

glycoproteins, phosphoproteins, chromoproteins or metalloproteins and lipoproteins.

- The protein content in fish meat varies greatly, this is influenced by the type of fish or its habitat. Protein in fish meat consists of essential or non-essential amino acids that are useful for the body, for example the content of these amino acids, such as lysine, leucine, phenylalanine, methionine, threonine and histidine.
- Fish protein is very easy to digest so for the digestive system, especially toddlers whose digestive system is not perfect like adults. The main advantages of fish protein compared to other sources of animal protein are the completeness of the composition of amino acids and their ease of digestibility.

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