



Links for articles

By Jessica Forton

1. The Way We Eat Now

Lambert, Craig. "The Way We Eat Now." Harvard Magazine May-June 2004: 51-58, 98-99.

<http://harvardmagazine.com/2004/05/the-way-we-eat-now.html>

Since a later part of the assignment involves the construction of a food pyramid, do not include the food pyramid proposed by Walter Willet in the student reading handout. The pyramid is included in the PDF version, but not the online version. The student reading should include, however, the *Inner Wisdom* inset text next to the pyramid.

2. The Deadliest Sin

Shaw, Jonathan. "The Deadliest Sin." Harvard Magazine March-April 2004, 36-43, 98-99.

Use the sidebars:

1. From Elite to Everyman
2. Exercise: A Changing Prescription

<http://harvardmagazine.com/2004/03/the-power-of-exercise>

Other Helpful Articles

<http://www.ajcn.org/cgi/reprint/81/2/341>

Origins and evolution of the Western diet: health implications for the 21st century

Loren Cordain, S Boyd Eaton, Anthony Sebastian, Neil Mann, Staffan Lindeberg, Bruce A Watkins, James H O'Keefe, and Janette Brand-Miller

<http://www.jstor.org/pss/2398643>

Diet and Teeth: Dietary hypotheses and human evolution

http://journals.cambridge.org/download.php?file=%2FPNS%2FPNS65_01%2FS0029665106000012a.pdf&code=b1239cf13418e6050244640216120c97

The ancestral human diet: what was it and should it be a paradigm for contemporary nutrition?

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=434905>

The evolution of human fatness and susceptibility to obesity: an ethological approach (Jonathan C. K. Wells)

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=810636>

Human eating behavior in an evolutionary ecological context

<http://weber.ucsd.edu/~jmoore/courses/web159/159%20MiltonEcolHypothSciAm2006.pdf>

Diet and Primate Evolution: Katherine Milton

<http://www.cast.uark.edu/local/icaes/>

Presented in association with a Scientific Session at the 14th International Congress of Anthropological and Ethnological Sciences in Williamsburg, Virginia, this web page is intended to serve as a central repository of information and links pertaining to the study of the origins and evolution of human diet.