

Comparison of Nutritional Value of Salmon and Sturgeon Caviar

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This review examines the differences in physical and nutritional properties of sturgeon and salmon caviar. When examining their physical characteristics, sturgeon caviars are characterized as smaller and blackish color roes, while salmon caviars are characterized as larger and reddish-hued roes. There is no similarity between salmon caviar and sturgeon caviar in terms of both color and size. Considering the nutritional value, salmon roe has higher protein content than sturgeon roe. Although sturgeon caviar has a higher total lipid content, salmon caviar has higher omega-3 polyunsaturated fatty acids (PUFAs) like EPA and DHA. Salmon caviar, which is a caviar substitute, has a more favorable profile in terms of nutrition. Additionally, it appears as a cheaper alternative for caviar consumption.

Keywords: Caviar; sturgeon roe; salmon roe; PUFAs; protein.