



**TAJ GLOBAL**  
ENTERPRISES

**SEA FOOD**  
**CATALOGUE**

The sea is our frontier. It  
is also our future.



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**TAJ GLOBAL ENTERPRISES** is a future-driven seafood company dedicated to the pursuit of Better. We create exceptional quality seafood products that's tastier, fresher and better for the world. AT **TAJ GLOBAL ENTERPRISES** , FISH is at the forefront of seafood processing technology and R&D to cater to the tastes of the modern consumer. We serve over 100 countries and more, boldly venturing into under-served markets. We staunchly believe that everyone deserves access to ethically sourced, delicious seafood. Sustainability is embedded in our DNA. - we have forged long-term partnerships with fishing grounds and suppliers who share our pledge to protect the resources of future generations. At **TAJ GLOBAL ENTERPRISES**, we don't just aspire for a good future, We better it. Welcome to the Future of Better.

## Our Products.

Every single day we seize the challenge of improving the way we source, process and produce seafood products. We look at the gaps, identify opportunities and collaborate with partners to create fresh ideas. We create better tasting, exceptional quality fish and seafood for today and the future.

Our company has different kinds of SeaFood for our customers and here we included the main categories of SeaFood, Which are the following.

### RED SNAPPER

A red snapper is a fish with a deep, rosy-red color, often appearing darker on the back and fading to a paler shade on the belly, featuring a long triangular face, large red eyes, and a pointed anal fin.

### SIZE:

Adults typically range from 2-4 pounds but can reach much larger sizes.



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# NUTRITIONAL IMPORTANCE

Red snapper is a nutritious fish that's high in protein and low in calories, regardless of serving size

## **Protein:**

A 3-ounce serving of cooked red snapper contains over 22 grams of protein

## **Omega-3 fatty acids:**

Red snapper contains DHA and EPA, which may help lower the risk of Alzheimer's disease

## **Minerals:**

Red snapper contains calcium, magnesium, phosphorus, potassium, and selenium

## **Vitamin B12:**

Red snapper is an excellent source of vitamin B12

## **Health benefits**

Heart health

Red snapper is high in protein and omega-3 fatty acids, which support heart health

## **White blood cell count**

Selenium in red snapper helps maintain white blood cell count, which helps fight disease and protect the thyroid

## **Other nutritional information**

Red snapper is low in saturated fat and sodium

Red snapper is a staple in many cuisines, including Mediterranean and Asian

Red snapper has a sweet, mild flavor and pairs well with many herbs and spices



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# ROHU GUTTED

A "**rohu gutted**" refers to a Rohu fish (Labeo rohita) that has had its internal organs, including the stomach and intestines, removed, leaving a cleaned fish carcass with the scales intact, typically featuring a bluish-brown back, silvery sides, and a belly, with a characteristic thick-lipped mouth and a forked tail; the body is moderately elongated and covered in cycloid scales, often sold as a whole fish ready for cooking after gutting.



## SIZE:

Size ranges from 0.5 pounds to 8 pounds and may vary.



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# TIGER FISH

**Tigerfish**, a group of voracious, freshwater predators, are known for their silvery bodies, black stripes, and sharp, dagger-like teeth, with some species reaching significant sizes and being popular game fish in Africa.



## **Nutritional importance**

Tiger fish (*Hydrocynus vittatus*) are a good source of protein, omega-3 fatty acids, and various minerals, contributing to a healthy diet, and are an important food source in many African regions. Here's a more detailed look at the nutritional benefits of tiger fish:

### **Protein:**

Tiger fish are a good source of lean protein, which is essential for building and repairing tissues in the body.

### **Omega-3 Fatty Acids:**

They contain omega-3 fatty acids, particularly eicosatrienoic acid, which are beneficial for heart health and brain function.



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### **Minerals:**

Tiger fish are a source of minerals like calcium, magnesium, and zinc, which are important for bone health, nerve function, and immune support.

### **Vitamins:**

They also contain vitamins, although specific amounts may vary depending on the species and preparation method.

### **Ecological and Economic Importance:**

Tigerfish are an important food and income source for locals, and their presence also promotes tourism through recreational and sport fishing.

### **Other Nutrients:**

Tiger fish are also a source of moisture, lipid, and ash content.

### **Specific Fatty Acids:**

Tigerfish are rich in oleic acid, a monounsaturated fatty acid that can help control blood lipid levels and reduce cholesterol.

### **Dietary Plasticity:**

Tigerfish in Lake Kariba show remarkable dietary plasticity and ontogenetic shifts, identified by both stomach content and stable isotope analyses.

### **Predatory Habits:**

Tigerfish are piscivores and popular angling species, and can grow up to 70 cm fork length and a weight of 15 kg.

### **Diet Composition:**

Tigerfish diets primarily consist of fish and macro-invertebrates.



# Shrimps

**Shrimps** are a type of small, swimming crustacean with a flattened, semi-transparent body, a flexible abdomen, and a fan-like tail, found in both saltwater and freshwater environments. They are a good source of protein and certain vitamins and minerals



## Nutritional importance

- *Protein:*
- *Selenium*
- *Iodine*
- *Omega 3 Fatty acid*
- *Vitamins and Minerals*
- *Low in calories and saturated fats*



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# Octopus

**Octopuses** are soft-bodied marine invertebrates belonging to the class Cephalopoda, known for their eight arms, large eyes, and remarkable intelligence, with the ability to camouflage and even escape by losing an arm.



## Nutritional importance

Octopus is a nutritious seafood source, rich in protein and essential vitamins and minerals like vitamin B12, iron, selenium, and omega-3 fatty acids, making it a valuable addition to a balanced diet.

Here's a more detailed look at the nutritional benefits of octopus:

- **High in Protein:**

Octopus is a lean protein source, providing a significant amount of protein per serving, which is crucial for building and repairing tissues.

- **Rich in Vitamins and Minerals:**

- **Vitamin B12:** Essential for nerve function and red blood cell production.
- **Selenium:** An important antioxidant that supports immune function and thyroid health.
- **Iron:** Crucial for carrying oxygen in the blood.
- **Phosphorus:** Important for bone health and energy metabolism.
- **Potassium:** Helps maintain healthy blood pressure.
- **Magnesium:** Involved in various bodily functions, including muscle and nerve function.

- **Source of Omega-3 Fatty Acids:**

Octopus contains omega-3 fatty acids (EPA and DHA), which are beneficial for heart health, brain function, and reducing inflammation.

- **Low in Calories and Fat:**

Octopus is a relatively low-calorie and low-fat food option, making it suitable for weight management and maintaining a healthy weight.

- **Other Benefits:**

- **Taurine:** An amino acid that may help lower blood pressure and cholesterol levels.
- **Antioxidants:** Contains antioxidants that may help protect against cell damage.



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# KING FISH

"Kingfish" is a common name for several marine fish species, including mackerel and drum, often prized for their flavor and firm texture, and are known for their distinctive coloration and streamlined bodies.



## NUTRITIONAL IMPORTANCE

- Rich in Protein
- Excellent Source of Omega-3 Fatty Acids:
- Low in Calories and Fat:
- Good Source of Vitamins and Minerals:
- May Help Reduce Risk of Type 2 Diabetes:
- May Benefit Heart Health:
- May Support Brain Health:
- May ease symptoms of atrophic arthritis
- Good for Eye Sight:



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# BLACK AND WHITE POMFRETS

Pomfrets are a group of fish, including the black and silver (or white) varieties, known for their compressed, deep bodies, and are found in various oceans.

## **NUTRITIONAL IMPORTANCE**

- **Protein**
- **Omega-3 Fatty Acids** (EPA and DHA)
- **Vitamins** (like A, D, and B-complex vitamins (including B12))
- **Minerals** such as calcium, phosphorus, iron, and iodine.
- **Iodine** for thyroid function, especially during pregnancy
- **Selenium** : An antioxidant that helps protect cells from damage.
- **Heart Health** Maintain cardiovascular health



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# KUND FISH

"Kund fish" also known as barracuda, is a saltwater fish with a long, torpedo-shaped body, sharp teeth, and a pointed snout



## NUTRITIONAL IMPORTANCE

Kund fish, also known as barracuda, offers nutritional benefits including being a good source of protein and omega-3 fatty acids, which are beneficial for heart health, bone strength, and a robust immune system. It also contains vitamin B2, which is crucial for proper body function and can help prevent high blood pressure, diabetes, and cardiovascular diseases.

- Protein
- Omega-3 Fatty Acids
- Vitamin B2
- Flavor and Texture



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