



Universiteit
Leiden
The Netherlands

Feeding Rome: Food supply, trade and consumption in an ancient metropolis

Sala, G.

Citation

Sala, G. (2023, December 14). *Feeding Rome: Food supply, trade and consumption in an ancient metropolis*. Retrieved from <https://hdl.handle.net/1887/3673445>

Version: Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/3673445>

Note: To cite this publication please use the final published version (if applicable).

Stellingen

behorende bij het proefschrift

Feeding Rome

Food supply, trade and consumption in an ancient metropolis

Guido Sala

1. Idealising the Mediterranean triad leads to misconceptions about the diet of the ancient Romans.
2. Descriptions of dinner parties in literary sources are not representative of the eating habits of the Roman elite.
3. The simple fact that the city of Rome contained a very large number of food shops and markets supports the idea that the diet of a considerable part of the urban population was quite varied.
4. Existing studies of levels of meat consumption in Roman Italy pay insufficient attention to offal and cheap meat-based food items, such as sausages.
5. The analysis of the economy of Rome needs to take into account the daily life, culture and habits of its population.
6. Dietary choices linked to climate, geographical constrictions and human physiology tend to evolve less than those related to scientific knowledge, social conventions and trade customs. To study the former aspects, extrapolations and assumptions concerning the past can be safely made based on observations of contemporary phenomena.
7. The long-standing debate between those who assign Augustan Italy a population of c. 6 million and those who credit this part of the Roman empire with a population of c. 15 million cannot be resolved with the help of philological arguments.
8. The mere fact that grain prices in Rome were three to four times higher than grain prices in Egypt does not prove that the economy of the Roman empire was a fully integrated market-economy. (contra Temin)
9. The most frequent forms of migration in antiquity are the least documented in literary and epigraphic sources.
10. The preference of most historians to work in isolation has positive effects on the coherence and consistency of their products, but forms an obstacle to cooperations with other scholars that may unleash unexpected synergies.

11. Multidisciplinarity has given way to interdisciplinarity. This does not mean that we should stop executing multidisciplinary studies, as their outcomes are necessary for interdisciplinary research.
12. The idea that we can save our planet by switching to a plant-based diet is a fallacy.