

Contents

<i>List of Figures</i>	<i>page</i> ix
<i>List of Tables</i>	xi
<i>Acknowledgments</i>	xiii
1 What Is Food, and Why Do Archaeologists Study It?	1
Food and the Senses	2
Time	3
Establishing the Topics at Hand	4
Archaeological Approaches to Food	11
Things to Keep in Mind When Studying Food in the Past	15
2 How Do Archaeologists Study Food? Data Sets and Methods	18
Botanical Remains	19
Faunal Remains	22
Dietary Stable Isotopes	24
Trace Element Ratios	35
Paleofeces and Gut Contents	35
Dental Calculus, Microbiomes, and Proteins	35
Organic Residues	37
Human Remains: Paleopathology, Parasites, and Dental Wear	37
Lithics	39
Ceramics	41
Metals	45
Landscapes and the Built Environment	46
Texts and Iconography	47
Combining Data Sets	48

3	Food and Economics	49
	Production/Procurement	50
	Distribution	53
	Privatization	57
	Surplus	58
	Food As a Commodity	62
	Globalization	64
	Labor	65
	Food's Power to Cause Economic Change	69
4	Food and Inequality	73
	High-Status Foods	76
	High-Status Diets	87
	Emulation	89
	Using the Good China: Inequalities of the Table	91
	Conducting Oneself in Accordance with One's Station	94
	The Pimp and Nun Complication	96
5	Food and Politics	98
	Feasting	99
	Quotidian Politics	114
	The Politics of Food Production	116
	Diplomacy and Political Messaging	118
	Food and War	121
	Expansionism	124
6	Identity: Food, Affiliation, and Distinction	129
	Ethnicity	130
	Race	138
	Gender	140
7	Food, Ritual, and Religion	155
	Reconstructing Religious Activities: Feasting, Fasting, Offering, Sacrifice, Almsgiving	157
	Eating with the Gods and Ancestors	160
	Ritual Beliefs and Human Interactions	163
	Food Symbolism in Daily Life	168
	Piety and Religious Observance	169
	The Economic Implications of Religious Foodways	174
8	Archaeology, Food, and the Future	177
	Sustainable Food	178

Business and Health	186
Ecology and Garbology	188
Wildlife Conservation	192
In Conclusion	196

References	197
Index	239