

The role of dietary restriction in the construction  
of identity in the Graeco-Roman world.

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Abbreviations.

<b>Ael.</b>	<i>VH</i>	<b>Aelian</b>	<i>Varia Historia</i>
<b>Apoll. Rhod.</b>	<i>Argon.</i>	<b>Apollonius Rhodius</b>	<i>Argonautica</i>
<b>App.</b>	<i>Rom. Hist.</i>	<b>Appian</b>	<i>Roman History</i>
<b>Apollod.</b>	<i>Bibl.</i>	<b>Apollodorus mythographus</b>	<i>Bibliotheca</i>
<b>Ar.</b>	<i>Av.</i>	<b>Aristophanes</b>	<i>Aves</i>
	<i>Thesm.</i>		<i>Thesmophoriazusae</i>
<b>Arist.</b>	<i>Hist. an.</i>	<b>Aristotle</b>	<i>Historia animalium</i>
	<i>Pol.</i>		<i>Politica</i>
	<i>Pr</i>		<i>Problemata</i>
	<i>Rhet.</i>		<i>Rhetoric</i>
<b>Arr.</b>	<i>Epict. diss.</i>	<b>Arrianus</b>	<i>Epicteti dissertationes</i>
<b>Ath.</b>	<i>Deip.</i>	<b>Athenaeus</b>	<i>Deipnosophistae</i>
<b>August.</b>	<i>De civ. D</i>	<b>Augustine</b>	<i>De civitate Dei</i>
<b>Cass. Dio</b>		<b>Cassius Dio</b>	
<b>Cato</b>	<i>Agr.</i>	<b>Cato Maior</b>	<i>De Agricultura or De Re Rustica</i>
<b>Catull.</b>	<i>Carmin.</i>	<b>Catullus</b>	<i>Carmina</i>

<b>Cic.</b>	<b>Cicero (Marcus Tullius)</b>
<i>Att.</i>	<i>Epistulae ad Atticum</i>
<i>Cael.</i>	<i>Pro Caelio</i>
<i>Div.</i>	<i>De divinatione</i>
<i>Leg.</i>	<i>De legibus</i>
<i>Phil.</i>	<i>Orationes Philippicae</i>
<i>Pis.</i>	<i>In Pisonem</i>
<b>Clem. Al.</b>	<b>Clemens Alexandrinus</b>
<i>Protr.</i>	<i>Protrepticus</i>
<i>Protr. Beb.</i>	<i>To the Newly Baptized</i>
<b>Columella</b>	<b>Columella</b>
<i>Rust.</i>	<i>De re rustica</i>
<b>Deut.</b>	<b>Deuteronomy</b>
<b>Diod. Sic.</b>	<b>Diodorus Siculus</b>
<b>Diog. Laert.</b>	<b>Diogenes Laertius</b>
<i>Pythag.</i>	<i>Pythagoras</i>
<b>Dioscor.</b>	<b>Dioscorides</b>
<i>De mat. med.</i>	<i>De materia medica</i>
<b>Eur.</b>	<b>Euripides</b>
<i>Bacc.</i>	<i>Bacchae</i>
<b>Euseb.</b>	<b>Eusebius</b>
<i>Hist. eccl.</i>	<i>Historia ecclesiastica</i>
<b>FHG</b>	<b>Fragmenta Historicorum Graecorum</b>
<b>Gal.</b>	<b>Galen</b>
<i>De al. fac.</i>	<i>De alimentorum facultatibus</i>
<i>QAM</i>	<i>quod animi mores corporis temperamentis sequantur</i>
<b>Gell.</b>	<b>Aulus Gellius</b>
<i>NA</i>	<i>Noctes Atticae</i>
<b>Hdt.</b>	<b>Herodotus</b>

<b>Hes.</b>	<b>Hesiod</b>
<i>Op.</i>	<i>Opera et Dies</i>
<i>Sc.</i>	<i>Scutum</i>
<i>Theog.</i>	<i>Theogonia</i>
<b>Hippoc.</b>	<b>Hippocrates</b>
<i>De prisc. med.</i>	<i>De priscina medicina</i>
<b>Hom.</b>	<b>Homer</b>
<i>Il.</i>	<i>Iliad</i>
<i>Od.</i>	<i>Odyssey</i>
<b>Hor.</b>	<b>Horace</b>
<i>Ars. P.</i>	<i>Ars poetica</i>
<i>Carm.</i>	<i>Carmina</i>
<i>Sat.</i>	<i>Satirae</i>
<b>Iambl.</b>	<b>Iamblichus</b>
<i>VP</i>	<i>de vita Pythagorica</i>
<b>Joseph.</b>	<b>Josephus</b>
<i>AJ</i>	<i>Antiquitates Judaicae</i>
<i>Ap.</i>	<i>Contra Apionem</i>
<i>Vit.</i>	<i>Vita</i>
<b>Juv.</b>	<b>Juvenal</b>
<b>Levit.</b>	<b>Leviticus</b>
<b>LSJ</b>	<b>Liddell and Scott,</b>
	<i>Greek-English Lexicon</i>
<b>Lucian</b>	<b>Lucian</b>
<i>Somn.</i>	<i>Somnium</i>
<i>Syr. D.</i>	<i>De Syria dea</i>
<i>Vit. auct.</i>	<i>Vitarum auctio</i>
<b>Macro.</b>	<b>Macrobius</b>
<i>Sat.</i>	<i>Saturnalia</i>
<b>Mart.</b>	<b>Martial</b>
<i>Epig.</i>	<i>Epigrams</i>

**Opp.***Halieut.***Oppian***Halieutica***Ov.***Fast.***Ovid***Fasti**Met.**Metamorphoses***Paus.****Pausanias****Philo***In Flacc.***Philo Judaeus***In Flaccum**Leg.**Legatio ad Gaium***Pind.***Ol.***Pindar***Olympian Odes***Pl.***Leg.***Plato***Leges**Resp.**Respublica**Symp.**Symposium**Ti.**Timaeus***Plaut.***Aul.***Plautus***Aulularius***Plin.***HN***Pliny (the Elder)***Naturalis historia***Plut.***Alex.***Plutarch***Alexander**Brut.**Brutus**Cat. Mai.**Cato the Elder**Cic.**Cicero**De cap.**De capienda ex inimicis utilitate**De esu. carn.**De esu carnum**De Is. et Os.**De Iside et Oriside**De soll. an.**De sollertia animalium**De superst.**De superstitione*

<i>Inst. Lac.</i>	<i>Instituta Laconica</i>
<i>Lucull.</i>	<i>Lucullus</i>
<i>Lyc.</i>	<i>Lycurgus</i>
<i>Quaest. Graec.</i>	<i>Quaestiones Graecae</i>
<i>Quaest. Rom.</i>	<i>Quaestiones Romanae</i>
<i>Quaest. conviv.</i>	<i>Quaestiones convivales</i>
<i>Sol.</i>	<i>Solon</i>
<b>Polyb.</b>	<b>Polybius</b>
<b>Porph.</b>	<b>Porphyry</b>
<i>Abst.</i>	<i>De Abstinencia</i>
<i>VP</i>	<i>Vita Pythagorae</i>
<b>SHA</b>	<b>Scriptores Historia Augustae</b>
<i>Aurel.</i>	<i>Aurelianus</i>
<i>Hadr.</i>	<i>Hadrianus</i>
<i>Heliogab.</i>	<i>Heliogabalus</i>
<i>Sev.</i>	<i>Severus</i>
<i>Verus</i>	<i>Lucius Verus</i>
<b>Sen.</b>	<b>Seneca (the Younger)</b>
<i>Ben.</i>	<i>De beneficiis</i>
<i>Ep.</i>	<i>Epistulae</i>
<b>Sext. Emp.</b>	<b>Sextus Empiricus</b>
<i>Pyr.</i>	<i>Outlines of Pyrrhonism</i>
<b>Stob.</b>	<b>Stobaeus</b>
<i>Flor.</i>	<i>Anthology</i>
<b>Strabo</b>	<b>Strabo</b>
<i>Geog.</i>	<i>Geographia</i>

<b>Suet.</b>	<b>Suetonius</b>
<i>Aug.</i>	<i>Divus Augustus</i>
<i>Calig.</i>	<i>Gaius Caligula</i>
<i>Claud.</i>	<i>Divus Claudius</i>
<i>Iul.</i>	<i>Divus Iulius</i>
<i>Ner.</i>	<i>Nero</i>
<i>Tib.</i>	<i>Tiberius</i>
<b>Syll<sup>3</sup></b>	<b>Sylloge Inscriptionum Graecarum</b>
<b>Tac.</b>	<b>Tacitus</b>
<i>Ann.</i>	<i>Annales</i>
<b>Val. Max.</b>	<b>Valerius Maximus</b>
<b>Varro</b>	<b>Varro</b>
<i>Rust.</i>	<i>De re rustica</i>
<b>Vell. Pat.</b>	<b>Velleius Paterculus</b>
<b>Verg.</b>	<b>Virgil</b>
<i>Aen.</i>	<i>Aeneid</i>
<b>Vitr.</b>	<b>Vitruvius</b>
<i>De arch.</i>	<i>De architectura</i>
<b>Xen.</b>	<b>Xenophon</b>
<i>An.</i>	<i>Anabasis</i>
<i>Lac.</i>	<i>Respublica Lacedaemoniorum</i>
<i>Mem.</i>	<i>Memorabilia</i>

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## **Abstract.**

This thesis will attempt both to explore the phenomenon of dietary restriction within the context of Graeco-Roman antiquity and to prove that it existed in an intimate and causal relationship with the construction, maintenance and perception of cultural, political and religious identity. It will be the contention of this thesis that in the same way as social and ethnic groups may seek to utilise indigenous cuisines and particular modes of food consumption as social markers to define and negotiate notions of identity and as a way of asserting these notions within the context of a period of social transition, population migration and cultural hybridisation, so too may forms of dietary restriction serve an analogous function. The thesis will examine this phenomenon primarily through the literature of the Classical, Hellenistic and Roman periods. Its geographical background will be the Italian peninsula and the Greek speaking East. Chronologically the scope of the study will focus predominantly upon the first and second centuries A.D, a period rich in both cultural interaction and tension, but, owing to the particular cultural and philosophical strands that were current during this period, and the specific concerns of authors writing during this period, the material under contemplation will in fact range from the Homeric texts to Porphyry. These tensions throw into sharp relief the problems of defining the nature and limits of group and individual identity within a sprawling and heterogeneous ethnic melting pot. The thesis will examine such phenomena as vegetarianism, the taboos and anxieties surrounding the bean, the ambiguous status of fish, the dietary legislation of the Jewish people and the restrictions that were placed upon the consumption of alcohol. These particular instances of dietary restriction serve as examples of dietary flash points, when differing dietary ideologies act as potent illustrations of the simmering undercurrents of ethnic, racial and cultural tensions that existed in the ancient world.

All translations of Greek and Latin texts are the author's own, unless otherwise stated.