

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

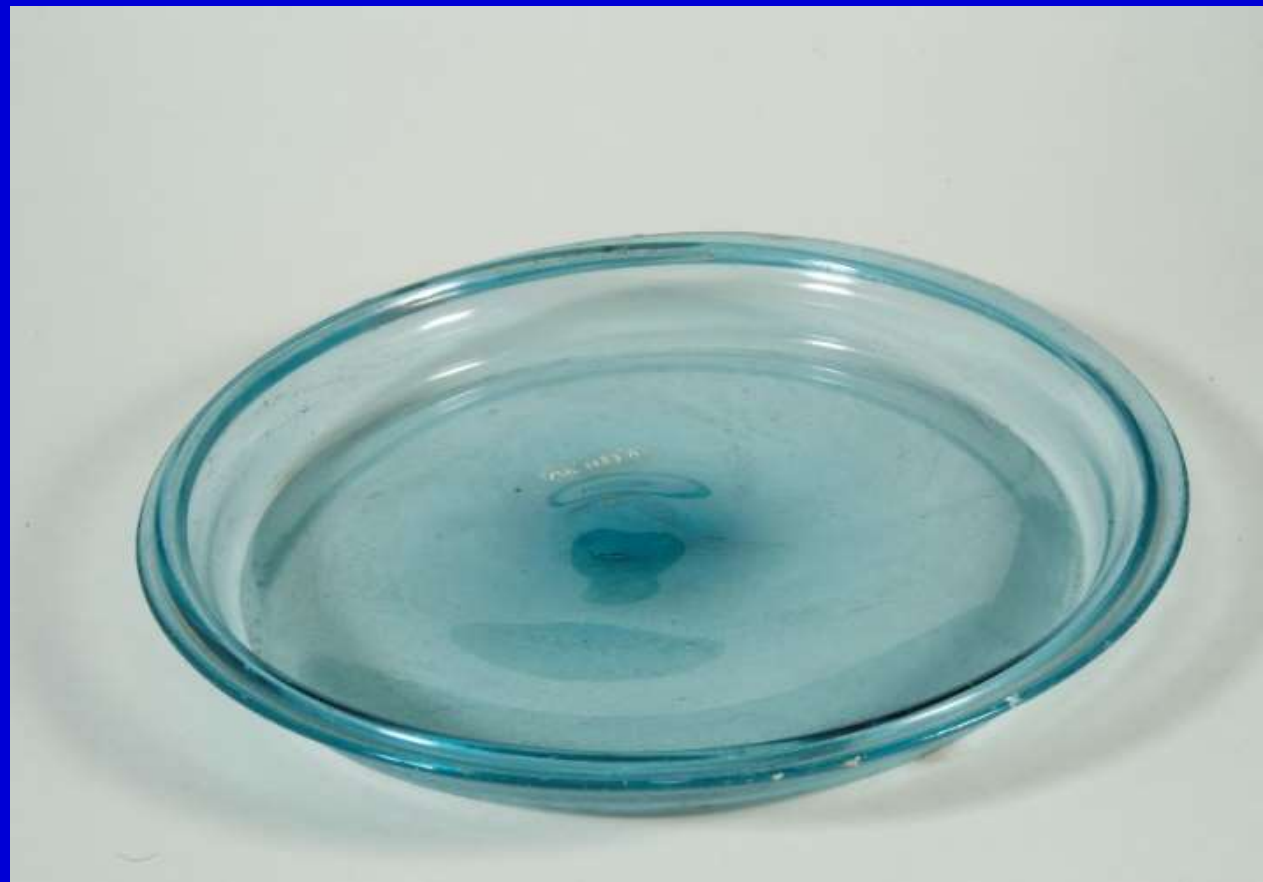
The Roman banquet

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



Unswept 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