

Local Food Regimens: Hidden Gem in Local Nutritional Wisdom

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Food is the basic nutrient source for human beings. There are different kinds of foods around the world. In each area there are many local foods. The local traditional foods usually reflect the local culture and belief. For sure, there are many hidden wisdoms in the local traditional foods. In the area with a long history, there are usually long histories of local foods. The study on the local foods in the dimension of nutrition is very interesting and can give the important data from local wisdom. The way the local traditional food has been designed for a long time until present might reflect the correspondence to the local need of some specific nutrients. For example, in Indochina, the famous local foods in northeastern region of Thailand and Laos is Somtum or papaya salad [1]. This kind of food is rich of folic acid that might be corresponding to the need of folic acid supplementation among the local people who usually have endemic thalassemia, important congenital hemoglobin disorder. In China and nearby east Asian countries, where an important hematological problem as polycythemia is common, the local traditional beverage is tea. Tea is proven useful, help reduce iron accumulation and enrich of antioxidant which is useful in anyone with the problem of polycythemia [2]. In Cambodia, the traditional food as smoked grilled fish is widely ingested and this can also reflect the local wisdom in food preparation for prevention of fluke infestation which is a common food borne parasitosis in Indochina. It is no doubt that the rate of liver fluke infestation among local Cambodian people is lower than those observed in local people in nearby countries such as Laos and Thailand.

The study on the local food to assess the nutritional component might be a new approach to seek for the hidden nutritional wisdom. The in depth food data collection and further identification of nutritional component on the local foods in each setting is suggested. This is an interesting little mentioned new area for research in contemporary nutritional research.

Conflict of Interest

None.

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