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100 Million Years Of Food

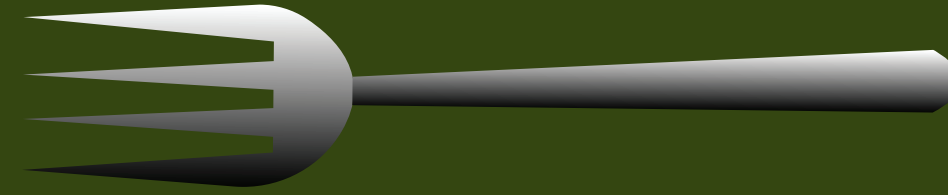
Biological anthropologist Stephen Le goes through the mass of information to present the long view of our diet and relationship to what we eat. Le explains how different cuisines have evolved in our environments, as our ancestors took advantage of the resources and food available to them. Using history and science to present what and how we eat. Travelling the world to places, Le visits people producing food using traditional methods as well as modern techniques, and looks at how our relationship to food has strayed from centuries of tradition to mass-produced products. To put it simply, the optimal diet is to eat what your ancestors ate.



100 Million Years Of Food

Stephen Le

What Our Ancestors Ate And Why It Matters Today



100 Million Years Of Food

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What others think about the book

“A fascinating journey that comes to a few salient conclusions: primarily that we’d all be a lot better off if we ate like our great-great-great grandparents.”

- National Post

“Entertaining and assiduously referenced. . . What you don’t understand about food and diet could fill a book. Biological anthropologist Stephen Le did just that, and what he has to say will almost certainly throw into question everything you think you know about healthy eating.”

- Vancouver Sun

“This deliciously entertaining book will help you to enjoy eating your food, to enjoy thinking about your food, and to stay healthy.”

- Jared Diamond