LIFE Science Hub
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EXPANDING KNOWLEDGE ABOUT NUTRITION AND HEALTH

ORIGINAL RESEARCH

Evolution of human eating behavior - Evidence review

Dott. A. Colonnese[1]

1 Nutritional Biologist, Italy

1. ABSTRACT

The publication subject to this Evidence review is an evolutionary-based contribution on human eating behavior. Neither the full text nor the abstract is available in the provided material; therefore, it is not possible to directly verify the study design, analyzed sources, selection criteria, or specific results. Its use in the section "The Choice to Live in Health or Illness" by Dr. A. Colonnese and R. Panzironi concerns the transition from the mobile search for natural resources to food production through cultivation and animal husbandry, associated with greater settlement stability.Independent evidence shows that mobility was a frequent characteristic of terrestrial hunter-gatherer societies because available resources varied in space and time. Archaeological and paleodemographic studies also indicate that the shift to agricultural economies was often accompanied by demographic transformations compatible with a more stable life. However, the transition was not uniform: in some regions, mixed economies and non-linear sequences existed for millennia. The book's narrative is therefore consistent at a historical-anthropological level, but it should be understood as a general trend, not as a universal rule.

ONLINE ARTICLE

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MISSION

LIFE Science Hub – Journal of Science was founded with the aim of making scientific knowledge accessible without giving up methodological rigour, quality of sources and authoritativeness of content. The journal promotes the dissemination of knowledge in the health, nutrition, medical and longevity sciences, building a bridge between the world of research and society.

Through articles, reviews, in-depth analyses and expert contributions, the Journal champions evidence-based medicine and science, fostering a correct interpretation of scientific data and countering misinformation. Every piece of content is developed with the aim of translating the complexity of research into understandable, useful and applicable information, while keeping intact the principles of accuracy, transparency and scientific independence.

Free from political, industrial and commercial influence, the journal stands as an authoritative and independent editorial space, dedicated to promoting scientific culture, professional development and the growth of health awareness among the public.

2. ANALYZED STUDY

The research question that can be reconstructed from the title is how human dietary behavior has changed over the course of evolution in relation to shifts in how food is obtained. In the section "The Choice to Live in Health or Illness" by Dr. A. Colonnese and R. Panzironi, the publication is cited to contextualize a specific historical shift: cultivation and animal husbandry made it possible to live more stably in one place, reducing the need to move constantly in search of food.The publication may be relevant to this evolutionary reconstruction because the transition from hunting and gathering to food production alters both the availability of resources and the daily organization of communities. However, the provided material does not contain the full text or the abstract of the study. Therefore, it is not possible to attribute specific results, archaeological data, quantitative analyses, or detailed conclusions to it that are not reported in the available material.

3. MATERIALS AND METHODS OF THE ORIGINAL STUDY

This information is not provided in the available material. Since neither the full text nor an abstract is available, it is not possible to verify whether the publication used a narrative review, archaeological data, anthropological comparisons, historical sources, biological data, or other methodologies.The source inclusion criteria, the specific historical period examined, the number of populations or sites considered, the variables analyzed, and any statistical methods or quality control procedures for the evidence are not reported in the available material. Consequently, the publication cannot be evaluated here as if it were an experimental study or a meta-analysis with verifiable quantitative results.

4. RESULTS

The passage for which the study was cited in the book concerns a general historical relationship: food production through cultivation and animal husbandry can reduce the dependence on the constant movement required to exploit dispersed wild resources. This relationship is plausible and is supported by independent literature, but the extent to which it was demonstrated in the original study cannot be verified with the material provided.

5. INTERPRETATION

In simple terms, those who live primarily by hunting, fishing, and gathering must often adapt their movements to the seasonal location of resources. Cultivation and animal husbandry, on the other hand, make it possible to organize part of food production around fields, animals, storage facilities, and more permanent dwellings. This does not mean that every farmer was completely sedentary or that every hunter-gatherer was nomadic.The segment of the narrative chain that the publication subject to the Evidence Review was likely used to support is: food production through cultivation and animal husbandry less need to follow dispersed wild resources greater possibility of stable settlements. Since the content of the publication is not accessible in the provided material, this attribution derives from the specific context of the citation in the book and not from a direct verification of its data. Independent sources allow for an assessment of the narrative's consistency, but they do not replace a full reading of the original study.

6. INDEPENDENT SUPPORTING EVIDENCE

The first step in the narrative concerns the mobility of populations that depend on the search for wild resources. Hamilton and colleagues examined ethnographic data and an ecological model regarding the residential mobility of hunter-gatherers. The authors report that most groups dependent on terrestrial plants and animals move their camp several times a year, as food and material resources are unevenly distributed across the territory and change over time. This evidence directly confirms the idea that, in many hunting and gathering economies, obtaining food required repeated relocation. However, the same authors point out important exceptions: in particularly rich and predictable environments, especially coastal ones, some hunter-gatherers could be almost sedentary [1].The second step concerns the relationship between the shift to a food-producing economy and the transformation of population organization. Bocquet-Appel analyzed paleodemographic indicators derived from approximately 200 archaeological cemeteries and ethnographic data, describing a demographic

transition associated with the shift from mobile foraging economies to agricultural economies. The increase in fertility observed in various series is also interpreted in light of lower energy expenditure related to mobility and child-rearing. The study does not directly measure harvest predictability nor does it prove that every single agricultural community was sedentary, but it reinforces the coherence between agriculture, reduced mobility, and demographic changes in multiple historical contexts [2].Overall, these independent studies support a historically plausible chain: the variable distribution of wild resources favored frequent movement; food production in specific locations, on the other hand, could make a settled life more feasible. The level of confirmation remains primarily anthropological and archaeological: this is not a controlled experiment, but rather the convergence of ethnographic, archaeological, and demographic data.

7. CONFLICTING EVIDENCE

An important clarification comes from the archaeobotanical analysis by Fuller and Lucas, which compared data regarding cultivation, domestication, and the composition of economies in the Near East. The authors noted the persistence of mixed economies, in which gathering, hunting, cultivation, and the use of species in the process of domestication coexisted for approximately 4,000 years. Their results do not support a consistently rapid and linear succession from mobile hunter-gatherers to sedentary farmers [3].This evidence does not directly contradict the general idea that agriculture and animal husbandry can foster more stable settlements. However, it limits its generalizability: plant domestication, cultivation, animal husbandry, mobility, and sedentarism did not proceed everywhere in the same order nor at the same speed. No directly conflicting evidence sufficiently relevant to the general trend has been identified; this does not prove the absence of contrary results.

8. QUADRO COMPARATIVO E SINTESI DELLE EVIDENZE

The table distinguishes the publication subject to the Evidence Review from the independent research used to evaluate the specific narrative of the book's paragraph.

Quadro comparativo

Reference	Study type	Population or model	Main result	Direction of evidence	Strength of evidence
Original study	Evolutionary contribution; method not verifiable in the available material	Not reported in the available material	The bibliographic context in the book links food production to greater settlement stability; specific results are not verifiable.	neutral evidence	preliminary
[1]	Comparative ethnographic study with ecological model	Hunter-gatherer societies	Most terrestrial groups change settlements several times a year to follow variably distributed resources.	direct confirmation	moderate

[2]	Archaeological and paleodemographic study	Approximately 200 archaeological cemeteries and ethnographic data	The transition from mobile foraging economies to agricultural economies is associated with marked changes in fertility and population growth.	indirect confirmation	moderate
[3]	Comparative archaeobotanical study	Southwestern Near East sites	Mixed economies based on gathering and cultivation persisted for millennia, without a single trajectory toward agriculture.	discordant evidence	moderate

9. SINTESI EDITORIALE E CONCLUSIONI

CONCLUSIONS

The passage in the book linking cultivation and animal husbandry to the increased possibility of living in stable settlements is quite well-supported as a historical-anthropological trend. Independent evidence indicates that mobility was often necessary for economies based on foraging for wild resources and that the adoption of agriculture was associated with significant demographic and social transformations.However, the conclusion requires precision. Not all hunter-gatherer populations were mobile, not all agricultural communities were fully sedentary, and the transition occurred at different times in various regions. The original publication can only be evaluated to a limited extent, as the text and abstract are not available in the provided material.

Aggiornato al 17/11/2026. Questo contenuto riflette una sintesi divulgativa delle evidenze scientifiche al momento della pubblicazione e non sostituisce il parere medico.

10. TRANSPARENCY AND SCIENTIFIC RESPONSIBILITY

Artificial Intelligence was used solely as a tool for editorial and documentary support. All content, interpretations, bibliographic citations and conclusions have been verified, reviewed and approved by the author, who assumes full scientific responsibility for them.

The manuscript was also subjected to independent peer review prior to publication.

To ensure the greatest transparency, the complete history of the article, including the dates of submission, revision, acceptance and publication, as well as information on the peer review process, is available on the dedicated Article History page.

11. RIFERIMENTI BIBLIOGRAFICI

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[2] **The Agricultural Demographic Transition During and After the Agriculture Inventions**
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[3] **Contrasting pathways to domestication and agriculture around Southwest Asia**
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