



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

*Nathan Macdonald*

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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.

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