



100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today

By Stephen Le

Picador. Paperback. Condition: New. 320 pages. In the vein of Jared Diamond and Michael Pollan, a fascinating new exploration of what we eat and how we live, and the health consequences of denying our complicated evolutionary history with food. There are few areas of modern life that offer as much information and prescriptive advice, often contradictory, as the arena of diet and health: eat a lot of meat, abstain from meat; whole-grains are healthy, whole-grains are a disaster; get a lot of sunlight, sunlight causes skin cancer; eat everything in moderation but increase your exercise; eat as much as you want but concentrate on your metabolism, and on it goes. Biological anthropologist Stephen Le cuts through the confusing mass of information to present the long view of our diet and relationship to what we eat. In One Hundred Million Years of Food, Le takes readers on a historic and geographic tour of how different cuisines have evolved in tandem with our particular environments, as our ancestors took advantage of the resources and food available to them. Like his mentor Jared Diamond, Le uses history and science to present a fascinating and wide-ranging tour of human history as viewed through what...



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