

Thai cultural department promoting Thai cuisine as "The World's Tastiest Medicine"

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Already renowned worldwide for its appealing diversity in flavors, Thai gastronomy takes centuries-old local wisdom to a new level in health, well-being, and medicinal care. Thailand is honored to share its knowledge of local dishes from throughout the Kingdom that not only appeal to the taste buds but have healing properties for a number of ailments.

Mr. Chai Nakhonchai, Director-General of the Department of Cultural Promotion, revealed that while Thai food is an intangible cultural heritage praised worldwide for its diverse flavors, the wonder of Thai cuisine doesn't end with great taste. Nearly every dish is bursting with vegetables, herbs and spices containing nutraceutical properties (food containing health-giving additives and having medicinal benefits) which in turn can aid the body to fight off diseases and help maintain a level of health and vitality. It's not an overstatement to refer to Thai cuisine as "The World's Tastiest Medicine".