

The  
Mediterranean Diet  
Revisited

# ANCIENT ROMAN DIET

Santa Giulia Museum, Brescia

Edited by the Dpt. Of Public Engagement, Museums of Brescia

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Where did wealthy  
families eat in ancient  
Rome?

The Triclinium



The Romans ate  
semi-reclining  
on the «three  
klinè», sofa-  
beds on which  
the guests  
could lie down

Banquet scene from Pompeii,  
1st cent. A.D, MANN Naples



The triclinium  
was a heavily  
decorated  
room with  
mosaics and  
frescoes

Triclinium of Dionysus  
Santa Giulia Museum, Brescia



Dionysus was  
often depicted in  
the triclinium as  
he was the God  
of banquets,  
wine and joy

Detail with Dionysus, God of wine and banquets  
Santa Giulia Museum, Brescia



Where did  
ancient  
Romans cook?

The Kitchen

Kitchen, Domus of Dionysus  
Santa Giulia Museum, Brescia



The kitchen was a small,  
undecorated room with a stone  
counter for cooking food

Detail of the kitchen, Domus of Dionysus,  
Santa Giulia Museum, Brescia







# Kitchen tools



Roman pot  
Museum of Santa Giulia, Brescia



Roman colander  
Museum of Santa Giulia, Brescia



# Kitchen tools



Ladle  
Santa Giulia Museum, Brescia



Ancient roman feeding bottle  
Santa Giulia Museum, Brescia



# The Roman banquet

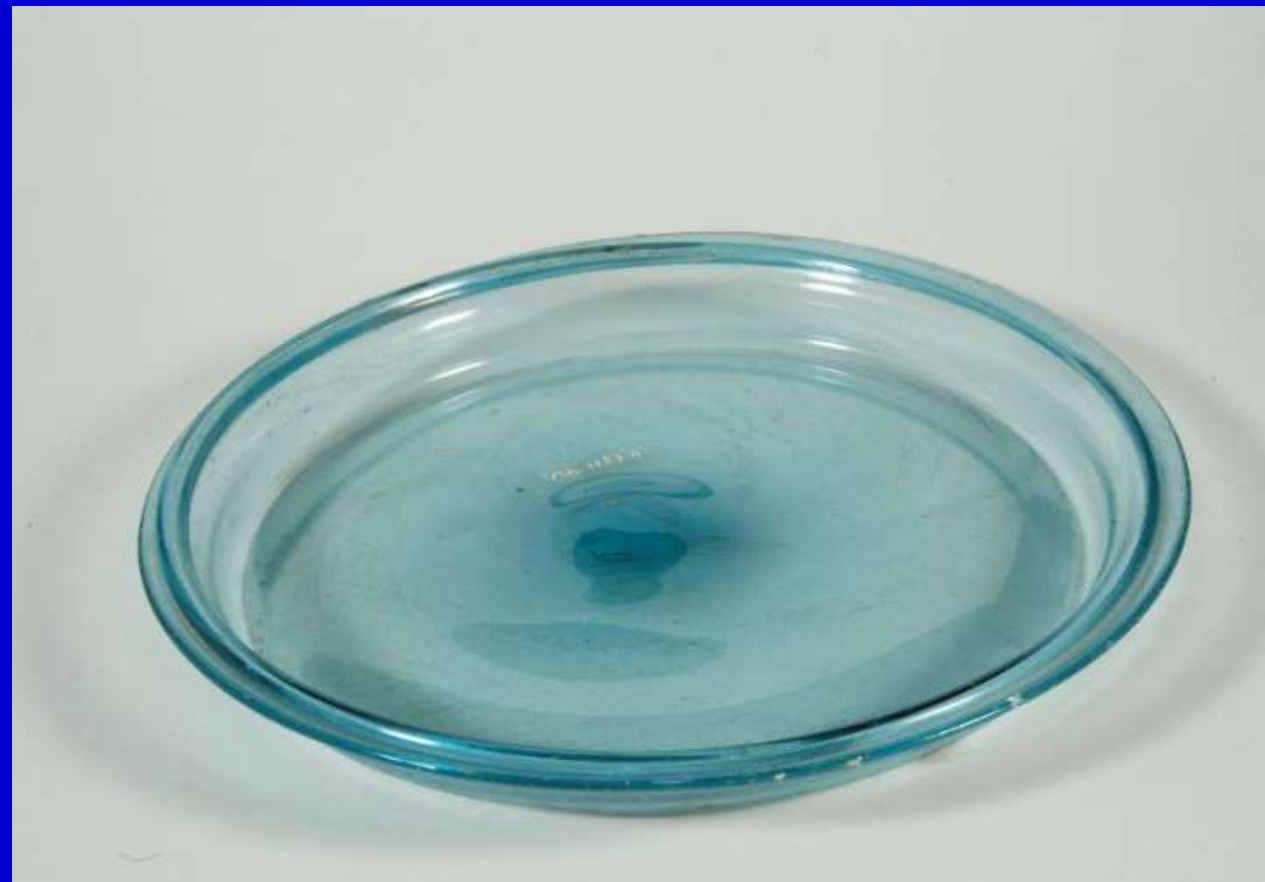
Family banquet  
Pompeii, MANN Naples



# Precious tableware



Silver spoon  
Santa Giulia Museum, Brescia



Glass plate  
Santa Giulia Museum, Brescia





The frescoes often  
depicted food.  
Fish and seafood was a  
highly valued.

Fresco with lobster  
Domus of Dionysus, Santa Giulia Museum,  
Brescia



## The bread

In imperial Rome  
there were 258 public  
backeries to ensure  
the survival of all  
citizens

Fresco from Pompeii,  
MANN Naples



## Fruit

A lot of fruit was consumed, grown in large quantities and then dried

Quince, mosaic, domus of the fountain  
Santa Giulia Museum, Brescia





Unsweet floor, mosaic, Vatican museums





## Condiments

Olive oil was a very important condiment for the ancient Romans. It was produced in the various provinces of the empire and transported in special amphorae

Wine and oil amphorae  
Santa Giulia Museum, Brescia





## Garum

It was a kind of brine, made with fish, used instead of salt.  
It was very expensive

Bottle of Garum,  
produced in Pompeii



## The spices

The dishes were prepared with a large amount of spices, most of them of oriental origin





The Viridarium was a garden in which plants for medical and culinary use were grown. Vines were also cultivated to produce wine.

The Viridarium seen from the domus,  
Santa Giulia Museum, Brescia



Where did  
plebeian families  
eat in ancient  
Rome?

The Thermopolium

Royal thermopoly,  
Archaeological Park of Pompeii