The proximate composition and element spectrum of the flesh of the three cichlid species that colonize the Victoria reservoir

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Laboratory analyses were conducted on the nutritive quality of flesh of *Oreochromis mossambicus*, *O. niloticus* and *Tilapia rendalli* inhabiting the Victoria reservoir. The protein content ranged from 79.91% to 84.38% of the dry weight. The essential amino acid content was also high of which lysine and leucine were predominant. The lipid content varied between 4.16% and 5.89%, and the carbohydrate content ranged from 4.19% to 7.85% of the dry weight. The flesh also had a high mineral content. Although no major differences among the species were evident, the results showed that the flesh of *O. niloticus* had a higher protein and lipid content with more sodium, sulphur, pottassium, carbon and nitrogen than that of *O. mossambicus* and *T. rendalli*.