

## **Foods consumed in Byzantine Greece as evidenced by biological data and stable isotope analysis**

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The study of the physical (skeletal) remains left behind upon the death of an individual, offer insights into lifestyle, demography, health and disease patterns (paleopathology), as well as diet. Growing research on the field of Byzantine bioarchaeology, has shifted the focus from the church and crown to the dirt and dust of everyday life, tangling several of these thematic issues. The focus of this presentation is the reconstruction of Greek Byzantine dietary patterns using data derived from documentary evidence, the study of human skeletal remains and chemical analysis (stable isotope analysis). Such a multidisciplinary approach provides us with a wealth of information on the complex interaction between physiology, culture and the environment, and offers new perspectives for future studies on Greek Byzantine populations.