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EAT LIKE A

GREEK

by CAITLYN DIIMIG

SO YOU WANT TO LOOK LIKE THOSE GUYS IN THAT ONE MOVIE THAT ONE TIME, EH? YEAH, SO DO WE. BUT YOU HAVE TO START EATING LIKE THEM TO DO IT. AND UNFORTUNATELY, WE'RE NOT REFERRING TO "ANIMAL HOUSE."

When you hear the word "Greek" you might think of brotherhood or maybe you think of Natty Ice and sorostitutes. Thanks to John Belushi, visions of toga parties may also come to mind. *Sir* history fact for you: It was the Ancient Romans not the Greeks who wore togas.

Although the Ancient Greeks missed out on wearing sheets as clothes, they did get a few things right. According to Linda Civitello, food historian and author of "Cuisine and Culture: A History of Food and People" the Greeks loved to get drunk, lounge on couches and eat. If this sounds like they're a bunch of typical college kids, remember the Ancient Greeks were into philosophy.

"The Greeks were very concerned about drunkenness," says Civitello.

In her book Civitello says the Ancient Greeks believed drinking one bowl of wine could lead to health, two bowls would lead to love and pleasure. Anything after four was bad. Eight bowls of wine brings the police and 10 bowls brings furniture throwing.

That seems about right.

The Ancient Greeks also tried to figure out ways to drink wine without getting drunk. Civitello says they thought drinking wine out of a purple or amethyst vessel would cause the two purples to cancel each other out and they wouldn't get drunk.

So does that mean if I drink my cherry jungle juice out of a red solo cup I won't get drunk? Correct. I won't get drunk, I'll black out.

The Ancient Greeks loved wine so much it got its own god. Dionysus was the god of wine. But the Ancient Greeks weren't all boozers. They were pretty healthy eaters, too.

Civitello says Ancient Greeks commonly ate figs, apples, pomegranates and pears.

Barley was a common grain the Ancient Greeks incorporated into their diet as well.

Never had it?

"It's really good and it's really cheap," Civitello says.

She recommends boiling barley in a beef broth and topping with olive oil and cheese. Although this recipe is more Italian than Ancient Greek, it's still a great way to incorporate barley into your diet.

For a typical Ancient Greek meal cook fish over an open fire and pour on the olive oil. The omega-3 fatty acids in the fish and olive oil will boost heart health. As will the flavonoids in your red wine.

If fish isn't your thing, Civitello says wealthy Ancient Greeks dined on beef. Rare beef. But stay away from pork.

"Pigs were not regarded well," Civitello says.