

鱼类利用碳水化合物的研究进展

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摘要: 鱼类对碳水化合物的消化和代谢能力较差, 缺乏对血糖水平的调控能力。众多的研究资料表明, 摄入高碳水化合物通常会导致鱼体出现持续的高血糖、肝肿大、肝糖原累积、生长率和饲料效率降低。影响鱼类利用饲料碳水化合物的因素很多, 包括鱼的食性、生长发育、胰岛素水平、消化及代谢酶、能量代谢水平等内因以及碳水化合物的种类、含量、摄食频率、环境温度等外因。本文综述了该领域的研究进展, 并从能量代谢的角度对影响鱼类利用碳水化合物的因素及其机制进行了探讨, 认为鱼类对碳水化合物的利用能力差与其维持生命活动的能耗功率水平相对应: 鱼类(尤其是肉食性鱼类)代谢率较低, 而以葡萄糖为底物代谢供能速率较高, 因此摄入大量碳水化合物后可能导致供能速率过剩, 以血糖的形式在体内堆积, 表现为持续的高血糖现象。碳水化合物类型、摄食频率及水温对鱼类利用碳水化合物的影响均可能与此相关。[中国水产科学, 2010, 17(2): 381-390]

关键词: 鱼类; 碳水化合物; 生理生态学; 能量代谢

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碳水化合物是鱼类的脑、鳃组织和红细胞等必需的代谢供能底物之一, 与鱼体维持正常的生理功能和存活能力密切相关^[1]。但鱼类主要以蛋白质和脂肪作为能量来源, 与哺乳动物相比, 鱼类利用碳水化合物的能力较差, 适宜的饲料碳水化合物水平一般低于 20%^[2-3], 饲料碳水化合物水平过高会抑制鱼体生长, 导致血糖水平持续偏高^[4-5], 免疫功能降低^[6-7]。因此, 鱼类曾被认为是天生的糖尿病患者。碳水化合物是鱼类饲料中的一种重要的廉价能源物质, 在饲料中添加适量的碳水化合物可减少鱼类对蛋白质的消耗量, 减轻氮排泄对养殖水体的污染。为阐明鱼类对碳水化合物利用率低的原因, 众多的研究者从饲料碳水化合物种类、含量、加工工艺、鱼类的食性、消化率、内分泌系统和糖代谢酶系等角度进行了大量研究。本文对该领域的研究进展进行归纳总结, 旨在为鱼类饲料的进一步合理研发提供参考。

1 鱼体的碳水化合物消化及代谢途径

1.1 消化途径

肉食性鱼类消化道短, 淀粉酶的活性低, 一些肉食性鱼类缺乏 α -淀粉酶^[5,8-10]。随碳水化合物水平增高, 鲤(*Cyprinus carpio*)和非洲鲇(*Clarias gariepinus*)的消化道淀粉酶活性均诱导性增高^[11-12]。对江鳕(*Lota lota*)、白斑狗鱼(*Esox lucius*)、河鲈(*Perca fluviatilis*)、欧鳊(*Abramis brama*)、拟鲤(*Rutilus rutilus*)和鲫(*Carassius carassius*)等 6 种淡水鱼的研究表明, 消化道淀粉酶和蔗糖酶活性与饲料碳水化合物含量均呈正相关关系^[13]。提示消化酶不是限制多数鱼类利用饲料碳水化合物的主要原因。

1.2 代谢途径

鱼体对碳水化合物的代谢包括转化储存和氧化分解 2 种方式。经消化吸收的碳水化合物主要以血糖(葡萄糖)的形式转运到鱼体各组织器官, 在天然状态下, 直接通过尿或鳃排出体外的血糖仅占极

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少部分(通常低于 1%^[14-15])。在鱼体各组织器官中,肝脏是碳水化合物代谢的主要场所。葡萄糖由葡萄糖转运子转运进入肝细胞,在糖代谢酶系的调控下进行糖酵解和异生、糖原合成和分解及磷酸戊糖途径等代谢。葡萄糖被己糖激酶催化成为葡萄糖 6 磷酸(G-6-P)。G-6-P 可用于糖原合成,或经磷酸戊糖途径为脂肪酸的合成提供 NADPH^[16],也可进一步无氧酵解成为丙酮酸。丙酮酸可经乙酰辅酶 A 进入三羧酸循环完全氧化供能,但鱼类以糖为底物氧化供能占总代谢耗能的比例较小。研究表明,虹鳟(*Oncorhynchus mykiss*)以葡萄糖为底物的代谢率仅占总代谢率的 10%^[17]。鱼体各种组织的糖代谢能力有明显差异,研究发现,代谢活性高的组织对糖的利用能力较强,鱼类的脑组织以葡萄糖为主要代谢能源,对糖的利用能力较强,心脏也具有较强的葡萄糖转运和储存能力^[18-19]。研究表明,大西洋鲑(*Salmo salar*)心脏对糖的代谢利用的能力为白肌的 10 倍左右^[20],尼罗罗非鱼(*Oreochromis nilotica*)的脑、心的葡萄糖转运子 I (Glut-1)和糖原水平甚至比一些哺乳动物高 10 倍以上^[21]。

葡萄糖激酶(GK)是糖酵解过程中重要的限速酶,当哺乳动物血糖增高时,GK 活性诱导性增强,从而增强糖酵解^[22-23]。早期的研究者认为,鱼类可能缺乏 GK,因而不能正常分解利用葡萄糖,导致鱼类摄食糖后血糖持续偏高^[3,24],但近年的研究在鱼类(包括肉食性鱼类)的肝脏中发现了 GK,饲料碳水化合物能够诱导鱼类肝脏 GK 的活性升高,表明鱼类利用碳水化合物差的原因不是缺乏 GK^[23,25-31]。鲤利用碳水化合物要好于金鲷(*Sparus aurata*)和虹鳟,且其 GK 活性受碳水化合物的诱导比金鲷和虹鳟更快^[32]。由此推测,鱼类利用碳水化合物差的原因之一可能是:鱼体摄入碳水化合物后血糖水平升高,但 GK 活性的诱导性增强滞后,因而不能有效地酵解利用碳水化合物,表现为持续的高血糖。

哺乳类对血糖浓度升高的适应性反应是通过增强糖酵解酶的活性,同时降低糖异生酶的活性,从而维持血糖水平的稳态^[22]。与哺乳类相反,一些肉食性鱼类摄食高碳水化合物饲料后鱼体血糖水

平升高,但葡萄糖 6 磷酸酶(G-6-Pase)、果糖磷酸二磷酸酶(FBPase-1)和磷酸烯醇式丙酮酸羧化激酶(PEPCK)等糖异生酶的活性并不降低,这些酶的 mRNA 的表达水平也不受饲料碳水化合物的负反馈抑制^[23,30,33-34],因此一些研究者提出,鱼类对血糖水平的调控能力低可能与摄食碳水化合物后鱼体缺乏糖异生酶的调控有关^[35-36]。

合成肝糖原是血糖的代谢途径之一,鱼类摄入高水平碳水化合物饲料后通常增高肝指数和肝糖原含量以储存糖分^[24,37]。鱼类的肝糖原和肌糖原远远低于哺乳类^[38],尽管鱼类肝糖原含量可超过 10%,但肝脏总量有限。由于鱼体的糖原储存空间有限,鱼类不可能依靠合成糖原储存大量摄入的碳水化合物。

动物通过合成脂肪转化利用糖的代谢途径之一为:由葡萄糖 6 磷酸脱氢酶(G6P-DH)催化 G-6-P 生成 NADPH,为合成脂肪酸提供还原势;由丙酮酸激酶(PK)催化磷酸烯醇式丙酮酸生成丙酮酸,可作为脂肪酸合成的前体。研究发现,脂肪合成能力高的鱼类对碳水化合物利用较好^[39],摄食高碳水化合物饲料的鱼体肝脏 G6P-DH 活性升高,饲料脂肪转化率大于 100%^[39-41],肉食性鱼类金鲷和虹鳟摄食高碳水化合物后肝脏 G6P-DH 和 PK 活性升高^[29-30],提示鱼体摄食高碳水化合物饲料后有可能增强脂肪合成活动^[28,42-43]。但有研究者认为鱼体通过合成脂肪利用碳水化合物的能力较差^[44],对大西洋鳕(*Gadus morhua*)的研究发现,注入葡萄糖后仅有 0.3% 转化为肝脏脂肪^[45]。

1.3 调节因素

影响动物体糖代谢的激素包括胰岛素、高血糖素、甲状腺激素、高血糖样肽、胰岛素样生长因子、生长素、生长激素抑制素、皮质醇和儿茶酚胺等^[5]。在哺乳动物的糖代谢中,胰岛素促进糖酵解、糖原合成及脂肪合成,并且抑制糖异生,从而降低血糖水平。早期的假说认为,鱼类(尤其是肉食性鱼类)胰岛素水平低、缺乏调节作用,类似哺乳动物的胰岛素依赖型糖尿病症状(Insulin-dependent diabetes, IDDM^[46],胰岛素受体数量少、亲和力弱^[47-48],但近年来的研究发现,鱼类的胰岛素水平接近甚至高于哺乳类^[48],

有胰岛素受体^[36], 摄入碳水化合物后胰岛素水平及其受体数量能适应性上调^[10], 这些研究均不支持关于鱼类缺乏胰岛素和胰岛素受体的假说^[5]。不过鱼类的胰岛素对血糖的反应通常比哺乳动物慢^[49], 这可能导致胰岛素调节能力在摄食碳水化合物后一段时间内相对不足。还有的研究表明, 葡萄糖诱导胰腺分泌胰岛素的能力远远低于氨基酸和脂肪酸, 鱼类胰岛素的主要作用是调控蛋白质代谢而不是糖代谢^[4,50]。因此, 胰岛素在鱼体的糖代谢调控中所起的作用有待进一步探讨。

目前, 关于除胰岛素外的其他激素调控鱼类糖代谢的研究资料比较缺乏。胰高血糖素水平降低可增加糖原合成, 抑制糖异生, 从而降低血糖水平, 对一些鱼血糖水平的调控作用比胰岛素更为明显^[51]。甲状腺激素加速分解肝糖, 同时降低血糖水平, 雌激素可降低肝糖原含量为卵黄蛋白合成供能^[38]。

哺乳类葡萄糖的跨膜转运由葡萄糖转运子 (GLUT) 完成, GLUT 有 5 种以上的同功异构型, 当血糖浓度升高, 胰岛素与细胞膜上受体结合时, GLUT 就从细胞内移到细胞膜上, 从而增强葡萄糖的跨膜转运^[22]。如果动物体内缺乏胰岛素依赖的 GLUT, 则可能导致葡萄糖转运受阻。鱼类是否存在 GLUT 还存在争议, 有研究者发现, 尼罗罗非鱼和虹鳟体内无 GLUT^[21,52]; 另外的研究则在棕鳟体中发现 GLUT4 同源体存在^[53], 但尚不能确定这种同源体就是胰岛素依赖的 GLUT^[5]。近来, 研究者从银鲑 (*Oncorhynchus kisutch*) 体内发现 GLUT4, 与葡萄糖的结合能力较低, 认为这是鱼类清除血糖能量较差的原因^[25]。

2 鱼体特征与利用饲料碳水化合物的关系

2.1 食性

鱼类的食性是经长期进化而形成的, 按其对于天然食物的喜好可分为植食性 (Herbivores)、杂食性 (Omnivores) 和肉食性 (Carnivores)^[54]。通常情况下, 植食性鱼类和杂食性鱼类对碳水化合物营养的适应性较好, 可以耐受较高水平的饲料碳水化合物^[8,55-56]; 肉食性鱼类对饲料碳水化合物的利用能力相对较低,

调节摄食后体内高血糖的能力较差^[5,8-10]。因此, 摄入碳水化合物饲料后, 肉食性鱼类高血糖持续时间更长^[4-5,14,27,57], 杂食性鱼类鲤持续 5 h^[58], 罗非鱼 (*Oreochromis niloticus* × *O. aureus*) 和沟鲈 (*Ictalurus punctatus*) 分别持续 6 h^[46] 和 8 h^[59]; 而肉食性鱼类虹鳟持续 18 h^[60], 金鲷和欧鲈 (*Dicentrarchus labrax*) 持续 12 h^[49], 白鲟 (*Acipenser transmontanus*) 持续 9 ~ 24 h^[14]。与杂食性鱼类鲤相比, 肉食性鱼类虹鳟的胰岛素受体数量少, 且亲和力低^[15]。当摄入葡萄糖后, 植食性和杂食性鱼类的糖酵解效能比肉食性鱼类强, 而糖异生效能则比肉食性鱼类弱^[57]。因此, 植食性和杂食性鱼类能较迅速地分解摄入的碳水化合物, 较快地降低血糖水平; 而肉食性鱼类分解碳水化合物的速度较慢, 因而高血糖现象持续更久。

2.2 生长发育

鱼体消化系统的结构和功能随生长发育而不断完善, 各种激素的分泌和糖代谢酶系逐渐健全。多数鱼类在仔鱼阶段的食性为肉食性, 然后才逐渐分化为各种不同的食性^[61]。在早期发育过程中, 鱼类的消化酶系的功能会因营养需求的变化而发生适应性调节。大菱鲆 (*Scophthalmus maximus*) 仔鱼的淀粉酶活性低于成鱼^[62]; 喀拉鲃 (*Catla catla*) 从孵化后第 4 天到第 34 天, 肠道淀粉酶活性升高 3.5 倍^[63]; 丝足鲈 (*Osphronemus gouramy*) 接近成熟时的碳水化合物适宜水平 (47.5%) 高于幼鱼的碳水化合物适宜水平 (20.8%), 这些研究结果提示, 鱼体对碳水化合物的消化能力随生长发育而增强^[64]。很多研究发现, 较大型的鱼体通常对饲料碳水化合物的利用能力较强^[65-67]。由于一些鱼类的血浆胰岛素水平与体质量呈正相关关系^[68], 可以推测, 较高的胰岛素水平是鱼类随体质量的增大而增强利用碳水化合物的能力的原因。尚需直接的实验证据检验产生这种现象的生理机制。

2.3 与饲料碳水化合物相关的其他特征

鱼体的主要化学组分包括蛋白质、脂肪、灰分和肌糖原。研究表明, 饲料碳水化合物水平对鱼体的水分、灰分、蛋白质和肌肉糖原含量均没有明显影响^[11,15,37,57,69], 而饲料碳水化合物对鱼体脂肪含量

的影响明显,当饲料脂肪含量恒定而碳水化合物/蛋白质比值增高时,鲤和尼罗罗非鱼的身体脂肪含量增高^[12,70],表明饲料碳水化合物一定程度上可以转化为鱼体脂肪。另一些研究发现,随饲料碳水化合物/脂肪比值增高,非洲鲷、鳊(*Zacco barbata*)和星斑川鲷(*Platichthys stellatus*)等鱼体脂肪含量降低^[11,37,57],产生这种现象的原因主要是脂肪绝对摄入量的减少。

哺乳动物摄食碳水化合物后血糖在1~2h内即恢复至正常水平^[5],鱼类(尤其是肉食性鱼类)对糖的耐受性较差,摄食碳水化合物饲料后血糖水平通常持续偏高^[4,57],且血糖水平随饲料碳水化合物水平增高而增高^[42]。通过口服或注射摄入糖后鱼体出现的高血糖现象可持续数小时到数十小时^[14,46,58-61]。摄入高碳水化合物饲料的鱼体肝指数和肝糖原含量增高,导致肝细胞出现肿大或空泡化现象^[3,37,71-72,1]。已有研究提出,肉食性鱼类摄食高水平碳水化合物饲料后,鱼体糖原的合成和分解异常^[73]。一般认为肝糖原含量超过9%会引起肝细胞失活,损害肝脏的正常代谢功能,对动物体造成营养生理胁迫^[74-75],而摄食碳水化合物后大西洋鲑肝糖原含量可达14%^[76]。

关于饲料碳水化合物对鱼类健康状况影响的研究资料较缺乏,有研究发现,饲料碳水化合物对鱼体的非特异性免疫功能无明显影响^[77-78]。也有研究表明,持续的高血糖损害鱼体嗜中性细胞、单核细胞和淋巴细胞的功能,降低抗病能力^[79],降低过氧化氢酶和过氧化物酶的活性^[80]、溶菌酶和抗菌活力^[81]。

3 影响鱼类利用饲料碳水化合物的主要因素

3.1 碳水化合物的种类与含量

在饲料中添加较低水平的饲料碳水化合物不影响甚至可以提高生长率、饲料效率和蛋白质效率^[8,44,82],提高鱼类对蛋白质的利用效率,即表现出蛋白质节约效应,有关蛋白质节约效应在鱼类碳水化合物的营养学研究中都曾受到较多关注^[12,82]。随饲料碳水化合物水平增高,消化率降低^[83]。当饲料碳水化合物水平过高时,鱼类的生长率和饲料效率通常降低^[4,66,84-85]。

碳水化合物结构的复杂程度影响鱼体对其利

用状况^[4,86]。研究表明,与摄食含单糖饲料相比,摄食含糊化淀粉饲料的尼罗罗非鱼、沟鲷、虹鳟、大西洋鲑、太阳鲈(*M. chrysops*♀×*M. Saxatilis*♂)、条纹石鲈(*Morone saxatilis*)和星斑川鲷等鱼体的生长率、饲料效率、蛋白质效率、能量效率均较高^[56,65,87-89],生长更快^[37,71,89]。单糖可直接被肠道迅速吸收进入血液,而复杂碳水化合物则需要消化分解后才能进入血液^[66],因而鱼类对单糖的吸收率高于多糖^[3,10,90]。由此推测,由于消化道吸收单糖的速率快,若鱼体内的糖代谢酶活性尚未充分上调,可能导致鱼体对糖的吸收速率大于分解和转化速率,造成糖流相对过剩,从而降低鱼体对碳水化合物的利用^[91]。而复杂糖类吸收速率慢,鱼体有足够的时间调高分解转化速率,可能减轻糖吸收速率过剩的负效应。因此很多鱼类利用糊化淀粉和糊精要好于利于葡萄糖等构型简单的碳水化合物^[3,8,92-93]。

3.2 投喂频率

在日粮水平相同的条件下,增加投喂频率有利于提高鱼类对饲料碳水化合物的利用^[2-3,94]。当投喂频率为6次/d时,摄食含44%淀粉、糊精或葡萄糖饲料的尼罗罗非鱼的生长率、饲料效率、蛋白质效率、能量效率及鱼体脂肪含量均显著高于投喂频率为2次/d的实验鱼^[66]。一方面,增加投喂频率可缓解鱼体肠道消化酶活性相对不足的压力^[95];另一方面,增加投喂频率可降低鱼体在摄食后短期内对糖的相对吸收量,有利于鱼体将吸收的糖氧化逐渐分解或转化为脂肪储存。

3.3 环境温度

一般来说,暖水性鱼类利用碳水化合物的能力要高于冷水性鱼类^[3]。有研究认为,温度影响鱼类对碳水化合物的利用和耐受性,可能与温度影响鱼体能量代谢水平有关^[4]。大西洋鲑在12℃下对碳水化合物的利用比在2℃下更好^[8,86]。虹鳟在较高温度下摄食碳水化合物后高血糖现象持续时间缩短^[24]。鱼体葡萄糖的转运能力也随温度增高而增强^[96]。有研究认为,在低温下,鱼体偏向于增加脂肪氧化供能的比例,减少了对糖的代谢利用^[97]。但另外的研究发现,鱼类在低温下将糖合成糖原储存

的能力增强^[24],磷酸戊糖途径的活性增高,脂肪酸的合成和脂肪沉积增强^[55]。

考虑到温度会影响食物的消化吸收,可以推测温度对鱼类利用碳水化合物的效应有:①温度升高加速了鱼体对饲料碳水化合物的消化和吸收速率,可能加剧碳水化合物吸收过剩的程度;②温度升高提高了鱼体的能量代谢水平,有利于增强氧化分解糖供能的能力。当效应①小于效应②,温度升高有利于提高鱼体对碳水化合物的利用能力;当效应①大于效应②,温度升高不利于鱼体利用碳水化合物。在不同的鱼类和不同的温度区间,效应①和效应②的相对大小可能存在差异。

3.4 能量代谢水平与碳水化合物利用的关系

鱼类的能量代谢可分为标准代谢、活动代谢和特殊动力作用(specific dynamic action, SDA)等3个亚组分。能量代谢水平对鱼类的食欲、生长、社群地位等都有重要作用^[98-99],也可能影响饲料碳水化合物的利用。SDA依赖于食物的质和量,与食物的营养成分有关^[100-101]。当分别以蛋白质、脂肪和碳水化合物喂养时,恒温动物的SDA能耗量分别为摄入能量的30%、15%和5%^[102]。但南方鲇(*Silurus meridionalis*)摄食含30%碳水化合物/30%蛋白质饲料后的SDA能耗与摄食含0%碳水化合物/50%蛋白质饲料的无明显差异,摄食含30%碳水化合物/6%脂肪饲料后的SDA能耗与摄食含0%碳水化合物/18%脂肪饲料的也无明显差异,表明摄食高碳水化合物饲料后的SDA能耗并不按比例降低,提示饲料碳水化合物可导致鱼体额外增加SDA耗能^[101,103]。肉食性鱼类摄食碳水化合物后,肝脏糖酵解和糖异生途径可能同时保持在活跃水平^[27,35-36,104-105],动物体同时进行活跃的糖酵解和糖异生反应,结果可能导致无效循环,能量消耗增加(futile cycling)^[106]。有研究者探讨了糖尿病人由GK和G-6-Pase的双向作用造成的Glucose/G-6-P循环^[107],但在鱼类尚未有关于糖代谢过程中无效循环的研究报道。已有研究发现高碳水化合物水平饲料导致南方鲇日常代谢率增高,提出可能与无效循环耗能有关^[73],鱼体摄食高碳水化合物饲料后增加

SDA能耗有利于清除过高的血糖^[108]。但鱼类摄食碳水化合物后体内糖代谢是否存在无效循环还需要更多的实验资料验证。目前尚很少有从鱼类能量代谢特征出发讨论其糖代谢规律的研究报道^[109]。

多数鱼类的代谢率平均值不到哺乳动物平均值的十分之一^[110],与其较低代谢率一致,鱼类的葡萄糖周转率仅为哺乳动物的1/20~1/100^[5]。通常,专性肉食性鱼类的静止代谢率低于其他鱼类的平均值,Nelson^[111]总结了几种鱼类的静止代谢率和食性,发现肉食性鱼类南极鳕(*Notothenia neglecta*)、大西洋鳕和南方鲈等的静止代谢率低于植食性和杂食性鱼类棕鲷(*Ictalurus nebulosus*)、鲤、拟鲤、金鱼(*Carassius auratus*)及3种甲鲇 *Panaque maccus*、*Panaque nigrolineatus* 和 *Hypostomus* sp. 等;同时,肉食性鱼类的葡萄糖周转水平低于植食性鱼类^[112]。这些研究提示,鱼类对血糖的利用能力与其维持生命活动的能耗功率(Power output)水平相对应。Agutter等^[113]提出,动物体在活跃状态下的能量代谢为“供给限制型”(supply-limited),其代谢水平较高,主要受代谢底物的供给速率限制;而在静止状态下的能量代谢为“需求限制型”(demand-limited),其代谢水平较低,主要受低水平的能量需要限制。鱼类代谢率低,因此血流速度、营养需要和利用都相应地降低^[5],可能限制其对碳水化合物的利用,但有关鱼类代谢率影响糖利用能力的研究资料还较缺乏。由于以葡萄糖为底物代谢供能速率高于蛋白质和脂肪^[114],而鱼类(尤其是肉食性鱼类)代谢率较低,因此摄入大量碳水化合物后可能导致供能速率过剩,以血糖的形式在体内堆积,表现为持续的高血糖现象。一些代谢率相对较高的鱼类(如杂食性和植食性鱼类),摄入碳水化合物后供能功率过剩的程度较低,因此对饲料碳水化合物的利用相对较好。分析从鱼类到鸟类和哺乳类的整个脊椎动物的演化进程,动物的热能代谢逐渐由变温型演变为常温型,动物的代谢水平呈上升趋势,对碳水化合物的代谢利用能力也呈上升趋势,较高的代谢水平增强了动物对复杂环境适应能力,同时也增强了动物对碳水化合物营养的适应。据此,也可以解释增加摄食频

率可以提高鱼体对饲料碳水化合物利用的原因。从供能速率的角度考虑,分多次投喂相对降低了供能速率,因而更有利于鱼类利用。同样,鱼类利用结构复杂碳水化合物好于单糖的原因可能是:前者消化吸收较慢,供能速率更适合鱼体较低的代谢率;后者吸收迅速,更容易导致供能速率的过剩。温度对鱼类利用饲料碳水化合物的影响,也可能是通过调节鱼体代谢率而造成的。提示能量代谢水平是影响鱼类利用碳水化合物重要因素,影响鱼体代谢水平的因素会直接或间接地影响鱼体对碳水化合物的利用。

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Progress of carbohydrate utilization in fish

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Abstract: The capacity of carbohydrate digestion and metabolism is generally poor in fishes. A large number of studies have showed that high dietary carbohydrate intakes result in persistent hyperglycemia, elevation of hepatic size and glycogen content, and reduced growth rate and feed utilization. A lot of factors influence carbohydrate utilization of fishes, including the food habit, development stage, insulin level, enzymes of carbohydrate digestion and metabolism, energy metabolic level, as well as type and content of dietary carbohydrate, feeding frequency, and water temperature. This review examines some of the background and the possible mechanistic bases for carbohydrate utilization in fish regarding to energy metabolism. We propose that the poor carbohydrate utilization of fishes would be due to their relative low level of energy metabolism. Since the rate of energy consumption is low in fish while the rate of energy supply is high with carbohydrate as fuel, the rate of energy supply might be overabundance after excess carbohydrate intake, which results in persistent hyperglycemia. The influence of carbohydrate type, feeding frequency, and water temperature on utilization of dietary carbohydrate in fish might also be related to this potential mechanism, which need to be studied in the future researches. [*Journal of Fishery Sciences of China*, 2010, 17 (2): 381–390]

Key words: fish; carbohydrate; eco-physiology; energy metabolism

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