



Effect of Health teachings of Zoroaster in ancient Iranian Nutrition

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Abstract:

Food is one of the most important components in the lifestyle of the people in every land. Religion and medicine are the most important factors in nutrition. The official religion of Zoroaster, had great influence in the field of the Persians nutrition. Medical monopoly by the religious teachings caused a lot of commands to find the religious aspect. Medical advice in the area of food is: Variety of foods, customs table, the number of meals religious aspects found. This paper will be based on historical and religious sources to determine the presence and influence is discussed.

Keywords: Nutrition, Zoroastrianism, ancient Iran

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