

1. Record Nr.	UNINA9910779342803321
Autore	Ulijaszek Stanley J.
Titolo	Evolving human nutrition : implications for public health / / Stanley Ulijaszek, Neil Mann, Sarah Elton [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2012
ISBN	1-139-79349-7 1-139-88708-4 1-139-77608-8 1-139-77912-5 1-139-78325-4 1-139-04679-9 1-139-78211-8 1-283-71453-1 1-139-77760-2
Descrizione fisica	1 online resource (vii, 405 pages) : digital, PDF file(s)
Collana	Cambridge studies in biological and evolutionary anthropology ; ; 64
Classificazione	SOC002020
Disciplina	599.93/8
Soggetti	Human evolution Prehistoric peoples - Food Human behavior - Nutritional aspects Food habits - History Diet - History Nutrition - History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: Acknowledgements; 1. Introduction; Part I. The Animal Within: 2. Locating human diet in a mammalian framework; 3. Diet and hominin evolution; 4. Seasonality of environment and diet; 5. Evolution of human diet and eating behaviour; Part II. A Brave New World: 6. When our brains left our bodies behind: dietary change and health discordance; 7. Nutrition and infectious disease, past and present; 8. Inequality and nutritional health; Part III. Once Upon a Time in the West: 9. Nutrition transition; 10. Fats in the global balance; 11. Feed the world with carbohydrates; 12. Post-script;

While most of us live our lives according to the working week, we did not evolve to be bound by industrial schedules, nor did the food we eat. Despite this, we eat the products of industrialization and often suffer as a consequence. This book considers aspects of changing human nutrition from evolutionary and social perspectives. It considers what a 'natural' human diet might be, how it has been shaped across evolutionary time and how we have adapted to changing food availability. The transition from hunter-gatherer and the rise of agriculture through to the industrialisation and globalisation of diet are explored. Far from being adapted to a 'Stone Age' diet, humans can consume a vast range of foodstuffs. However, being able to eat anything does not mean that we should eat everything, and therefore engagement with the evolutionary underpinnings of diet and factors influencing it are key to better public health practice.