

# Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Kalosyni” of September 6, 2023 at 5:10 PM

On ancient Greek diet:

Quote

Greeks of that time were very fond of fish, perhaps even more than we are today. For lunch, they would routinely dine on any fresh fish that was available, including sea bream, mullet, sardines, and eels.

There was always an assortment of legumes from which to choose, including lentils, beans, chickpeas, peas and broad beans to accompany the fish.

The eternal European staple of bread was always part of the midday meal, accompanied by cheese, olives, eggs, nuts, and fruit.

<https://greekreporter.com/2022/08/04/ancient-greeks-were-gourmands-with-a-preference-for-fish/>