

# Utilization Of Edible Insects In Risk Reduction Of Non Communicable Diseases

## Abstract.

Non communicable diseases are associated with 60% deaths globally (WHO 20014). The risk increases as consumption of processed and convenient foods as meat and oils which is linked to NCDs, continues to rise rapidly in the world, Africa and Kenya hence need to shift to a more healthy diet. Interest in rearing and consumption of edible insects is rising as an alternative to meat in reducing and/or preventing the prevalence of NCD in universal health coverage. This study review Entomophagy as alternative to meat in prevention of NCDs in terms of protein, fatty acid, bioactive properties and product formulations to increase acceptability.

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