

The nutritional value of Mesolithic foods

The foods we eat give us various things that our body needs:

- proteins for making the body's tissues like muscle and skin;
- fats as a way of storing energy and protecting the body's organs;
- carbohydrates (starches and sugars) that the body burns for energy;
- fibre which is essential for a healthy digestive system;
- minerals which are essential in small amounts for how the body functions;
- vitamins which help the chemical processes of the body.

The nutritional value of Mesolithic food varies a lot. The rough amount that they have of each nutrient (CHO = carbohydrate) is given in the table below. The scale used is:

4 = highest

3 = high

2 = moderate

1 = low

0 = none or minimal

Eatwell plate	Foods	Protein	Fat	CHO	Fibre	Vitamins	Minerals
starch	roots	1	1	3	2	0	0
fats & sugars	honey	1	1	4	0	1	0
meat, seeds, nuts	eggs	2	2	0	0	3	0
meat, seeds, nuts	fish	3	1	0	0	1	3
meat, seeds, nuts	fowl	3	2	0	0	0	1
meat, seeds, nuts	mammal	4	2	0	1	1	1
meat, seeds, nuts	shellfish	2	1	1	0	0	4
meat, seeds, nuts	nuts	2	3	3	3	3	3
meat, seeds, nuts	seeds	3	4	1	0	1	0
fruit & vegetables	fruit	1	1	3	2	3	1
fruit & vegetables	fungi	1	1	2	1	1	1
fruit & vegetables	leaves	1	1	1	1	3	1
fruit & vegetables	seaweed	1	1	1	4	4	0