EXPLORING THE RELATIONSHIP BETWEEN DIET AND OSTEOPOROSIS IN MEDIEVAL PORTUGAL USING
STABLE ISOTOPE ANALYSIS.
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This project investigates the relationship between health and diet in medieval Portugal by combining
data on the occurrence of osteoporosis with information on past diet derived from stable isotope ratios.
The aim of this project is to identify whether different sources of protein influenced the prevalence of
osteoporosis in three populations. Individuals from three different regions of Portugal were previously
evaluated for bone mineral density at the University of Coimbra, Portugal, and bone samples from 79 of
these individuals underwent stable isotope analysis at the University of Alaska Fairbanks. Collagen
suitable for isotopic analysis was extracted from all individuals and indicated a negative correlation