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"The human diet goes back at least two million years. We had a lot of cavemen out there." In other words, there is no one ideal human diet.

The Evolution of Diet - National Geographic

Book Review: "The Human Diet: Its Origins and Evolution" I recently read this book after discovering it on another health site. It's a compilation of chapters written by several researchers in the fields of comparative biology, paleontology, archaeology and zoology.

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Human nutrition - Wikipedia

The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet consisting of foods thought to mirror those eaten during the Paleolithic era.. There are different variants of the diet; some are predominantly plant-based but the most recent popular variants focus on animal products. The diet avoids processed food and typically includes vegetables, fruits, nuts, roots, and ...

Paleolithic diet - Wikipedia

"Teeth are perfect for testing diet hypotheses, because they are the best preserved items in the fossil record and are part of the digestive system," Ungar said.

Teeth Offer Clues to Human Diet Evolution | Live Science

ISBN: 0897897366 9780897897365: OCLC Number: 47995942: Description: viii, 206 pages : illustrations, maps ; 24 cm: Contents: Perspectives on

the evolution of human diet / Peter S. Ungar and Mark F. Teaford --Evolution, diet, and health / S. Boyd Eaton, Stanley B. Eaton III, and Loren Cordain
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The diet is comprised mainly of meats and fish that could have been hunted by prehistoric man, and plant matter that would have been gathered, including nuts, seeds, vegetables and fruits.

Going Paleo: What Prehistoric Man Actually Ate - HISTORY

In: Ungar PS, Teaford MF (Eds.), Human Diet: Its Origins and Evolution. Mahwah, New Jersey, Greenwood Publishers, 2002, pp. 7-17. The nutritional requirements of contemporary humans represent the end-result of dietary interactions between our ancestral species and their environments extending back to the origins of life on earth.

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