond built in Mississippi specifically for the commercial Production of channel catfish was in Sharkey County by W. T. "Billy" Mckinney and Raymond Brown. This pond covered 40 acres and was filled and stocked that summer.

However, it was partially Harvested in January 1966, and 10,000 pounds of catfish Were sold to a professor in Kaw, Kansas. From this Inauspicious beginning, commercial catfish farming in Mississippi grew rapidly. Mississippi quickly became the Leader in this new agricultural enterprise.

Investment Required

The investment required per acre to get into catfish farming varies depending on factors such as these:

1. Do you own or will you buy the land?

2. Who will do the construction work, you or a contractor?

3. The amount of dirt that must be moved.

4. The depth and size of the well(s) needed.

5. Do you own or will you have to buy equipment such as tractors, boats, motors and trucks for use on the farm?

ITEMS NEEDED

Put in your estimated cost, if any, for the items listed below. Since the costs will vary, you must determine what is needed for your situation and what its cost will be.

1. **Land**: Only about 85 percent will be water; the rest will be in levees, storage buildings, Drains, etc.
2. **Pond Construction**:

   Dirt moving – In the Delta about 6.2 cubic yards of dirt must be moved for each linear foot of levee that has a 16-foot top. About 8 cubic yards must be moved if there is an 18-foot top. The actual cost will depend on the price and the amount of dirt moved.

   Drainage Structures – Allow for a drainage canal on at least one side of the ponds) to carry water away from pond (s). The size and cost of the canal will depend on the lay-of-the-land and the number and size of ponds to be drained. Each pond must be drained by a pipe, aboutn75 feet long, fitted with gate (alfalfa valve) and screen. The pipe must be large enough to allow the pond to be completely drained in 5-7 days.

   Gravel- You need gravel on at least two, and preferably three, levees of each pond to allow all-weather access for feeding, harvesting, emergency aeration and disease treatment. Gravel should be at least 4 inches deep and 8 feet wide; thus 1 cubic yard of gravel will cover 10 linear feet of levee.

   Vegetative Cover- Seed all exposed areas of levees to quickly establish cover that will reduce erosion problems. Type of vegetation to seed depends on soil type and climate in your area. Lime and fertilizer may be required.
3. **Water Supply** (wells and supply pipes) You must have a dependable supply of water free of fish and pollutants. Usually a 2,000-3,000 gpm (gallons per minute) Well will supply 4

ponds of 17.5 water acres each. The depth and size of the well will determine the size of pump needed, the length of casing and screen needed, and the drilling pump.

The type of energy to use for the pump is an important consideration.

Initially, water must be pumped to fill the pond and then added throughout the year to replace water lost by evaporation; in addition, the total volume of water in a pond wilt probably needs to be replaced two or three times during the year for management purposes. Once the pumping time required can be estimated, then the approximate amount of fuel or energy needed can be calculated.

4. **Feeders and Bulk Storage**

Feeding is done with a mechanical blower that has at least a 1-ton capacity hopper. Although most have a 2-ton capacity. The Mechanical blower can be mounted to the Bed of a truck and powered by an auxiliary engine, or it can be mounted on a trailer and pulled by a tractor and powered by the PTO of the tractor or auxiliary engine.

Determine the number of feeders you need by the amount of water acreage. One

Feeder with a 2-ton capacity hopper is adequate for 280 acres of water. A scale to estimate weight of amount fed per acre is also desirable. Store feed in a dry and, if possible, cool place to prevent rapid breakdown and loss of nutrients. Adequate storage space should be available for at least one week's supply of feed. Except for the smallest farms, a bulk storage bin with a gravity flow delivery system is needed.

5. **Fingerlings**

These represent the seed that must be planted. The number stocked depends on equipment available and quantity and quality of water. Stocking rates are discussed later, but it is recommended that an initial stocking rate of 4,000 4- to 6-inch fingerlings per acre not to be exceeded and 3,000 to 3,500 per acre is preferred to reduce management problems. The price of fingerlings varies depending on supply, but you can figure a price of 1 to 2 cents per inch.

6. **Feed**

A high-quality floating feed of about 32 percent to 35 percent protein is recommended for successful production of catfish. Feeding rates vary daily from 2-5 percent of body weight when water temperatures are higher than 70° F (21.1° C) and 0.75-2 percent of body weight when temperatures are lower bthen 70° F. Assuming a stocking rate of 4,000 fingerlings per acre and a feed conversion of 1.75:1, annual production of 4,000 pounds of fish per acre would require 3.5 toms of feed per acre of water. Cost of feed varies depending on price of ingredients, and prices change almost weekly.

7. **Oxygen Testing Equipment**

Intensive culture of catfish requires periodic checks of dissolved oxygen (DO) levels in each pond. During certain times of the year these DO checks must be made several times in each 24-hour period. If you have more than two ponds. You need an electronic oxygen meter to save time and labor in making all of the do checks required. You need at least one backup oxygen meter because they can easily be damaged. In addition, you need a chemical Oxygen test kit to check the accuracy of oxygen meters.

8. **Tractors**

At least one tractor (90-100 h.p.) is needed to pull the feeder and to provide power for a paddlewheel aeration device and a 16-inch relift pump. Look at your own situation and decide your needs, but at least two tractors are needed for four 17.5- to 20-acre Ponds. The tractor should have a power-take- off with a 1,000 spline.

CHAPTER THREE

3.1 MATERIALS AND METHODS

Catfish oil extraction and the evaluation of commercial value as well as the health benefit are investigated through the following items provided for the research:

Material	Quantity
catfish	4
Extractor (mechanized presser)	1
Manual Blender	1
Knife	1
Cooking pot	1
Serving plate	1
Cooking Gas (cylinder)	1

3.3 METHOD OF EXTRACTION

The extraction methods employed are mechanical pressing and solvent extraction. Firstly, both extraction methods are examined and compared to determine how efficient and cost implicated based on the materials needed.

3.3.1 MECHANICAL PRESSING EXTRACTOR

This comprised formical, plywood, stainless perforated cylindrical pot like pot; with toppled hydraulic presser.

3.3.2 SOLVENT EXTRACTION

The above mechanical presser is used but cooked catfish are dissolved in a slit liquid and its under goes mechanical pressing extractor. it involves pounding the boiled fish to give out content.

3.4 PROCESSES OF EXTRACTION

The following steps were taken towards final oil extraction:

- preparation of catfish for boiling at 85ºc - 95ºc

- separation of the fish tissue and bones

- blended flesh tissues are packed into stainless perforated cylinder pot

- placed the cylindrical pot on the mechanical hydraulic presser for extraction

- the gradual application of pressure force through the extractor and observe the extraction of the solvent catfish oil.

- solvent catfish oil placed inside a clean pot and heated for evaporation to occur till oil are left inside the pot and sieve into plastic bottle jar.

CHAPTER FOUR

4.1 RESULT AND DISCUSSION

In this chapter, discussions are based on the result from the following observations; through:

- Extraction efficiency
- Quality of oil
- Cost and environmental impact; health benefit and commercial values.

4.2 Extraction Efficiency

Discussion of result based on the methods of extraction in use:

- Mechanical Pressing Extraction (hydraulic press)
- Solvent Extraction

  The both methods are observed to be efficient but procedural whilst the mechanical since to be more efficient and sufficient for coordinated extraction.

The following observations are also gathered from the empirical perspective:

4.2.1 Mechanical extraction

- water dilution with oil extracted was partial and minimal.
- The extracted oil is clear and void of residues.
- The evaporation process is fast and swift.
- The shelf-life of the extracted oil within one week was stable.

4.2.2 Solvent extraction

- Water dilution is prominent; thus, affecting the quantity and the quality of oil extracted.

- Nutrition level is low due to the boiling for 120º-150º .
- The self-life of the extracted oil is relatively low and unstable.

4.3 Cost and Environment Impact of Fish oil

From the above discussions, the following observations are made under the headings:

Health Relevance and Benefits

- The extracted oil is cholesterol free.
- It is very rich in protein an essential reagent to the skin.
- The oil posits several nutritional benefits owing to its rich content of omega-3 fatty acids, particularly DHA and EPA

CHAPTER FIVE

5.0 SUMMARY, RECOMMENDATION AND CONCLUSION

5.1 SUMMARY OF FINDINGS

Many species of marine fish have been studied for fish oil production, but little attention has been paid to the production of catfish oil from processing waste.

A major question is whether it is feasible to produce edible oil from catfish viscera, a processing waste. Catfish oil is a new product and has not yet been produced on a pilot scale, so it is important to understand the FA composition and quality of the oil at different purification steps. Therefore, the objectives of this study were to produce edible oil from catfish viscera and to determine the effect of purification on the composition of FA and the quality of the catfish visceral oil.

There is a sizable and growing world market demand for high-quality fish oils, and commercial fish oil production can be quite profitable if suitable raw materials are available. The fish industry should carefully handle by-products from gutting, filleting, and other fish-processing operations because they are good raw materials for fish meal and oil production. The waste and by-products of catfish processing consist of heads, frames, skin, and viscera, which often end up in landfills or rendering plants. The average weight of viscera is about 265G, which is about 10% by weight of a live whole catfish. The fat content of viscera is 33.6% (wet basis), and the viscera can be used for recovering oil that could be converted into edible products. Producing edible oil from viscera may add value to catfish viscera, which is currently a processing waste.

For the last two decades, interest in the dietary effects of marine FA has increased because they play a major role in human health. Natural fish oils may help maintain heart and vascular health in humans. Catfish oil, extracted from the viscera or entire fish, offers several commercial advantages. Findings indicate it's a rich source of omega-3 fatty acids, especially DHA and EPA, with potential health benefits. While research shows the oil can be a valuable resource, further investigation is needed to determine optimal extraction methods and ensure consistent quality and safety for various applications. Catfish oil is a good source of omega-3 fatty acids (DHA and EPA), which are linked to various health benefits, according to numerous studies. Studies have identified the fatty acid composition of catfish oil, including saturated, monounsaturated, and polyunsaturated fatty acids. High-quality catfish oil should be free from contaminants (e.g., heavy metals, PCBs) and adulterants. Look for third-party lab testing certifications. Higher concentrations on EPA and DHA (typically 15–30% combined) indicate better nutritional value. To be Measured by peroxide value (PV < 5 meq/kg) and anisidine value (AV < 20) to determine Low values so as to ensure freshness and shelf life.

In a nutshell, analysis of catfish oil reveals its quality characteristics, including free fatty acids, peroxide value, and acid value. whilst mechanical-pressed or molecularly distilled oils retain more nutrients compared to chemically extracted oils.

5.2 RECOMMENDATIONS

A major question is whether it is feasible to produce edible oil from catfish, a processing waste. Catfish oil is a new product and has not yet been produced on a pilot scale, so it is important to understand the quality and the commercial value of the catfish oil viz-a-viz the methods of extraction. There is a sizable and growing world market demand for high-quality fish oils, and commercial fish oil production can be quite profitable if suitable raw materials are available. The fish industry should carefully handle by-products from gutting, filleting, and other fish-processing operations because they are good raw materials for fish meal and oil production.

Therefore, the objectives of this study were to produce edible oil from catfish and to determine the quality and the commercial value of the catfish oil.

Further research should focus on improving extraction methods to maximize oil yield and maintain quality, including optimizing solvent-free extraction.

As a matter of fact in Quality Control, establishing standards for catfish oil quality, including testing for oxidation markers (acid value, anisidine value, peroxide value) and heavy metals. Moreover, conduct further studies to explore the specific health benefits of catfish oil, particularly in areas like cardiovascular health, inflammation, and cognitive function.

Moreover, potential use of catfish oil is potent in various industries, including food, pharmaceuticals, and cosmetics. Catfish oil is a type of fish oil derived from the tissues of catfish, a common freshwater or farmed fish widely consumed in regions like Nigeria (NG). While less studied than oils from fatty fishlike salmon or mackerel, catfish oil has cultural and nutritional significance in many communities. While catfish oil offers nutritional benefits, its lower omega-3 content compared to marine fish oils means it should complement—not replace—a balanced diet. For therapeutic doses of omega-3s, supplements from fatty fish or algae may be more effective. Always prioritize fresh, well-prepared catfish oil to avoid rancidity. However, they might be higher in omega-6, so the ratio could be a consideration. Also, catfish oil might be used in local cuisine for flavor. In Nigeria, catfish (especially the species Clarias gariepinus) is popular, so the oil might be a byproduct used in soups or stews.

However, potential health benefits could include supporting heart health, reducing inflammation, but with the caveat that the evidence might not be as strong as for other fish oils. Also, cooking with catfish oil could add nutrients to diets that might otherwise lack them. Lastly on this note, further studies should evaluate the market demand and potential for commercialization of catfish oil, considering factors like production costs and consumer preferences.

5.3 CONCLUSION

Extracting fish oil from by-products offers a cost-effective and sustainable approach to obtaining valuable lipids. Unlike plant-based oil extraction, the process for fish oil is more complex due to the muscle-based lipid samples involved. The yield and purity of fish oil are significantly influenced by the chosen extraction method, making it crucial to select the most appropriate technique. The development of green technologies for producing oils rich in n-3 PUFAs from aquatic sources is an expanding area of research. While much of the focus has been on green strategies for extracting crude oil from raw materials, there has been less emphasis on refining these oils. Therefore, increased efforts should be directed toward recovering and valorizing these fractions.

Currently, a significant portion of fish oil is refined from crude oils produced as by-products of fish meal production. However, by optimizing enzymatic hydrolysis and fermentation processes, the fish processing industry can achieve high-quality fish oil production. These methods not only improve oil yield but also reduce environmental impact, thereby enhancing resource efficiency and contributing to a more sustainable industry.

On this note, catfish oil possesses significant commercial value due to its nutritional benefits and potential applications. Further research and development are needed to optimize extraction methods, establish quality standards, and fully realize the commercial potential of this resource. By focusing on these areas, the catfish industry can further leverage the commercial value of catfish oil and contribute to the global market.

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