

# Reflections on nutrition in biological anthropology

Dama L. Dufour<sup>1</sup>  | Barbara A. Piperata<sup>2</sup>

<sup>1</sup>Department of Anthropology, University of Colorado Boulder, Boulder, Colorado 80309

<sup>2</sup>Department of Anthropology, The Ohio State University, Columbus, Ohio 43210

## Correspondence

Dama L. Dufour, Department of Anthropology, University of Colorado Boulder, Boulder, CO 80309.  
Email: dama.dufour@colorado.edu

## Funding information

Grant sponsorships: None

**KEYWORDS:** diet, human evolution, neolithic, nutrition transition, paleolithic

## 1 | INTRODUCTION

Some 50 years ago, and befittingly at an AAPA dinner, Stanley Garn delivered the Presidential Address, which he titled Nutrition in Physical Anthropology. In his address, Garn predicted, "a concern with nutrition in its broadest sense, including the physical form of the dietary and the energy balance will occupy us more rather than less in the years to come, as we channel our interests to ascertain the directions of evolutionary and physiological change..." (Garn, 1966). He specifically mentioned the nutritional underpinning of our interests in the evolution of the genus *Homo*, the diets of nonhuman primates, child growth, and sexual maturation, secular changes in adult body size, and growing evidence that obesity was replacing malnutrition in some populations.

In this essay, we will take up Garn's prediction and review the themes related to human nutrition that occupy us in 2018. We define nutrition broadly: the consumption of food and the effect of food energy and nutrients on body size, health, and function. Nutrition is an area of interest shared with nutritional scientists and public health professionals, but the anthropological lens provides a view that is more comparative and evolutionary. As biological anthropologists, we are interested in the nutrition of a wide range of contemporary populations, as well as that of historic and prehistoric populations and the hominins in our evolutionary past. We consider nutrition as a key environmental factor in shaping human variability and evolution, and use the principles of evolution to explain variation between populations in the present as well as the past. We also recognize the inseparable nature of human cultural and biological adaptation to the environment, and hence use the explanatory frameworks referred to as biocultural or biobehavioral to address the biological-cultural nexus in studying nutrition.

Three thematic areas have been prominent in the research of biological anthropologists in the past decade: diet in the evolution of the genus *Homo*, diet and nutrition in the transition from hunting and gathering to agriculture, and diet and nutrition in the current era of globalization. These thematic areas are defined by the time-period of interest and questions asked, but each is viewed as a transition in diet with measurable outcomes in terms of morphology and/or health. In the Paleolithic, major questions revolve around changes in the dietary niche of *Homo*, specifically the availability of dietary energy that enabled significant changes in the morphology (body size and brain size) observed. In the Neolithic, it is clear that the transition from foraging wild plant and animal species to the production of food via agriculture and animal husbandry changed the dietary niche in very significant ways. The timing and pace of this transition varied across geographic regions with the earliest dates at about 10,000 BCE. Questions of interest are related to how changes in nutritional ecology impacted body morphology and health in different geographical regions. In the current era, transitions in diet are associated with processes of industrialization and globalization that result in increases in food availability. Almost all human populations find themselves at some stage of this newest nutrition transition. Questions of interest revolve around the timing and pace of the transition in different populations, and the linkages between the changes in diet and the changes in body size, composition, and risk of chronic disease.

Here we will consider each of the three thematic areas in turn. First, we will highlight major points in their historical development. Second, drawing on the research of biological anthropologists in the past decade, we will provide illustrative examples of each of these themes. We note, however, that given the interdisciplinary nature of current research, many people are associated with more than one

# Reflections On Biological Research

**D. Wade Hands**



## **Reflections On Biological Research:**

Reflections on Biological Research. Ed. G. Gabbiani Giulio GABBIANI,1967

## **Meta-Philosophical Reflection on**

**Feminist Philosophies of Science** Maria Cristina Amoretti,Nicla Vassallo,2015-12-21 This volume offers a meta philosophical reflection on feminist philosophies of science It emphasizes and discusses both the connections and differences between traditional philosophies of science and feminist philosophies of science The collection systematically analyses feminist contributions to the various philosophies of specific sciences Each chapter is devoted to a specific area of philosophy of science general philosophy of science philosophy of biology philosophy of climate sciences philosophy of cognitive sciences and neurosciences philosophy of economics philosophy of history and archaeology philosophy of logic and mathematics philosophy of medicine philosophy of psychology philosophy of physics and philosophy of social sciences Since some of these areas have so far rarely been addressed by feminist philosophers this new collection provides new angles and stimulates the debate on pivotal issues that are part and parcel of both traditional philosophies of science and feminist philosophies of science Using a range of different methodologies and styles the essays all show great clarity in both arguments and contents

*A Critical Reflection on Automated Science* Marta Bertolaso,Fabio Sterpetti,2020-02-05 This book provides a critical reflection on automated science and addresses the question whether the computational tools we developed in last decades are changing the way we humans do science More concretely Can machines replace scientists in crucial aspects of scientific practice The contributors to this book re think and refine some of the main concepts by which science is understood drawing a fascinating picture of the developments we expect over the next decades of human machine co evolution The volume covers examples from various fields and areas such as molecular biology climate modeling clinical medicine and artificial intelligence The explosion of technological tools and drivers for scientific research calls for a renewed understanding of the human character of science This book aims precisely to contribute to such a renewed understanding of science

**Reflections on Multiliterate Lives** Diane Dewhurst Belcher,Ulla Connor,2001 Reflection on Multiliterate Lives is a collection of personal accounts in narrative and interview format of the formative literacy experiences of highly successful second language users all of who are professional academics Representing fourteen countries in origin the contributors well known specialists in language teaching as well as a variety of other fields in the social and physical sciences recount in their own words past and present struggles and successes as learners of language and of much else

## **Evolutionary Biology:**

**Contemporary and Historical Reflections Upon Core Theory** Thomas E. Dickins,Benjamin J.A. Dickins,2023-03-08 This book is reflecting upon core theories in evolutionary biology in a historical as well as contemporary context It exposes the main areas of interest for discussion but more importantly draws together hypotheses and future research directions The Modern Synthesis MS sometimes referred to as Standard Evolutionary Theory SET in evolutionary biology has been well documented and discussed but was also critically scrutinized over the last decade Researchers from diverse disciplinary

backgrounds have claimed that there is a need for an extension to that theory and have called for an Extended Evolutionary Synthesis EES The book starts with an introductory chapter that summarizes the main points of the EES claim and indicates where those points receive treatment later in the book This introduction to the subjects can either serve as an initiation for readers new to the debate or as a guide for those looking to pursue particular lines of enquiry The following chapters are organized around historical perspectives theoretical and philosophical approaches and the use of specific biological models to inspect core ideas Both empirical and theoretical contributions have been included The majority of chapters are addressing various aspects of the EES position and reflecting upon the MS Some of the chapters take historical perspectives analyzing various details of the MS and EES claims Others offer theoretical and philosophical analyses of the debate or take contemporary findings in biology and discuss those findings and their possible theoretical interpretations All of the chapters draw upon actual biology to make their points This book is written by practicing biologists and behavioral biologists historians and philosophers many of them working in interdisciplinary fields It is a valuable resource for historians and philosophers of biology as well as for biologists Chapters 8 20 22 and 33 are available open access under a Creative Commons Attribution 4.0 International License via [link.springer.com](https://link.springer.com) **Clinical Psychology Reflections Volume 4**

Connor Whiteley, 2024-04-19 Clinical psychology applies psychological knowledge and theory to mental health conditions But psychology students and professionals know information in textbooks and lecture theatres miss real world issues sometimes Can we fix this Join bestselling psychology author Connor Whiteley reflecting on outstanding critical topics problems and more facing clinical psychology in this brilliant engaging book going far beyond the textbooks and lecture theatres If you want to expand your knowledge of clinical psychology in the real world You MUST read this absolutely unputdownable and brilliant book BUY NOW Clinical Psychology Reflections Volume 4 Includes Introduction Poverty Factors In Mental Health And Cost Of Living Crisis Why There Needs To Be More Support For Researchers Why You Need To Have An Experimental Attitude In Your Degree Why You Need An Experimental Attitude In Psychotherapy Why Start With Cognitive Behavioural Therapy Is Good Why You Know More Than You Think Why Each Psychology Subfield Is An Echo Chamber Why People Believe Mental Health Is Its Own Angle In Psychology Why Broadening Our Definition Of Therapy Might Be A Good Thing Meaning Of Fiction Hope And Some Weird Links To Clinical Psychology A Continuation Positivity In TV And More Why Do You Need To Make Sure You Enjoy Your Clinical Psychology Journey The Most Important Question In Research How Anger Drives Action Another Example Of The Power Of Language A Great One For Parents Why Psychometric And Personal Goals Are Critical In Psychotherapy The Value Of Informally Talking To Service Users Why Psychology Organisations At Pride Events Is Interesting The Power Of CBT Pie Charts [Reflections of a Sufi](#) Anab Whitehouse, 2018-11-06 The fifty two chapters not counting five appendices that make up the main body of this book encompass lectures articles and letters e mails written over a period of about eleven years from about 1998 through 2009 The material covers a variety of thematic

topics both within Islam in general as well as in relation to its mystical dimension of tasawwuf known in the West as the Sufi path or sufism in particular Taken collectively the chapters and appendices provide a very good introduction to both the Sufi path and Islam     *Reflections from the Frontiers, Explorations for the Future* Arthur A. Daemmrch,Nancy Ryan Gray,Leah Shaper,2006 This publication tells the story of the Gordon Research Conferences GRC a series of scientific meetings that play a major role in advancing new theories and developing applications Firsthand accounts from 80 of the world s leading scientists offer a unique lens through which to view and understand the wide range of disciplines and fields that make up today s scientific endeavor Also included in the book is a time line as well as essays that provide historical perspective on the development of the GRC organization     **Unity in Diversity: Reflections on Ecology after the Legacy of Ramon**

**Margalef** ,2007     **Sociological Reflections on the Neurosciences** Martyn Pickersgill,Ira Van Keulen,2012-07-30 The neurosciences are more than a collection of scientific practices they offer up various ways of thinking about mind body and society This title casts light on the place role and impact of neuroscience It reflects on the insights the neurosciences have to offer sociology     *Reflections on American Progressivism* Sidney A. Pearson,2017-09-08 In American politics at least since the Civil War the great philosophical divide is between progressives and founders of the American regime The quarrel has come to be defined in the media as a contest between liberals and conservatives This book explores the ideological underpinnings of American progressivism In doing so it examines the foundations of modern liberalism and conservatism The fundamental problem of any science of politics is to explain however imperfectly the sources of justice and injustice in politics What are the self evident truths that inform and drive the public debates Over time the foundational arguments for justice and injustice what people regard as self evident truths do change This process of change is at the heart of progressivism The original arguments of the progressive movement are obscured or largely forgotten in contemporary political debates But in a myriad of ways the original progressive arguments continue to reverberate They need to be more fully explored and understood in order to seriously engage the differences between liberals and conservatives Such differences are not likely to be overcome simply by a study of the roots of progressivism but it is a first step in a more rational debate which this book will inspire     **The Structure of Biological Science** Alexander Rosenberg,1985-01-25

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**Psychotherapy in the Third Millennium - Cross-Cutting Themes and Proposals for Reflection** Federico Durbano, Floriana Irtelli, Barbara Marchesi, 2025-04-16 This book explores the complex and diverse issues of psychotherapy with a specific focus on peculiar aspects common to all approaches despite the vast number of therapeutic schools that have emerged over time more than 250 worldwide While each approach can be traced back to a handful of core psychological models such as cognitive psychology psychoanalysis humanism and behaviorism many schools have developed their own unique variations based on individual insights or the need to address specific psychological issues The rise of eclectic approaches further complicates the field often favoring practical convenience over strong theoretical or clinical foundations The book highlights a major issue by presenting chapters that explore various aspects of the psychotherapeutic approach It covers broad cross cutting themes such as psychedelic assisted therapy common relational dynamics in psychotherapy and the influence of clients mental models on treatment outcomes The second section will focus on specific clinical issues eating disorders in Western societies and intervention models applied in complex organizational settings Rather than adopting a rigid verificationist approach to validate theoretical models the book presents diverse practical considerations from professionals in the field encouraging readers to critically evaluate the effectiveness of different therapeutic models

Reflections on Bioethics Jose Antonio Morales-Gonzalez, Eugenia Aguilar

Nájera,2018-06-27 The book Reflections on Bioethics is an effort that brings together works grouped into five sections Bioethics and Health Bioethics and Education Bioethics and Technology Bioethics in the Use of Experimental Animals and Selected Topics of Bioethics In each of these sections the fundamental concepts of bioethics and their relationship with each of these branches of knowledge are covered The purpose is to give the reader a specific document of topics it is not intended to be a treaty because the study of any of the five sections is very broad However this is an effort that manages to combine in interdisciplinary subjects that are fundamental for professionals of all fields of knowledge

**Using Neurophysiological Signals that Reflect Cognitive or Affective State** Anne-Marie Brouwer,Thorsten O. Zander,Jan B. F. van Erp,2015-07-27

What can we learn from spontaneously occurring brain and other physiological signals about an individual s cognitive and affective state and how can we make use of this information One line of research that is actively involved with this question is Passive Brain Computer Interfaces BCI To date most BCIs are aimed at assisting patients for whom brain signals could form an alternative output channel as opposed to more common human output channels like speech and moving the hands However brain signals possibly in combination with other physiological signals also form an output channel above and beyond the more usual ones they can potentially provide continuous online information about an individual s cognitive and affective state without the need of conscious or effortful communication The provided information could be used in a number of ways Examples include monitoring cognitive workload through EEG and skin conductance for adaptive automation or using ERPs in response to errors to correct for a behavioral response While Passive BCIs make use of online neuro physiological responses and close the interaction cycle between a user and a computer system neuro physiological responses can also be used in an offline fashion Examples of this include detecting amygdala responses for neuromarketing and measuring EEG and pupil dilation as indicators of mental effort for optimizing information systems The described field of applied neuro physiology can strongly benefit from high quality scientific studies that control for confounding factors and use proper comparison conditions Another area of relevance is ethics ranging from dubious product claims acceptance of the technology by the general public privacy of users to possible effects that these kinds of applications may have on society as a whole In this Research Topic we aimed to publish studies of the highest scientific quality that are directed towards applications that utilize spontaneously effortlessly generated neurophysiological signals brain and or other physiological signals reflecting cognitive or affective state We especially welcomed studies that describe specific real world applications demonstrating a significant benefit compared to standard applications We also invited original new kinds of proposed applications in this area as well as comprehensive review articles that point out what is and what is not possible according to scientific standards in this field Finally we welcomed manuscripts on the ethical issues that are involved Connected to the Research Topic was a workshop held on June 6 during the Fifth International Brain Computer Interface Meeting June 3 7 2013 Asilomar California that brought together a diverse group of people who were working in this field We discussed the

state of the art and formulated major challenges as reflected in the first paper of the Research Topic *The Biology Teacher's Handbook* Biological Sciences Curriculum Study, 2009 BSCS experts have packed this volume with the latest most valuable teaching ideas and guidelines No matter the depth of your experience gain insight into what constitutes good teaching how to guide students through inquiry and how to create a culture of inquiry using science notebooks and other strategies

**The Cambridge History of Science: Volume 6, The Modern Biological and Earth Sciences** David C. Lindberg, Peter J. Bowler, Ronald L. Numbers, Roy Porter, 2003 This book in the highly respected Cambridge History of Science series is devoted to the history of the life and earth sciences since 1800 It provides comprehensive and authoritative surveys of historical thinking on major developments in these areas of science on the social and cultural milieus in which the knowledge was generated and on the wider impact of the major theoretical and practical innovations The articles are written by acknowledged experts who provide concise accounts of the latest historical thinking coupled with guides to the most important recent literature In addition to histories of traditional sciences the book covers the emergence of newer disciplines such as genetics biochemistry and geophysics The interaction of scientific techniques with their practical applications in areas such as medicine is a major focus of the book as is its coverage of controversial areas such as science and religion and environmentalism

*The Economics of Singularities of Science Elucidated with Buddhist Thoughts* S. Niggol Seo, 2024-10-24 This book analyses the unprecedented economic and social challenges to human civilization from the perspective of Buddhist philosophy It reviews singularities in a broad range of scientific experiments including the theory of relativity quantum physics artificial intelligence mRNA virology stem cell biology and neuroscience to evaluate catastrophic risks posed to the present global economic and environmental order Through placing these discussions within the context of Buddhist philosophy an alternative to traditional economic and science ideas is presented The power of technological progress and associated risks is highlighted as a way of looking into and creating a more sustainable future This book provides a fresh interpretation of fat tail economics that draws ideas from the basic sciences The book will be of much value to students and researchers who are keen to environmental economics planetwide catastrophes and Buddhist philosophy

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