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The composition of Mesolithic food – evidence from a submerged settlement on the Argus Bank, Denmark.

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Abstract

Well preserved food remains from a submerged settlement on the Argus Bank bear witness to the human consumption of fish, game, nuts and fruit. $\delta^{15}\text{N}$ data derived from the bones of the inhabitants show that aquatic food was the dominant source of their dietary protein. The $\delta^{13}\text{C}$ measurements demonstrate that much of this protein derived from marine animals, probably high trophic level fish. The isotopic data also imply that the two children represented in the analyses were predominantly breast-fed up to the age of 2-3 years. In addition these data indicate that an adult female consumed more marine protein than two males, while a dog consumed food of a lower trophic level than the humans.