

The consumption rate of traditional foods is gradually being reduced with time due to the globalization of the food systems and non-availability of modernized ready-to-used traditional food products. In order to contribute to the sustainability and to promote the consumption of *nah poh*, the present study was undertaken to gather traditional culinary knowledge related to the consumption of some local spices in *nah poh*, as to contribute to the development of a ready-to-use spice formulation. It consisted in carrying out a qualitative and quantitative survey. The study revealed that there is a great variability with respect to the different Divisions of the Western Regions of Cameroon, regarding the spice composition of *nah poh*. All the local spices used for this study are utilized for the preparation of *nah poh*. Seven spices were found to be essential in most Divisions. *Scorodophloeus zenkeri* fruits and *Xylopia africana* were shown to be essential spices for consumers in Mezam Division. The quantities of essential spices for one litre of *nah poh* varied between $0.61 \pm 0.24\text{g}$ to $4.59 \pm 2.06\text{g}$.

Key words: *nah poh*, Preparation, Local spices, Variability, Western Regions of Cameroon