

What did Roman soldiers eat and drink?

The sustained success of the Roman army over several centuries can be attributed to various factors, one of the most significant being its highly developed military logistics, particularly the reliable provisioning of food for the soldiers. This study investigates the composition of the military diet. Soldiers were compensated with a salary for their service, and they used this wage to purchase their daily rations. The primary dietary staples consisted of bread or porridge, complemented by a variety of meats, including both made from salted and fermented small fish, which was used in the preparation of many different dishes. The most commonly consumed beverage among the soldiers was diluted wine. Throughout the process of Romanization, the practice of advanced viticulture became pervasive across the empire. In addition to wine, beer was also consumed in various regions, and *posca*, a distinctive drink, was consumed for its refreshing properties, bearing similarities to contemporary energy drinks.

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