

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

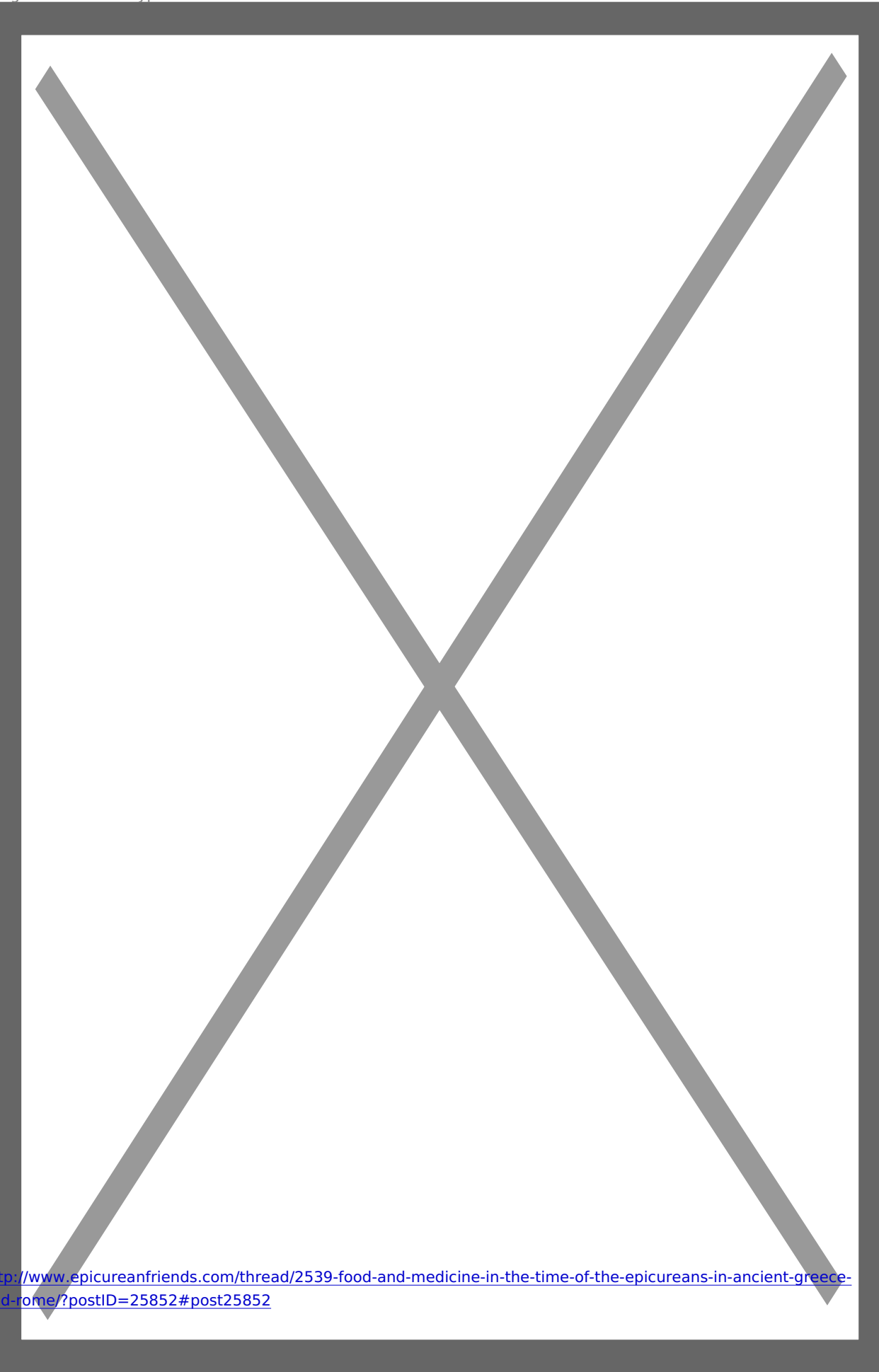
Post by “Kalosyni” of September 6, 2023 at 5:18 PM

Another good article, the full article has lots of good details.

Quote

Ancient Greeks enjoyed a varied diet of vegetables, legumes, and fruit as the mainstay. But, being a coastal country with many islands, fish and seafood were an important part of the diet and animal husbandry and hunting brought meats and game to the menu. However, the consumption of fish and meat varied in accordance with the wealth and location of the household.

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<http://www.epicureanfriends.com/thread/2539-food-and-medicine-in-the-time-of-the-epicureans-in-ancient-greece-and-rome/?postID=25852#post25852>

[List of the Various Foods Enjoyed by Ancient Greeks](#)

Ancient Greek foods were similar to the foods we know today, except the variety was limited. Learn about ancient Greek foods and how they evolved.

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