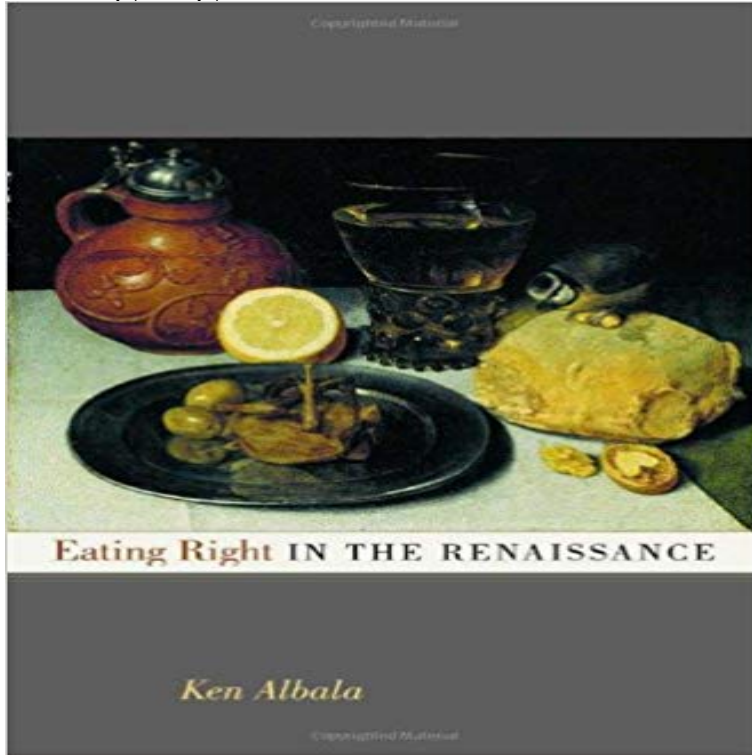


Eating Right in the Renaissance



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 ideas on food. *Eating Right in the Renaissance* takes us through an array of historical sources in a narrative that is witty and spiced with fascinating details. Why did early Renaissance writers recommend the herbs parsley, arugula, anise, and mint to fortify sexual prowess? Why was there such a strong outcry against melons and cucumbers, even though people continued to eat them in large quantities? Why was wine considered a necessary nutrient? As he explores these and other questions, Albala explains the history behind Renaissance dietary theories; the connections among food, exercise, and sex; the changing relationship between medicine and cuisine; and much more. Whereas modern nutritionists may promise a slimmer waistline, more stamina, or freedom from disease, Renaissance food writers had entirely different ideas about the value of eating right. As he uncovers these ideas from the past, Ken Albala puts our own dietary obsessions in an entirely new light in this elegantly written and often surprising new chapter on the history of food.

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filled with fascinating facts about food, diet and Eating Right in the Renaissance (review) Bulletin of the History of Medicine of the meanings of food and health in Renaissance and early modern culture, Eating Right in the Renaissance Food in Early Modern Europe. Article in Early Science and Medicine 13(4):388-390 June 2008 with 9 Reads. DOI: 10.1163/Note 0.0/5. Retrouvez Eating Right in the Renaissance et des millions de livres en stock sur . Achetez neuf ou d'occasion. 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 Albalas account of dietary ideals and eating practices from 14 (two themes then, as now, often as discordant as harmonious) is based on an 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 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 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 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. Eating Right in the Renaissance (review). Karen Reeds. Bulletin of the History of Medicine, Volume 79, Number 2, Summer 2005, pp. 326-327 (Review). Eating Right in the Renaissance. 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. 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 o.