
Food has evolved just as much as we have. What I am illustrating is not the process, but the product of what is happening because of how life’s diet is evolving.

I was initially debating between the evolution of food and race. Two topics that are rarely represented in traditional history classes. We know about the wars, and who won. But, what were they eating thousands and millions of years ago that gave us the mind and body to fight them in the first place? The same applies to race. How did the human race evolve from soil birthed brown skin and spread into a rainbow of pigments?

I flipped a coin and it landed on tails.

Now the list of questions broadens. How has a change in hunter prey in humans changed from the time of early primates, australopithecines, early Homo species, to now? How has it changed the behavior? How has it changed our diets? Does it depend on tooth shape? How do our far ancestors relate to our current diet choices?

Our recent ancestors. Mixing colors in preparation of painting the portraits I thought to myself about our recent human ancestors along with how socio-economic status relates to diet. People of all colors can be poor and live in a food desert. As Peter Unger has described in Evolution’s Bite, the wild essentially is a buffet and we will eat what is available.

On 28th street and Broadway Phoenix, Arizona there is an apartment complex whose population consists of more than 50% struggling families. Its surrounding businesses are a smoke shop, smoked meat, two circle Ks and a McDonalds. The remainder of that point speaks for itself.

Cuvier, the French Naturalist stated, “show me your teeth and I will tell you who you are.” I wonder what he would say about them. I wonder what he would say about me.
Confidently, I consume anything that doesn’t trigger an allergic reaction or the symptoms of being lactose intolerant. He may see that my diet consists of leafy greens and vegetables. He may also see crunchy chips, greasy foods, caffeine, and a lot of sugar.

(Cuvier, 1769-1832)

According to The American Heart Association, the average American consumes approximately seventeen tablespoons of sugar a day which is three times more than what is recommended and is equivalent to sixty pounds of sugar annually. As of 2023, one in four women struggle with weight, one in three are walking the line for diabetes, and more than 30% of children are obese according to the CDC.

It is common belief that easy access to food by delivery and speedy production is highly responsible. As remains of stone hunting tools have been found and deeper looks at the teeth marks of our latest common ancestors, Homo ergaster and Archaic Homo sapiens, it is fair to say that our teeth and our bodies were designed for the hunter prey lifestyle. Humans no longer commonly chase herds with atlatl and climb trees for nuts and berries as we did over thirty thousand years ago. We indeed are hunting, but with more convenient tools. We are standing in line, at our work desk, in their car, or laying on a couch with some sort of electronic device in hand hunting for the next meal. The body idol, while food stores the energy that is not being used.

Humans have become obese not only because of the food we have access to but the way we access it. Sure there are those who still live the hunting/farming to table lifestyle but what about those who do not. The hunting hypothesis suggests that there was a shift in cognitive function, mobility, and use of tools solely for nourishment during the beginning stages of human evolution. Curiosity continues to spark. What does that mean for how we hunt for food now?


Sugar is the #1 Drug. Sugar is what has given us addictive habits.
Sugar is the first thing. Sugar is the first thing.
Common Herbal Medicine for Early Homo Species include:

- Pinenuts
- Mushrooms
- Yarrow
- Chamomile
- Tree Bark
Diet played a large role in the evolution of cognitive function amongst the genus Homo. Our drive to find, track, hunt, and create advanced survival techniques gave us the motivation to travel away from Africa.
The food we commonly consume contains a large sum of GMOs. GMOs can cause antibiotic resistance because they have been modified to last longer. This makes it harder for the body to fight bacteria which causes a change in organ function. Organs like the stomach. The stomach and liver organs have a difficult time breaking down food because of the imbalance of free, anti, and pro-biotics. This is one of several things that leads the evolution of obesity.