



Plutarch on DIAITA: well-being, conviviality, feeding, and environment

Coimbra RED Meeting (8-9 September 2022)

Handout

Food for the sick and food for the healthy in Plutarch's *De tuenda sanitate praecepta*

Carmen Soares (University of Coimbra)

cilsoares@gmail.com

Table 1

Dietetics fundamental terminology in the *Corpus Hippocraticum*

Substantive	Adjective	Verb (predicative form)	Verb (nominal form)
δίαιτα διαιτήματα		διαιτέονται (vb. διαιτέομαι)	
	ὕγιεινός, ἤ, ὄν	ἄν ὑγιαίνοι/ ὕγιαίνουσιν (vb. ὑγιαίνω)	τῶν ὑγιαίνοντων (vb. ὑγιαίνω)
			τῶν καμνόντων (vb. κάμνω)

Table 2

Regimen for healthy people and for the sick in the *Corpus Hippocraticum*

Regimen for healthy people (ἡ τῶν ὑγιαίνοντων δίαιτα)	Regimen for the sick (ἡ τῶν καμνόντων δίαιτα)
<p>Aim: pleasure (subst. ἡδονή) Unrestraint desires (vb. ἐπιθυμέω) Moderation in seasoning (vb. ἀρτύω) Much food (τὸ πλῆθος τῶν σίτων) Food beneficial (vb. ὠφελέω) to healthy people: bread (ἄρτος) and meat (κρέας).</p>	<p>•To abstain from (vb. ἀπέχω) } desires •To reduce (vb. ὑποστέλλω) } •Taste/palate's <i>hedone</i> matters, but use seasonings with moderation •Drinks (πόμα) and food (σιτίον) 'more palatable' (ἡδίων), though inferior in terms of properties, to another superior, but 'more unpleasant' (ἀηδέστερον) To reduce (vb. ὑφαιρέω) the great quantity (πλῆθος) Very little food (ὀλίγιστα τῶν σίτων)</p>



Plutarch on DIAITA: well-being, conviviality, feeding, and environment

Coimbra RED Meeting (8-9 September 2022)

Handout

Table 3

Healthy diet and unhealthy diet in **Plato**

Healthy diet (Physician's expertise)	Unhealthy diet (Cook's expertise)
<ul style="list-style-type: none"> • To know the kind of food, the quantity and the times for eating that are 'better' (τὸ ἄμεινον/ βέλτιον περὶ σιτίων) • Composed of 'the best foods for the body' (τὰ βέλτιστα σιτία τῷ σώματι) (best=healthiest/τὸ ὑγιεινότερον) 	<ul style="list-style-type: none"> • Aims (maximum) pleasure (τὸ ἡδὺν), without attending 'to [what is] best' (ἄνευ τοῦ βελτίστου)

Table 4

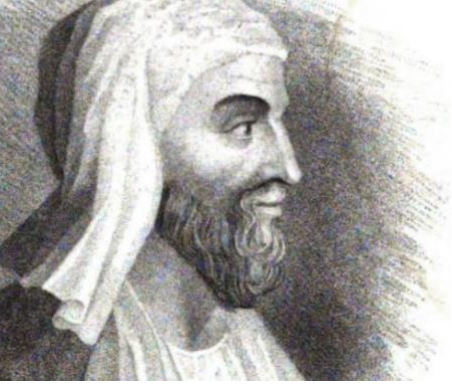
Diet for healthy people and for the sick in **Plato**

Diet for healthy people (Cook's expertise)	Diet for the sick (Physician's expertise)
<ul style="list-style-type: none"> • Abundant and palatable food and drinks (πολλὰ καὶ ἡδέα καὶ παντοδαπά) 	<ul style="list-style-type: none"> • Reduction and lack of food (causes weight loss/vb. ἰσχυαίω, hunger/πεινῆ and thirst/διψῆ) • Nasty bitter drinks (πικρότατα πόματα)

Table 5

Diet for the sick and for healthy people in **Plutarch**

Diet for the sick (ἐν τῷ νοσεῖν ἡ δίαίτα)	Diet for healthy people (ἐν τῷ ὑγιαίνειν ἡ δίαίτα)
<ul style="list-style-type: none"> • 'Feel dislike' (vb. δυσχεραίνω) over food (σιτία) • Food = medicine (ὡς φάρμακα τὰ σιτία) • 'Simple' (ἀπλοῦν τι) food, as being 'unappetising' (ἄνοψον) and 'savourless' (ἄκνισον) • Way of living (δίαίτα) = 'ignoble' (ἀγεννής) and 'humiliating' (ταπεινή) 	<ul style="list-style-type: none"> • Pleasures (ἡδοναί) = 'great' (μεγάλαι) and 'loving' (ἀγαπηταί) • To become familiar with typical food of the sick



Plutarch on DIAITA: well-being, conviviality, feeding, and environment

Coimbra RED Meeting (8-9 September 2022)

Handout

Table 6

Potentially unhealthy *diaita* and healthy preventive *diaita* in **Plutarch**

	<i>De tuenda sanitate</i>	<i>praecepta</i> (129 D-F)	Medical Auctoritas
Fundamental <i>diaita</i> domains	Potentially unhealthy <i>diaita</i>	Healthy preventive <i>diaita</i>	Plutarch's paraphrasis (P): 'healthiest behaviors' (ὕγιεινότατα) CH: 'healthy discipline' (ἄσκησις ὑγίης)
Diet (τροφή) = food (σίτος) and drink (πότος)	<ul style="list-style-type: none"> • 'Overeating' (πλήθος) • 'Deviations' (ἄταξίαι, implied) in usual 'food and drinks' (ἐν πόσεσι καὶ προσφοραῖς) • Drunkenness (οἴνωσις) • Heavy diets (τροφαι ἐμβριθεῖς) of meat (κρεώδεῖς) or sophisticated foods (ποικίλαι) 	<ul style="list-style-type: none"> • Water-drinking (ὕδροποσία) • Eat little (ὀλιγοσιτεῖν) • Eliminating (literally 'not leaving', ὑπολείπειν) any excess (πλήθος) waste (περίττωμα) from the body 	Moderation in eating P (τροφῆς ἀκορίην) = CH (ἀκορίη τροφῆς)
Physical exercise (πόνος)	<ul style="list-style-type: none"> • 'Deviations' (implied) in some 'regular exercise' (ἢ τισι πόνοις) 	<ul style="list-style-type: none"> • 'rest and quiet' (ἀνάπαυσις καὶ ἡσυχία) after the practice of 'physical exercise' (ἐκ...κόπων) 	Do not deprive yourself of physical exercise P (πόνων ἀοκνήν) = CH (ἀοκνή πόνων)
Other <i>diaita</i> domains			
Sexual activities	<ul style="list-style-type: none"> • 'Other deviant behaviours' (ἄταξίαις ἐτέραις) 	<ul style="list-style-type: none"> • 'rest and quiet' after 'sexual activities' (ἐκ μὲν ἀφροδισίων) 	Added by P: sexual abstinence (literaly: 'retention of the seminal substance', σπέρματος οὐσίης συντήρησιν)



Plutarch on DIAITA: well-being, conviviality, feeding, and environment

Coimbra RED Meeting (8-9 September 2022)

Handout

	• Friend's feast (συμπεριφορά)	• Water- drinking (ὕδροποσία)	
--	-----------------------------------	-------------------------------------	--

Table 7

“Nutritional” catalog of foods in **Plutarch**

DIET NUTRITIVE	PROPERTIES (δυνάμεις)
<p>“strong” (eat less quantity) στερεός/έμβριθής (‘solid’) and πολύτροφος (‘very nourishing’)</p>	<p>“soft” (eat more quantity) ‘thin’ (λεπτός) and ‘light’ (κουφός)</p>
FOOD (τροφή / σιτία) – 131 D-E	
Meat (τὰ κρεάδη [σιτία])	(most of) Garden vegetables (τὰ πολλὰ [σιτία] τῶν λαχάνων)
Cheese (τυρώδη [σιτία])	Birds (τὰ πτηνὰ [σιτία])
Dried figs (σύκων τὰ ξηρὰ)	Fish (not fat) (τῶν ἰχθύων οἱ μὴ πίονες)
Boiled eggs (ᾠῶν τὰ ἐφθὰ)	
Milk (γάλα)	