

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

**Post by “Pacatus” of October 14, 2023 at 6:56 PM**

[Kalosyni](#) Quote "As for processed fish, such as preserved tuna and anchovies, they were widely consumed by all social classes and were the product of a very flourishing trade throughout the Mediterranean and the adjacent seas."

My only guess is that there was a societal norm aimed at preventing the very wealthy from negatively impacting that wide consumption.