

## FOODS IN THE MESOLITHIC

Food type	Examples
Starches	roots: bog bean, bulrush, burdock, cattail, celandine, dandelion, parsnip, sea beet, sea kale
Fats and sugars	honey
Meat, seeds, nuts	<p>fish: cod, eel, haddock, pike, saithe, salmon, stickleback, sturgeon, turbot</p> <p>fowl: crows, ducks, geese, grouse, pheasant, swans, wood pigeon</p> <p>mammal: badger, beaver, elk, hare, hedgehog, red deer, red squirrel, roe deer, wild cattle, wild boar</p> <p>sea mammal: dolphins, whales</p> <p>shellfish: clam, cockle, limpet, mussel, oyster, razorshell, scallop, whelk</p> <p>other meats: crab, crayfish, lobster, prawn, snail</p> <p>nuts/seeds: acorn, hazel, yellow water lily</p>
Fruit and vegetables	<p>berries: bilberry, blackberry, crowberry, elderberry, gooseberry, juniper, raspberry, strawberry</p> <p>fruit: crab apple, sloe, wild pear</p> <p>leaves and flowers: chickweed, dandelion, dock, fat hen, mint, nettle, sea kale, sorrel, wild garlic</p> <p>seaweed: bladder wrack, carrageen, dulse, kelp, laver, sea lettuce</p> <p>fungi: beefsteak fungus, blewits, boletes, brittlegills, cep, field mushroom, morel, puffball</p>

### Foods they did not have.

Starches	potatoes, bread, rice, pasta
Dairy	milk, cheese
Fats and sugars	butter, cream, sugar, chocolate, jam, cakes
Meat seeds, nuts	turkey, lamb, pork, peanuts, beans, peas
Fruit vegetables	grapefruit, orange, broccoli, cabbage, lettuce, spinach