

# *Contents*

<i>The authors</i>	<i>page</i> vi
<i>Acknowledgements</i>	vii
1 Introduction	1
<b>Part I The animal within</b>	<b>21</b>
2 Locating human diet in a mammalian framework	23
3 Diet and hominin evolution	53
4 Seasonality of environment and diet	83
5 Evolution of human diet and eating behaviour	117
<b>Part II A brave new world</b>	<b>151</b>
6 Dietary change and health discordance	153
7 Nutrition and infectious disease, past and present	177
8 Inequality and nutritional health	207
<b>Part III Once upon a time in the west</b>	<b>231</b>
9 Nutrition transition	233
10 Fats in the global balance	265
11 Feed the world with carbohydrates	289
12 Postscript	321
<i>References</i>	329
<i>Index</i>	401