Complete Resource Guide for "The Human Diet: A Mouth's Journey Through Time"

Core Foundation Texts (Essential for All Chapters)

Dental Anthropology & Bioarchaeology

1. **Hillson, S.** (2005). *Teeth*. Cambridge University Press.
   - Core reference for dental anatomy, development, pathology
   - Essential for understanding diet reconstruction methods
2. **Larsen, C. S.** (2015). *Bioarchaeology: Interpreting behavior from the human skeleton* (3rd ed.). Cambridge University Press.
   - Primary textbook for dietary reconstruction from skeletal remains
   - Key methods for reading ancient diets
3. **Katzenberg, M. A., & Grauer, A. L.** (Eds.). (2019). *Biological anthropology of the human skeleton*. John Wiley & Sons.
   - Comprehensive bioarchaeological methods
   - Available at TCD library

Human Evolution & Diet

4. **Ungar, P. S.** (2017). *Evolution's bite: A story of teeth, diet, and human origins*. Princeton University Press.
   - Best popular science overview of dental evolution
   - Excellent for narrative inspiration and Chapter 1
5. **Wrangham, R.** (2009). *Catching fire: How cooking made us human*. Basic Books.
   - Essential for Chapter 2 on cooking revolution
   - Groundbreaking work on cooking's role in human evolution

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Chapter-Specific Resources

CHAPTER 1: "The Tooth Tells the Tale"

Essential Books

- **Johanson, D., & Edey, M.** (1981). *Lucy: The beginnings of humankind*. Simon & Schuster.
  - Perfect opening narrative for Lucy's jaw discovery
- **Walker, A., & Shipman, P.** (1996). *The wisdom of the bones: In search of human origins*. Knopf.
  - Excellent fossil discovery stories

Key Research Papers

- **Ungar, P. S., & Sponheimer, M.** (2011). The diets of early hominins. *Science*, 334(6053), 190-193.
  - DOI: 10.1126/science.1207701
  - Current scientific consensus on early human diets
- **Sponheimer, M., et al.** (2013). Isotopic evidence of early hominin diets. *Proceedings of the National Academy of Sciences*, 110(26), 10513-10518.
  - DOI: 10.1073/pnas.1222579110
  - Latest evidence on Australopithecine diet diversity
- **Lee-Thorp, J., Sponheimer, M., & Passey, B. H.** (2010). Stable isotopes in fossil hominin tooth enamel suggest a fundamental dietary shift in the Pliocene. *Philosophical Transactions of the Royal Society B*, 365(1556), 3389-3396.
  - DOI: 10.1098/rstb.2010.0059
  - Isotopic evidence for dietary changes

Technical Methods

- **Scott, R. S., et al.** (2005). Dental microwear texture analysis shows within-species diet variability in fossil hominins. *Nature*, 436(7051), 693-695.
  - DOI: 10.1038/nature03822
  - How scientists read diet from tooth wear
- **Grine, F. E., Ungar, P. S., & Teaford, M. F.** (2006). Was the early Pliocene hominin 'Australopithecus' anamensis a hard object feeder? *South African Journal of Science*, 102(7-8), 301-310.
  - Dental microwear analysis methods

Modern Comparisons

- **Cordain, L., et al.** (2000). Plant-animal subsistence ratios and macronutrient energy estimations in worldwide hunter-gatherer diets. *The American Journal of Clinical Nutrition*, 71(3), 682-692.
  - DOI: 10.1093/ajcn/71.3.682
  - Modern forager diet patterns
- **Eaton, S. B., & Konner, M.** (1985). Paleolithic nutrition: a consideration of its nature and current implications. *New England Journal of Medicine*, 312(5), 283-289.
  - DOI: 10.1056/NEJM198501313120505
  - Classic ancestral diet principles

CHAPTER 2: "Fire, Tools, and the Tender Revolution"

Core Texts

- **Wrangham, R.** (2009). *Catching fire: How cooking made us human.* Basic Books.
  - Primary source for cooking evolution

Key Papers

- **Carmody, R. N., & Wrangham, R. W.** (2009). The energetic significance of cooking. *Journal of Human Evolution*, 57(4), 379-391.
  - DOI: 10.1016/j.jhevol.2009.02.011
  - Quantitative analysis of cooking benefits
- **Laden, G., & Wrangham, R.** (2005). The rise of the hominids as an adaptive shift in fallback foods: Plant underground storage organs (USOs) and australopith origins. *Journal of Human Evolution*, 49(4), 482-498.
  - DOI: 10.1016/j.jhevol.2005.05.007
  - Early dietary adaptations
- **Aiello, L. C., & Wells, J. C. K.** (2002). Energetics and the evolution of the genus *Homo*. *Annual Review of Anthropology*, 31(1), 323-338.
  - DOI: 10.1146/annurev.anthro.31.040402.085116
  - Energy budgets and human evolution

Archaeological Evidence

- **Goren-Inbar, N., et al.** (2004). Evidence of hominin control of fire at Gesher Benot Ya'aqov, Israel. *Science*, 304(5671), 725-727.
  - DOI: 10.1126/science.1095443
  - Early fire control evidence

CHAPTER 3: "The First Food Revolution"

Agricultural Transition

- **Larsen, C. S.** (2006). The agricultural revolution as environmental catastrophe: Implications for health and lifestyle in the Holocene. *Quaternary International*, 150(1), 12-20.
  - DOI: 10.1016/j.quaint.2005.07.016
  - Key paper on health impacts of agriculture
- **Cohen, M. N., & Armelagos, G. J.** (Eds.). (1984). *Paleopathology at the origins of agriculture*. Academic Press.
  - Collection of studies on health changes with agriculture

Archaeological Case Studies

- **Eshed, V., Gopher, A., & Hershkovitz, I.** (2006). Tooth wear and dental pathology at the advent of agriculture: New evidence from the Levant. *American Journal of Physical Anthropology*, 130(2), 145-159.
  - DOI: 10.1002/ajpa.20362
  - Early agricultural dental pathology
- **Turner, C. G.** (1979). Dental anthropological indications of agriculture among the Jomon people of central Japan. *American Journal of Physical Anthropology*, 51(4), 619-636.
  - DOI: 10.1002/ajpa.1330510413
  - Classic study on dental evidence for dietary change

CHAPTER 4: "The Sugar Invasion"

Historical Analysis

- **Mintz, S. W.** (1985). *Sweetness and power: The place of sugar in modern history*. Penguin Books.
  - Essential historical analysis of sugar's impact

Modern Evidence

- **Sheiham, A., & James, W. P. T.** (2015). Diet and dental caries: The pivotal role of free sugars. *Journal of Dental Research*, 94(10), 1341-1347.
  - DOI: 10.1177/0022034515590377
  - Modern evidence on sugar and dental caries
- **Moynihan, P. J., & Kelly, S. A.** (2014). Effect on caries of restricting sugars intake: systematic review to inform WHO guidelines. *Journal of Dental Research*, 93(1), 8-18.
  - DOI: 10.1177/0022034513508954
  - WHO sugar guidelines evidence

CHAPTER 5: "Fermentation Nation"

Traditional Fermentation

- **Katz, S. E.** (2012). *The art of fermentation: An in-depth exploration of essential concepts and processes from around the world*. Chelsea Green Publishing.
  - Comprehensive guide to traditional practices
- **Tamang, J. P., Watanabe, K., & Holzapfel, W. H.** (2016). Review: Diversity of microorganisms in global fermented foods and beverages. *Frontiers in Microbiology*, 7, 377.
  - DOI: 10.3389/fmicb.2016.00377
  - Scientific review of fermented foods
- **Steinkraus, K. H.** (2002). Fermentations in world food processing. *Comprehensive Reviews in Food Science and Food Safety*, 1(1), 23-32.
  - DOI: 10.1111/j.1541-4337.2002.tb00004.x
  - Traditional fermentation in food processing

CHAPTER 6: "The Mineral Connection"

Traditional Diets

- **Price, W. A.** (1939). *Nutrition and physical degeneration*. Paul B. Hoeber.
  - Classic work (read critically for historical context)

Modern Analysis

- **Masterjohn, C.** (2007). Vitamin D toxicity redefined: Vitamin K and the molecular mechanism. *Medical Hypotheses*, 68(5), 1026-1034.
  - DOI: 10.1016/j.mehy.2006.09.051
  - Vitamin K2 and mineral metabolism

Dental Alignment

- **Corruccini, R. S.** (1999). *How anthropology informs the orthodontic diagnosis of malocclusion's causes*. Edwin Mellen Press.
  - Traditional vs modern dental alignment
- **Brown, T., & Molnar, S.** (1990). Interproximal grooving and task activity in Australia. *American Journal of Physical Anthropology*, 81(4), 545-553.
  - DOI: 10.1002/ajpa.1330810413
  - Traditional tool use and dental wear

CHAPTER 7: "The Industrial Food Revolution"

Food Processing History

- **Bobrow-Strain, A.** (2012). *White bread: A social history of the store-bought loaf*. Beacon Press.
  - Industrial milling and nutrition loss

Nutritional Changes

- **Davis, D. R., Epp, M. D., & Riordan, H. D.** (2004). Changes in USDA food composition data for 43 garden crops, 1950 to 1999. *Journal of the American College of Nutrition*, 23(6), 669-682.
  - DOI: 10.1080/07315724.2004.10719409
  - Nutrient decline in modern foods

CHAPTER 8: "Global Nutrition Transitions"

Nutrition Transition Theory

- **Popkin, B. M.** (2006). Global nutrition dynamics: The world is shifting rapidly toward a diet linked with noncommunicable diseases. *The American Journal of Clinical Nutrition*, 84(2), 289-298.
  - DOI: 10.1093/ajcn/84.2.289
  - Key paper on global dietary transitions

Case Studies

- **O'Dea, K.** (1984). Marked improvement in carbohydrate and lipid metabolism in diabetic Australian aborigines after temporary reversion to traditional lifestyle. *Diabetes*, 33(6), 596-603.
  - DOI: 10.2337/diab.33.6.596
  - Classic study on returning to traditional diet
- **Mann, N.** (2000). Dietary lean red meat and human evolution. *European Journal of Nutrition*, 39(2), 71-79.
  - DOI: 10.1007/s003940070030
  - Meat consumption in human evolution

CHAPTER 9: "The Sustainable Mouth"

Soil Health and Nutrition

- **Montgomery, D. R.** (2017). *Growing a revolution: Bringing our soil back to life*. W. W. Norton & Company.
  - Soil health and crop nutrition
- **Guo, L. B., & Gifford, R. M.** (2002). Soil carbon stocks and land use change: a meta analysis. *Global Change Biology*, 8(4), 345-360.
  - DOI: 10.1046/j.1354-1013.2002.00486.x
  - Soil health impacts

CHAPTER 10: "Your Ancestral Mouth Blueprint"

Practical Applications

- **Cordain, L., et al.** (2005). Origins and evolution of the Western diet: Health implications for the 21st century. *The American Journal of Clinical Nutrition*, 81(2), 341-354.
  - DOI: 10.1093/ajcn/81.2.341
  - Ancestral diet principles

Oral Microbiome and Modern Science

Core Microbiome Research

- **Dewhirst, F. E., Chen, T., Izard, J., Paster, B. J., Tanner, A. C., Yu, W. H., ... & Wade, W. G.** (2010). The human oral microbiome. *Journal of Bacteriology*, 192(19), 5002-5017.
  - DOI: 10.1128/JB.00542-10
  - Comprehensive catalog of oral bacteria
- **Zaura, E., Keijser, B. J., Huse, S. M., & Crielaard, W.** (2009). Defining the healthy "core microbiome" of oral microbial communities. *BMC Microbiology*, 9(1), 259.
  - DOI: 10.1186/1471-2180-9-259
  - Core oral microbiome composition

Ancient Microbiome

- **Adler, C. J., Dobney, K., Weyrich, L. S., Kaidonis, J., Walker, A. W., Haak, W., ... & Cooper, A.** (2013). Sequencing ancient calcified dental plaque shows changes in oral microbiota with dietary shifts of the Neolithic and Industrial revolutions. *Nature Genetics*, 45(4), 450-455.
  - DOI: 10.1038/ng.2536
  - BREAKTHROUGH STUDY: Ancient DNA from dental plaque
- **Warinner, C., & Lewis Jr, C. M.** (2015). Microbiome and health in past and present human populations. *American Anthropologist*, 117(4), 740-741.
  - DOI: 10.1111/aman.12382
  - Connecting ancient and modern microbiome research

Methodological References

Isotope Analysis

- **Schoeninger, M. J.** (2014). Stable isotope analyses and the evolution of human diet. *Annual Review of Anthropology*, 43, 413-430.
  - DOI: 10.1146/annurev-anthro-102313-025723
  - Review of isotopic methods
- **Lee-Thorp, J. A.** (2008). On isotopes and old bones. *Archaeometry*, 50(6), 925-950.
  - DOI: 10.1111/j.1475-4754.2008.00441.x
  - Technical review of isotopic analysis

Statistical Analysis

- **Sponheimer, M., & Lee-Thorp, J. A.** (1999). Isotopic evidence for the diet of an early hominid, *Australopithecus africanus*. *Science*, 283(5400), 368-370.
  - DOI: 10.1126/science.283.5400.368
  - Early hominid diet evidence

Quick Reference Sources

General Anthropology

- **Stanford, C., Allen, J. S., & Antón, S. C.** (2012). *Biological anthropology: The natural history of humankind*. Pearson.
  - General background, fact-checking
- **Jurmain, R., et al.** (2016). *Introduction to physical anthropology*. Cengage Learning.
  - Basic concepts, timeline references

Oral Health References

- **Nanci, A.** (2017). *Ten Cate's oral histology: Development, structure, and function*. Elsevier.
  - Technical dental reference

Audiobook Supplements (For Background Knowledge)

Anthropological Framework

- **Crawford, M.** *Anthropology: Understanding Human Evolution and Cultural Development*
  - General anthropological framework
  - Listen while commuting
- **Hendry, J. & Underdown, S.** *An Audio Guide to Anthropology*

– Quick overview of methods and concepts
– Under 5 hours total

Priority Reading Schedule

Pre-Writing Phase (August 2025)

Week 1-2: 1. Ungar (2017) - Evolution's Bite (Chapters 1-3) 2. Hillson (2005) - Teeth (relevant sections)

Week 3-4: 1. Johanson & Edey (1981) - Lucy discovery story 2. Key papers: Ungar & Sponheimer (2011), Sponheimer et al. (2013)

Chapter-Specific Reading

Follow chapter order, reading 1-2 weeks ahead of writing - Focus on primary sources for each chapter - Use quick references for fact-checking - Audio supplements for background during commutes

Research Strategy

1. **Start with narrative sources** for compelling stories
2. **Layer in technical papers** for scientific credibility
3. **Use textbooks** for background and fact-checking
4. **Modern research** for current perspectives

Citation Management

Recommended Tools

- **Zotero** with browser connector
- Import via DOI when available
- Create collections by chapter/theme
- Export as needed citation format

Import Priority

1. **DOIs first** - Most recent papers
2. **Publisher websites** - Books via browser connector
3. **Google Scholar** - Backup for older sources
4. **Manual entry** - Historical sources

Notes

- All TCD library resources marked where identified
- DOIs provided for journal articles when available
- Focus on peer-reviewed sources for scientific credibility
- Balance academic rigor with narrative accessibility
- Prioritize sources that only you (with dental/clinical background) can interpret authoritatively

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This resource guide provides the complete foundation for writing "The Human Diet: A Mouth's Journey Through Time" with proper academic grounding while maintaining popular science accessibility.