

1620 - 1800	1800 - 1900	20th Century
British Foodways	Melting pot	Multicultural
Worcestershire Sauce	Ketchup	Salsa
Fingers, knives, spoons	Two-tine forks	Plastic knives and forks
Homegrown	Small rural farms	Factory farms
Wagons/carts	Railroad	Truck/air
Local foodstuffs	Interstate/intrastate	Foreign imports Catalog & internet sales
Wild game, fish	Minimum processing	Frozen Foods
Seasonal foods	Canned foods	Fabricated foods
No packaging	Minimum packaging	Elaborate packaging
Wood fuel	Coal	Electric, gas, microwave
Open fireplace cookery	Iron stoves	Microwave ovens
Beehive ovens	Commercial bakeries	Breadmaker Machines
Humors Hot Cold	Albuminous Carboninous Fat	Science of nutrition Vitamins Medical foods
Taverns/inns	Hotels	Restaurants/fast food Home replacement meals
Cider/perry/rum	Beer	Bottled water Micro breweries
Town market place Peddlers and hucksters	Specialty food stores Country store	Mom & Pops..... Supermarkets Giant discount stores
Mother taught daughter	Cooking school movement	TV cooking shows
British cookbooks First Am. cookbook - 1796	Charity cookbooks	Cooking magazines Celebrity cookbooks

Table 1. Changes in food and dietary practices during three periods of American history.

From: Pleasures of the Table: Eating and Drinking in the Early Republic.
Joseph M. Carlin, RD. Nutrition Today, Vol. 33(2):71-76. March/April
1998.