Using the Distell Fatmeter

Calibration: **SPRAT-2**
Represents: Fat content of whole carcass inc. belly cavity and fish roe
Species: Atlantic / North Sea Sprat (*Sprattus sprattus*)
Sample: Whole fish, skin on.

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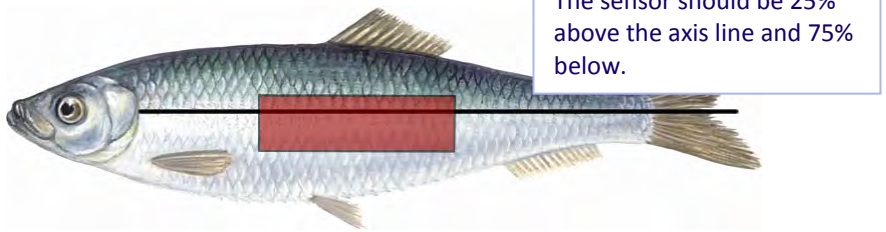
1. Selection & Preparation

Select eight small fish, or four large fish, of similar size and weight from a batch. If there is a variety of a fish size then group according to size/weight. Wipe excess water from the surface of the fish but do not dry. If the fish are very small (< 15mm thick) then measure two fish at a time, one on top of the other.

2. Take readings

Place the instrument head firmly on the fish at the position shown below:



The sensor should be 25% above the axis line and 75% below.

- To ensure accurate measurements keep the 'read' button pressed until the reading is stable. Once the reading is stable, release the 'read' button. It is important that you release the 'read' button *before* removing the sensor from the fish.
- On large fish: take two readings per fish, one from each side.
- On small fish: take one reading per fish.

Repeat for the remaining fish.

3. What do these results represent?

After eight readings the readout shows the average fat content of the whole carcass of all fish sampled, *including* head, tail, fins, skin, belly cavity and fish roe.

Laboratory Analysis

Calibration: **SPRAT-2**
Represents: Fat content of whole carcass inc. belly cavity and fish roe
Species: Atlantic / North Sea Sprat (*Sprattus sprattus*)

Preparation of samples

Use this method if you want to include seasonal factors such as belly cavity and fish roe.

Please prepare the samples for analysis, as follows:

- Retain all of the fish carcasses for analysis, including head, tail, fins, skin, belly cavity and fish roe.
- Cut the sample into approximately 1-2 cm squares to allow the blender to mix it well.
- Mince all the samples together in a blender for 2 minutes.
- Always ensure that the mince is thoroughly mixed. This is especially important if the mince has been allowed to stand for some time.
- Analyse with the method of your choice. Please note the Fatmeter has been calibrated against Fosslet Chemical Analysis, an AOAC recognised method, and will give the best correlation with the Fatmeter results.

Include belly cavity.