



Promoting Good Health Through The Use Of African Spices and Condiments

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Abstract: Chronic diseases related to diet and nutrition, which was formally characterized as the developed world's "disease of affluence," is becoming increasingly common among Africans. African traditional knowledge in the use of spices/condiments and the value of these functional components of our diet in the maintenance of good health has been proven variously by well designed research studies. This review highlights Africa's rising chronic disease burden, its socio-economic implication and the significance of our traditional knowledge on the value of the functional components of our dietary recipe in the maintenance of good health. The apparent benefit to the society of the re-inclusion of our spices/condiments to our diet as a mainstream health strategy and for preventing chronic diseases related expenditures is discussed.

Keywords: *Chronic diseases; Spices; African Traditional Knowledge; functional food*

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