



Edited by
Peter S. Ungar
and Mark F. Teafor

HUMAN DIET

Its Origin
and Evolution

Human Diet Its Origin And Evolution

Ken Albala



Human Diet Its Origin And Evolution:

Human Diet Peter S. Ungar, Mark F. Teaford, 2002-03-30 Diet is key to understanding the past present and future of our species Much of human evolutionary success can be attributed to our ability to consume a wide range of foods On the other hand recent changes in the types of foods we eat may lie at the root of many of the health problems we face today To deal with these problems we must understand the evolution of the human diet Studies of traditional peoples non human primates human fossil and archaeological remains nutritional chemistry and evolutionary medicine to name just a few all contribute to our understanding of the evolution of the human diet Still as analyses become more specialized researchers become more narrowly focused and isolated This volume attempts to bring together authors schooled in a variety of academic disciplines so that we might begin to build a more cohesive view of the evolution of the human diet The book demonstrates how past diets are reconstructed using both direct analogies with living traditional peoples and non human primates and studies of the bones and teeth of fossils An understanding of our ancestral diets reveals how health relates to nutrition and conclusions can be drawn as to how we may alter our current diets to further our health Evolution of the Human Diet Peter S.

Ungar, 2007 We are interested in the evolution of hominin diets for several reasons One is the fundamental concern over our present day eating habits and the consequences of our societal choices such as obesity prevalent in some cultures and starvation in others Another is that humans have learned to feed themselves in extremely varied environments and these adaptations which are fundamentally different from those of our closest biological relatives have to have had historical roots of varying depth The third and the reason why most paleoanthropologists are interested in this question is that a species trophic level and feeding adaptations can have a strong effect on body size locomotion life history strategies geographic range habitat choice and social behavior Diet is key to understanding the ecology and evolution of our distant ancestors and their kin the early hominins A study of the range of foods eaten by our progenitors underscores just how unhealthy many of our diets are today This volume brings together authorities from disparate fields to offer new insights into the diets of our ancestors Paleontologists archaeologists primatologists nutritionists and other researchers all contribute pieces to the puzzle This volume has at its core four main sections Reconstructed diets based on hominin fossils tooth size shape structure wear and chemistry mandibular biomechanics Archaeological evidence of subsistence stone tools and modified bones Models of early hominin diets based on the diets of living primates both human and non human paleoecology and energetics Nutritional analyses and their implications for evolutionary medicine New techniques for gleaning information from fossil teeth bones and stone tools new theories stemming from studies of paleoecology and new models coming from analogy with modern humans and other primates all contribute to our understanding When these approaches are brought together they offer an impressive glimpse into the lives of our distant ancestors The contributions in this volume explore the frontiers of our knowledge in each of these disciplines as they address the knowns the unknowns and the unknowables of the evolution of

hominin diets **Human Diet and Nutrition in Biocultural Perspective** Tina Moffat, Tracy Prowse, 2010-12-01 There are not many areas that are more rooted in both the biological and social cultural aspects of humankind than diet and nutrition. Throughout human history, nutrition has been shaped by political, economic, and cultural forces, and in turn, access to food and nutrition has altered the course and direction of human societies. Using a biocultural approach, the contributors to this volume investigate the ways in which food is both an essential resource fundamental to human health and an expression of human culture and society. The chapters deal with aspects of diet and human nutrition through space and time and span prehistoric, historic, and contemporary societies spread over various geographical regions including Europe, North America, Africa, and Asia to highlight how biology and culture are inextricably linked. The Evolution of Hominin Diets Jean-Jacques Hublin, Michael P. Richards, 2009-05-15 Michael P. Richards and Jean-Jacques Hublin The study of hominin diets and especially how they have primates, modern humans, 2 faunal and plant studies, 3 evolved throughout time, has long been a core research area in archaeology and paleoanthropology, and 4 isotopic studies area in archaeology and paleoanthropology, but it is also. This volume therefore presents research articles by most of becoming an important research area in other fields such as these participants that are mainly based on their presentations: primatology, nutrition science, and evolutionary medicine at the symposium. As can hopefully be seen in the volume, although this is a fundamental research topic, much of these papers provide important reviews of the current research; research continues to be undertaken by specialists and there in these areas as well as often present new research on dietary is with some notable exceptions, e.g., Stanford and Bunn, 2001; Ungar and Teaford, 2002; Ungar, 2007, relatively little. In the section on modern studies, Hohmann provides a tale of interaction with other researchers in other fields. This is a review of the diets of non-human primates, including an unfortunate as recently it has appeared that different lines of interesting discussion of the role of food sharing amongst of evidence are causing similar conclusions about the major these primates. Snodgrass, Leonard, and Roberston provide issues of hominid dietary evolution, i.e. **Teaching Food and Culture** Candice Lowe Swift, Richard R. Wilk, 2016-07 A group of experienced innovative teachers explore methods of teaching about food and using food to teach the basics of various disciplines. **The Creative Spark** Agustín Fuentes, 2017-03-21 A bold new synthesis of paleontology, archaeology, genetics, and anthropology that overturns misconceptions about race, war, and peace, and human nature itself, answering an age-old question: What made humans so exceptional among all the species on Earth? Creativity. It is the secret of what makes humans special, hiding in plain sight. Agustín Fuentes argues that your child's finger painting comes essentially from the same place as creativity in hunting and gathering millions of years ago, and throughout history, in making war and peace, in intimate relationships, in shaping the planet, in our communities, and in all of art, religion, and even science. It requires imagination and collaboration. Every poet has her muse, every engineer, an architect, every politician, a constituency. The manner of the collaborations varies widely, but successful collaboration is inseparable from imagination, and it brought us everything from knives and hot meals to iPhones.

and interstellar spacecraft Weaving fascinating stories of our ancient ancestors creativity Fuentes finds the patterns that match modern behavior in humans and animals This key quality has propelled the evolutionary development of our bodies minds and cultures both for good and for bad It s not the drive to reproduce nor competition for mates or resources or power nor our propensity for caring for one another that have separated us out from all other creatures As Fuentes concludes to make something lasting and useful today you need to understand the nature of your collaboration with others what imagination can and can t accomplish and finally just how completely our creativity is responsible for the world we live in Agust n Fuentes s resounding multimillion year perspective will inspire readers and spark all kinds of creativity *Social Bioarchaeology* Sabrina C. Agarwal,Bonnie A. Glencross,2011-02-14 Illustrates new methodological directions in analyzing human social and biological variation Offers a wide array of research on past populations around the globe Explains the central features of bioarchaeological research by key researchers and established experts around the world **Routledge**

International Handbook of Food Studies Ken Albala,2013-05-07 Over the past decade there has been a remarkable flowering of interest in food and nutrition both within the popular media and in academia Scholars are increasingly using foodways food systems and eating habits as a new unit of analysis within their own disciplines and students are rushing into classes and formal degree programs focused on food Introduced by the editor and including original articles by over thirty leading food scholars from around the world the Routledge International Handbook of Food Studies offers students scholars and all those interested in food related research a one stop easy to use reference guide Each article includes a brief history of food research within a discipline or on a particular topic a discussion of research methodologies and ideological or theoretical positions resources for research including archives grants and fellowship opportunities as well as suggestions for further study Each entry also explains the logistics of succeeding as a student and professional in food studies This clear direct Handbook will appeal to those hoping to start a career in academic food studies as well as those hoping to shift their research to a food related project Strongly interdisciplinary this work will be of interest to students and scholars throughout the social sciences and humanities *People, Plants & Genes* Denis J Murphy,2007-07-19 This book links the latest advances in molecular genetics with the science and history of plant domestication the evolution of plant breeding and the implications of our new knowledge for the agriculture of today and the future **Principles of Evolutionary Medicine** Peter D. Gluckman,Alan Beedle,Tatjana Buklijas,Felicia Low,Mark A. Hanson,2016 A new updated edition of the first integrated and comprehensive textbook to explain the principles of evolutionary biology from a medical perspective and to focus on how medicine and public health might utilise evolutionary biology [The Paleobiology of Australopithecus](#) Kaye E. Reed,John G Fleagle,Richard E Leakey,2013-03-15 Australopithecus species have been the topic of much debate in palaeoanthropology since Raymond Dart described the first species Australopithecus africanus in 1925 This volume synthesizes the geological and paleontological context of the species in East and South Africa covers individual sites such as

Dikika Hadar Sterkfontein and Malapa debates the alpha taxonomy of some of the species and addresses questions regarding the movements of the species across the continent Additional chapters discuss the genus in terms of sexual dimorphism diet reconstruction using microwear and isotopic methodologies postural and locomotor behavior and ontogeny

The Anthropology of Obesity in the United States Anna Bellisari, 2016-03-17 This volume examines the biocultural dimensions of obesity from an anthropological perspective in an effort to broaden understanding of a growing public health concern The United States of America currently has the highest rates of obesity among developed countries with an alarming rise in prevalence in recent decades which promises to affect the nation for years to come Bellisari helps students to grasp the complex nature of this obesity epidemic demonstrating that it is the consequence of many interacting forces which range from individual genetic and physiological predispositions to national policies and American cultural beliefs and practices As much a social problem as an individual one the development of obesity is in fact encouraged by the pattern of high consumption and physical inactivity that is promoted by American economic political and ideological systems With a range of up to date scientific and medical data The Anthropology of Obesity in the United States provides students with a comprehensive picture of obesity its multiple causes and the need for society wide action to address the issue

Ecological Implications of Minilivestock M G Paoletti, 2005-01-07 This book provides stimulating and timely suggestions about expanding the world food supply to include a variety of minilivestock It suggests a wide variety of small animals as nutritious food These animals include arthropods insects earthworms snails frogs and various rodents The major advantage of minilivestock is that they do not have to

The Gender of Debt Mariano Pavanello, 2019-03-27 This book demonstrates from a historical and an economic point of view how the female contribution has been so determinant in the success of our species and how it is linked to male dominance Male hunting and female gathering were the two forces of production during 99% of the life of mankind on Earth Ethnographic evidence shows that female gathering is more productive and less time consuming than male hunting Therefore the prehistoric communities of Homo sapiens could manage their social labor time in the most productive way only if women lent their time to men through the supply of basic energy a debt that men incurred since the dawn of history but never acknowledged It is time now to give the gender economic relations the crucial place they deserve in a theory of human cooperation and sociality without forgetting that it is necessarily a theory of social inequality

Globalization Brian Spooner, 2015-03-27 Throughout human history the rate of world population growth overall has been outpaced by the rate of urban population growth Right now more the half the world's population lives in cities and that proportion will only increase in the next fifty years Rapid urban growth accelerates the exchange of ideas the expansion of social networks and the diversity of human interactions that accompany globalization The present century is therefore the crucial phase when the world's increasing interconnectedness may give rise to innovation and collaboration or intensify conflict and environmental disaster Bringing together scholars of anthropology and social science as well as law and

medicine Globalization The Crucial Phase presents a holistic and comprehensive understanding of the way the world is changing The contributors reveal the changing scale of social economic and financial diversity examine the impact of globalization on the environment health and nutrition and consider the initiatives to address the social problems and opportunities that arise from global migration Collectively these diverse interdisciplinary perspectives provide an introduction to vital research and policy initiatives in a period that will bring great challenges but also great potential Contributors Nancy Biller Christina Catanese Robert J Collins Megan Doherty Zhengxia Dou Richard J Estes James Ferguson David Galligan Mauro Guill n Cameron Hu John D Keenan Alan Kelly Janet M Monge Marjorie Muecke Neal Nathanson Sarah Paoletti Adriana Petryna Alan Ruby Theodore G Schurr Brian Spooner Joseph S Sun Zhiguo Wu Huiquan Zhou

Handbook of Paleoanthropology Winfried Henke,Ian Tattersall,2007-05-10 This 3 volume handbook brings together contributions by the world s leading specialists that reflect the broad spectrum of modern palaeoanthropology thus presenting an indispensable resource for professionals and students alike Vol 1 reviews principles methods and approaches recounting recent advances and state of the art knowledge in phylogenetic analysis palaeoecology and evolutionary theory and philosophy Vol 2 examines primate origins evolution behaviour and adaptive variety emphasizing integration of fossil data with contemporary knowledge of the behaviour and ecology of living primates in natural environments Vol 3 deals with fossil and molecular evidence for the evolution of Homo sapiens and its fossil relatives **The Rise of Homo sapiens**

Frederick L. Coolidge,Thomas Wynn,2011-09-13 The Rise of Homo Sapiens The Evolution of Human Thinking presents a provocative theory about the evolution of the modern mind based on archaeological evidence and the working memory model of experimental psychologist Alan Baddeley A unique introduction and primer into the new discipline of cognitive archaeology Introduces scientists and college students at all levels to the fascinating interface between the worlds of archaeology and cognitive science *The Oxford Handbook of the Archaeology of Diet* Julia Lee-Thorp,M. Anne Katzenberg,2024-07-09 Humans are unique among animals for the wide diversity of foods and food preparation techniques that are intertwined with regional cultural distinctions around the world The Oxford Handbook of the Archaeology of Diet explores evidence for human diet from our earliest ancestors through the dispersal of our species across the globe As populations expanded people encountered new plants and animals and learned how to exploit them for food and other resources Today globalization aside the results manifest in a wide array of traditional cuisines based on locally available indigenous and domesticated plants and animals How did this complexity emerge When did early hominins actively incorporate animal foods into their diets and later exploit marine and freshwater resources What were the effects of reliance on domesticated grains such as maize and rice on past populations and the health of individuals How did a domesticated plant like maize move from its place of origin to the northernmost regions where it can be grown Importantly how do we discover this information and what can be deduced about human health biology and cultural practices in the past and present

Such questions are explored in thirty three chapters written by leading researchers in the study of human dietary adaptations. The approaches encompass everything from information gleaned from comparisons with our nearest primate relatives, tools used in procuring and preparing foods, skeletal remains, chemical or genetic indicators of diet and genetic variation, and modern or historical ethnographic observations. Examples are drawn from across the globe and information on the research methods used is embedded within each chapter. The Handbook provides a comprehensive reference work for advanced undergraduate and graduate students and for professionals seeking authoritative essays on specific topics about diet in the human past.

Darwin's Roadmap to the Curriculum Glenn Geher, David Sloan Wilson, Hadassah Head, Andrew Gallup, 2019-05-01

There is a paradox when it comes to Darwinian ideas within the academy. On one hand, Darwin's theories have famously changed the foundational ideas related to the origins of life, shaping entire disciplines in the biological sciences. On the other hand, people in educated societies across the globe today are famously misinformed and uneducated about Darwinian principles and ideas. Applications of evolutionary theory outside the traditional areas of biology have been slow to progress, and scholars doing such work regularly run into all kinds of political backlash. However, a slow but steady push to advance the teaching of evolution across academic disciplines has been under way for more than a decade. This book serves to integrate the vast literature in the interdisciplinary field of Evolutionary Studies (EvoS), providing clear examples of how evolutionary concepts relate to all facets of life. Further, this book provides chapters dedicated to the processes associated with an EvoS education, including examples of how an interdisciplinary approach to evolutionary theory has been implemented successfully at various colleges, universities, and degree programs. This book also offers chapters outlining a variety of applications to an evolution education, including improved sustainable development, medical practices, and creative and critical thinking skills. Exploring controversies surrounding evolution education, this volume provides a roadmap to asking and answering Darwinian questions across all areas of intellectual inquiry.

Lactose Marcel Paques, Cordula Lindner, 2019-03-19

Lactose: Evolutionary Role, Health Effects, and Applications is a professional reference that addresses the latest research from the fields of food science, nutritional science, and evolutionary biology. The book presents an overview of the qualities of lactose, beginning with the intriguing evolutionary biology advantages linked to lactose digestion in humans. In addition, the book addresses how lactose's physiological effects differ from other saccharides and impact human health. The rationale for the application of lactose as an ingredient in products, for example as a pharmaceutical carrier, is also discussed. Written in close collaboration by key experts with years of study and practice, **Lactose: Evolutionary Role, Health Effects, and Applications** is the first book to address this topic exclusively. Scientists and nutritionists in academia and the dairy and food industry, as well as health professionals, will benefit from this valuable resource. Addresses hot topics such as evolutionary aspects, lactose digestion and intolerance, lactose metabolism, and gut microbial fermentation, including their physiological impact, food and pharmaceutical applications, and lactose in the dairy production chain. Serves as a first of its kind.

professional reference on lactose addressing the latest research in food science nutritional science and evolutionary biology
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