

CONTENTS

List of Figures	vii
List of Tables	ix
Preface	xi
List of Contributors	xiii
Introduction: Considering the Inedible, Consuming the Ineffable	1
<i>Jeremy MacClancy, Helen Macbeth and Jeya Henry</i>	
1. Evidence for the Consumption of the Inedible: Who, What, When, Where and Why?	17
<i>Sera L. Young</i>	
2. Consuming the Inedible: Pica Behaviour	31
<i>Carmen Strungaru</i>	
3. The Concepts of Food and Non-food: Perspectives from Spain	43
<i>Isabel González Turmo</i>	
4. Food Definitions and Boundaries: Eating Constraints and Human Identities	53
<i>Ellen Messer</i>	
5. A Vile Habit? The Potential Biological Consequences of Geophagia, with Special Attention to Iron	67
<i>Sera L. Young</i>	
6. The Discovery of Human Zinc Deficiency: A Reflective Journey Back in Time	81
<i>Ananda S. Prasad</i>	
7. Geophagia and Human Nutrition	89
<i>Peter Hooda and Jeya Henry</i>	

8. Consumption of Materials with Low Nutritional Value and Bioactive Properties: Non-human Primates vs Humans	99
<i>Sabrina Krief</i>	
9. Lime as the Key Element: A 'Non-food' in Food for Subsistence	113
<i>Ricardo Ávila, Martín Tena and Peter Hubbard</i>	
10. Salt as a 'Non-food': To What Extent Do Gustatory Perceptions Determine Non-food vs Food Choices?	121
<i>Claude Marcel Hladik</i>	
11. Non-food Food during Famine: The Athens Famine Survivor Project	131
<i>Antonia-Leda Matalas and Louis E. Grivetti</i>	
12. Eating Garbage: Socially Marginal Food Provisioning Practices	141
<i>Rachel Black</i>	
13. Eating Cat in the North of Spain in the Early Twentieth Century	151
<i>F. Xavier Medina</i>	
14. Insects: Forgotten and Rediscovered as Food. Entomophagy among the Eipo, Highlands of West New Guinea, and in Other Traditional Societies	163
<i>Wulf Schiefenhövel and Paul Blum</i>	
15. Eating Snot: Socially Unacceptable but Common. Why?	177
<i>María Jesús Portalatín</i>	
16. Cannibalism: No Myth, but Why So Rare?	189
<i>Helen Macbeth, Wulf Schiefenhövel and Paul Collinson</i>	
17. From Edible to Inedible: Social Construction, Family Socialisation and Upbringing	205
<i>Luis Cantarero</i>	
18. The Use of Waste Products in the Fermentation of Alcoholic Beverages	215
<i>Rodolfo Fernández and Daria Deraga</i>	
Afterword	
Earthy Realism: Geophagia in Literature and Art	223
<i>Jeremy MacClancy</i>	
Index	235