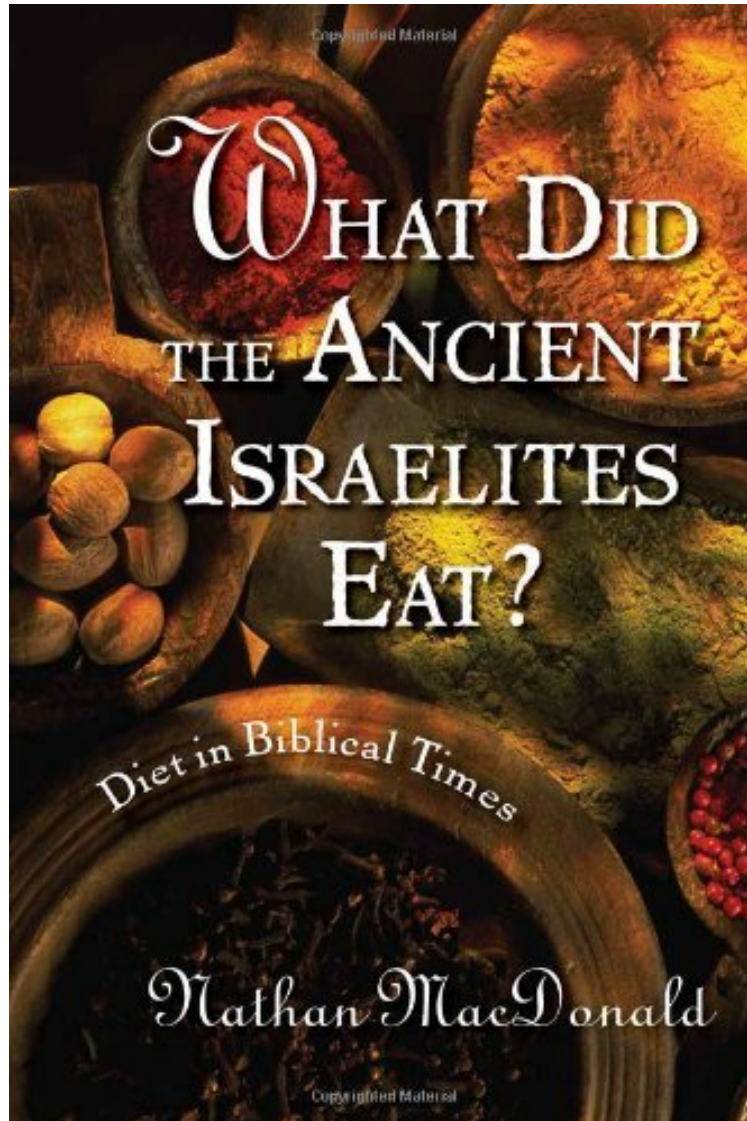


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## What Did the Ancient Israelites Eat?: Diet in Biblical Times

Von Nathan Macdonald

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informativeVon Kundein a Collection of biblical literature this book is a must, informing about the daily lives of

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Kurzbeschreibung What food did the ancient Israelites eat, and how much of it did they consume? That's a seemingly simple question, but it's actually a complex topic. In this fascinating book Nathan MacDonald carefully sifts through all the relevant evidence -- biblical, archaeological, anthropological, environmental -- to uncover what the people of biblical times really ate and how healthy (or unhealthy) it was. Engagingly written for general readers, *What Did the Ancient Israelites Eat?* is nonetheless the fruit of extensive scholarly research; the book's substantial bibliography and endnotes point interested readers to a host of original sources. Including an archaeological timeline and three detailed maps, the book concludes by analyzing a number of contemporary books that advocate a return to biblical eating. Anyone who reads MacDonald's responsible study will never read a biblical diet book in the same way again.