PREAGRICULTURAL DIET
Low in fat and salt, high in complex carbohydrates and fiber
Active lifestyle
Low body fat, little or no obesity
Low incidence of diabetes, coronary artery disease, and stroke

AGRICULTURAL DIET
High in fat and salt, low in complex carbohydrates and fiber
Sedentary lifestyle
High body fat, high obesity rates
Diabetes, coronary artery disease, and stroke common

Culture Change

Biological Change

Example of the bio-cultural nature of the human condition