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Sommario/riassunto	Eating right has been an obsession for longer than we think. Renaissance Europe had its own flourishing tradition of dietary advice. Then, as now, an industry of experts churned out diet books for an eager and concerned public. Providing a cornucopia of information on food and an intriguing account of the differences between the nutritional logic of the past and our own time, this inviting book examines the wide-ranging dietary literature of the Renaissance. Ken Albala ultimately reveals the working of the Renaissance mind from a unique perspective: we come to understand a people through their