There is a very serious nutritional problem worldwide due to foodstuff deficiency affecting low income groups living in rural areas and slum zones at urban cities, however there are many sources of underutilized staple not enough investigated in spite of their enormous importance for a very large group of people. Entomophagy cultural tradition in Latin America might be a good option to improve nutritional health to habitants of those regions. The aim of this study is to assess macronutrients of palm grub. *Rhynchophorus palmarum* edible insects available and consume at Peru, Ecuador, Venezuela, Brazil and Mexico, to inform population the benefits of health they provide and promote their intake on a daily diet. Insects were obtained at local markets of the above mentioned countries except Mexico that samples were captured at Veracruz State and dry analyzed according AOAC (1995) methods. Data obtained was: proteins 49.11% to 54.75%. Minerals 4.83% to 5.95%. Lipids 21.56% to 30.19%. Fiber 1.09% to 2.10% and soluble carbohydrates 7.01% to 23.41%. Nutritional value is related to environment conditions and stage of maturity. All grubs are high in proteins, nutrients essential for life, and fatty acids source of energy and many other vital functions, have a little fiber and some soluble carbohydrates source of energy. Palm groups are seasonal, but due to their high lipids content should be keep refrigerated to void spoilage. Minerals were not quantified individually. Insects are well accepted by different social groups therefore their consumption will be recommended to improve health.

Key words: Entomophagy, nutrition, palm grub.