

Notes on the diet in Lika during the Roman period

Abstract

The paper provides an overview of the current published findings on nutrition in Roman times of Lika. Archeobotanical and archaeozoological analyzes have so far been made only at the site of Lički Ribnik, while from the site of Žuta Lokva several types of amphorae are known which contribute to the knowledge of the topic. The data provided the data that the Romans consumed millet, peas, beef and mutton in Lika. They drank wine from the Adriatic coast, used olive oil from Istria and Spain, and made their dishes with a special Roman spice garum.

Keywords: Roman times, archeobotany, archeozoology, amphorae, Roman diet, Sarius cups