



# What Did Early North Americans Eat?

Presented by Jack Spirko  
TSP Fall 22 Workshop

All Resources will be at  
[thesurvivalpodcast.com/megafauna](https://thesurvivalpodcast.com/megafauna)



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WITH JACK SPIRKO

*"Helping you live a better life, if times get tough or even if they don't."*



**Remember  
Why We  
are Here  
Together**

**Anyone does  
literally anything.**



**The  
Government**



# When Did We Get Here?

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- Conservative scientific estimates are about 15K years ago
- There is massive evidence that it is at least 30K years - [source](#)
- In Uruguay mammoth bones dated at 30K years had “distinctive” tool marks – [source](#)
- There is evidence of a 130K year old mastodon bones with tool marks - [source](#)



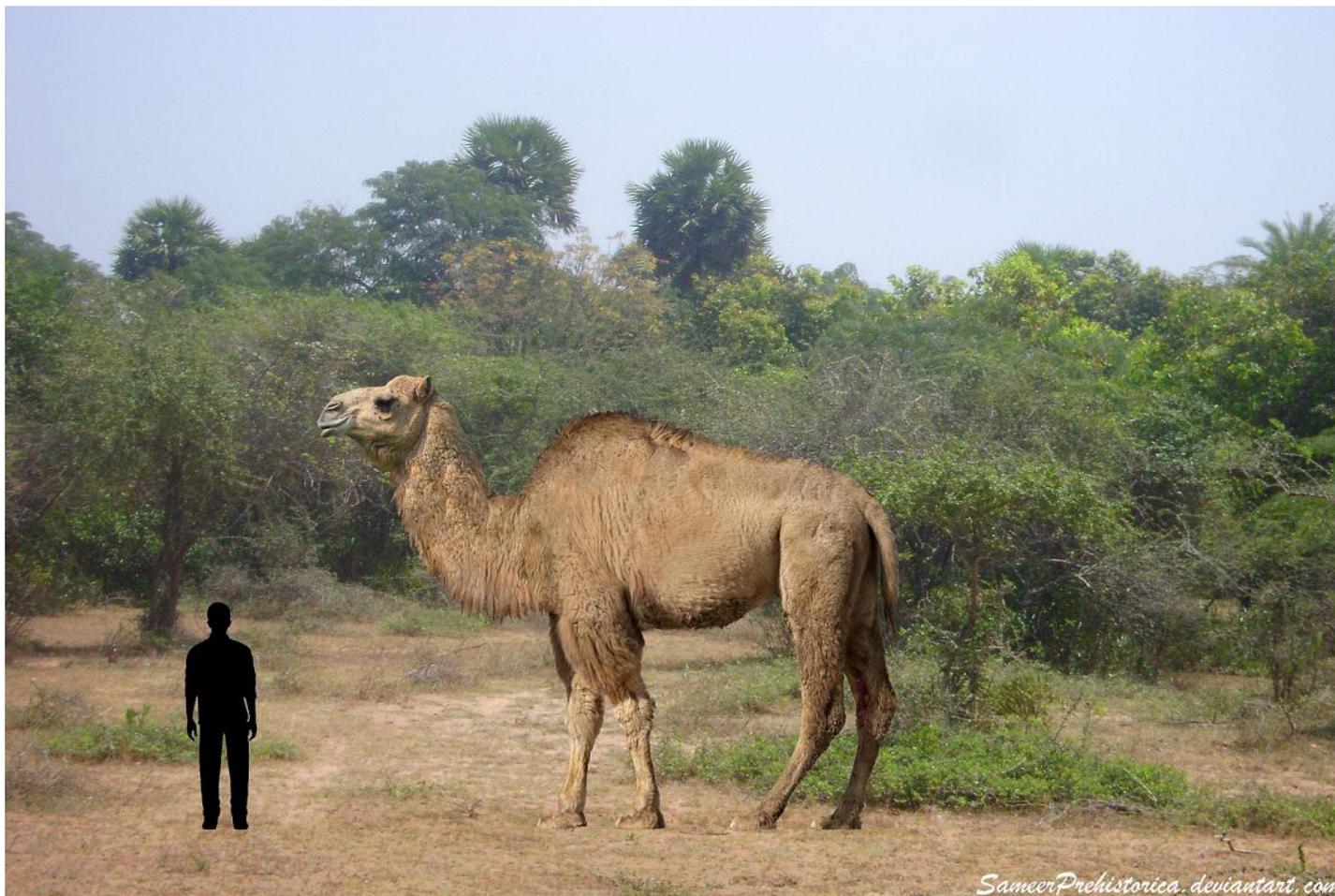


## Bison Antiquus Extinct for 10-11K years





## North American Camel – Extinct for 13K Years





# Ground Sloth Extinct for 11K Years





# Mastodons/Mammoths Extinct for 10-11K years





# Giant Beaver Extinct for 10-13K Years







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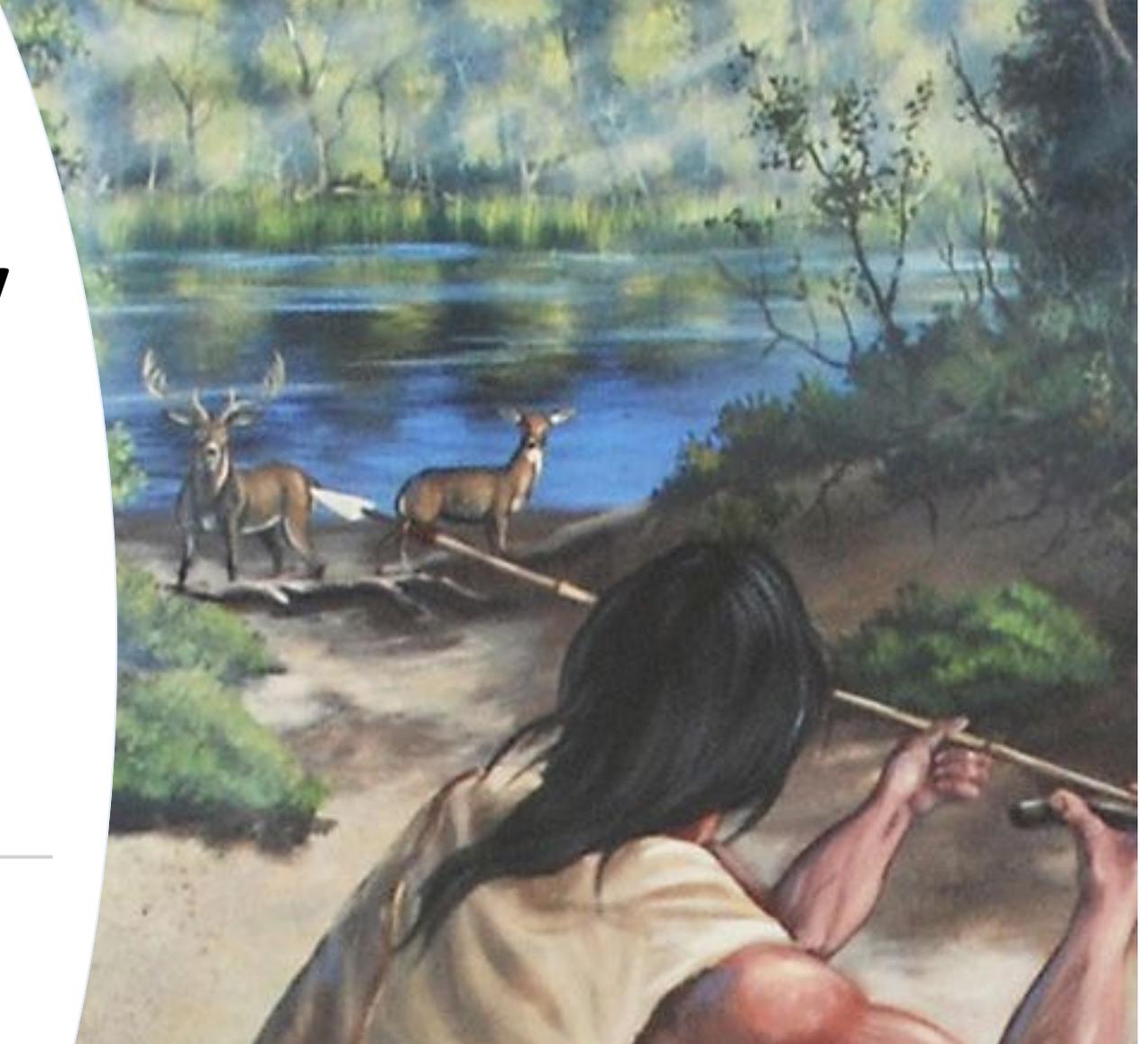
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**But this Guy  
Killed them  
All?**

**Really?**

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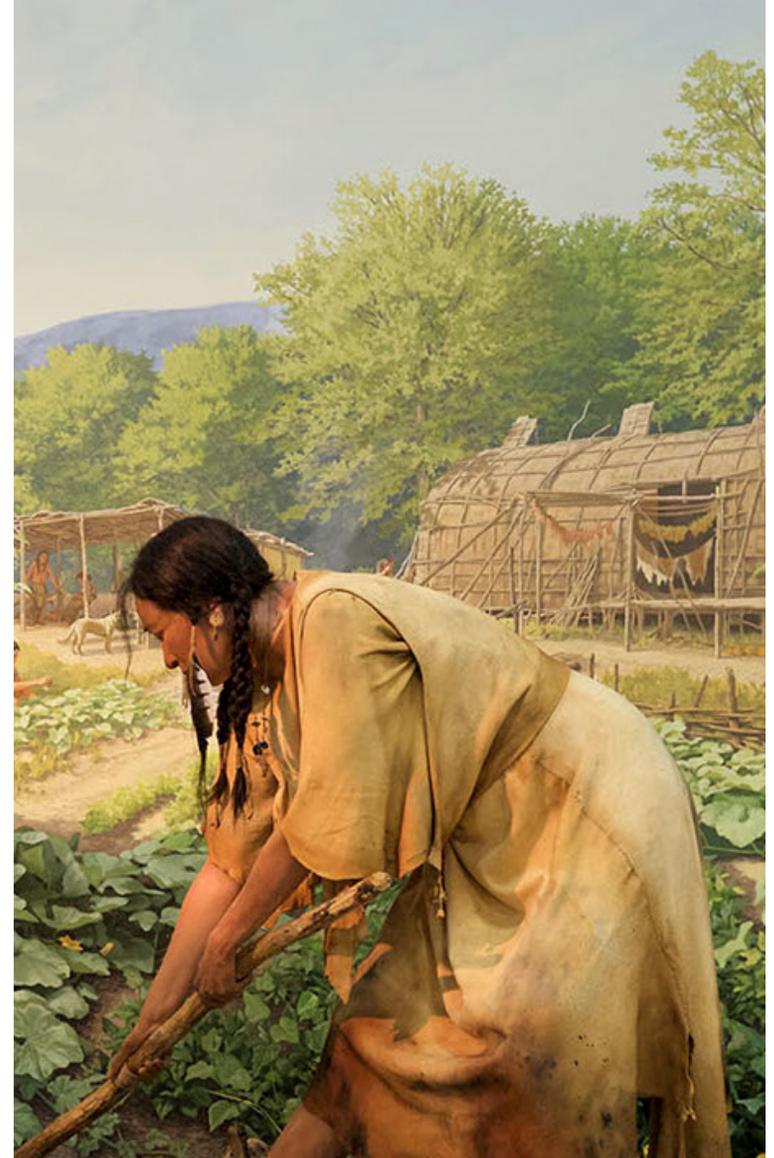
**Or May Be  
Something  
Terrible  
Happened?**





# What About Farming?

- Corn has been cultivated about 7300 years – [link](#)
- Potato may go back 10K years but only in native range – [link](#)
- Amaranth is about 6K years old in cultivation – [link](#)
- Beans go about 7-10K years back in cultivation – [link](#)
- Squash goes back about 8K years first domestication about 4K - [link](#)





## Then Something Else Terrible Happened – Civilization.





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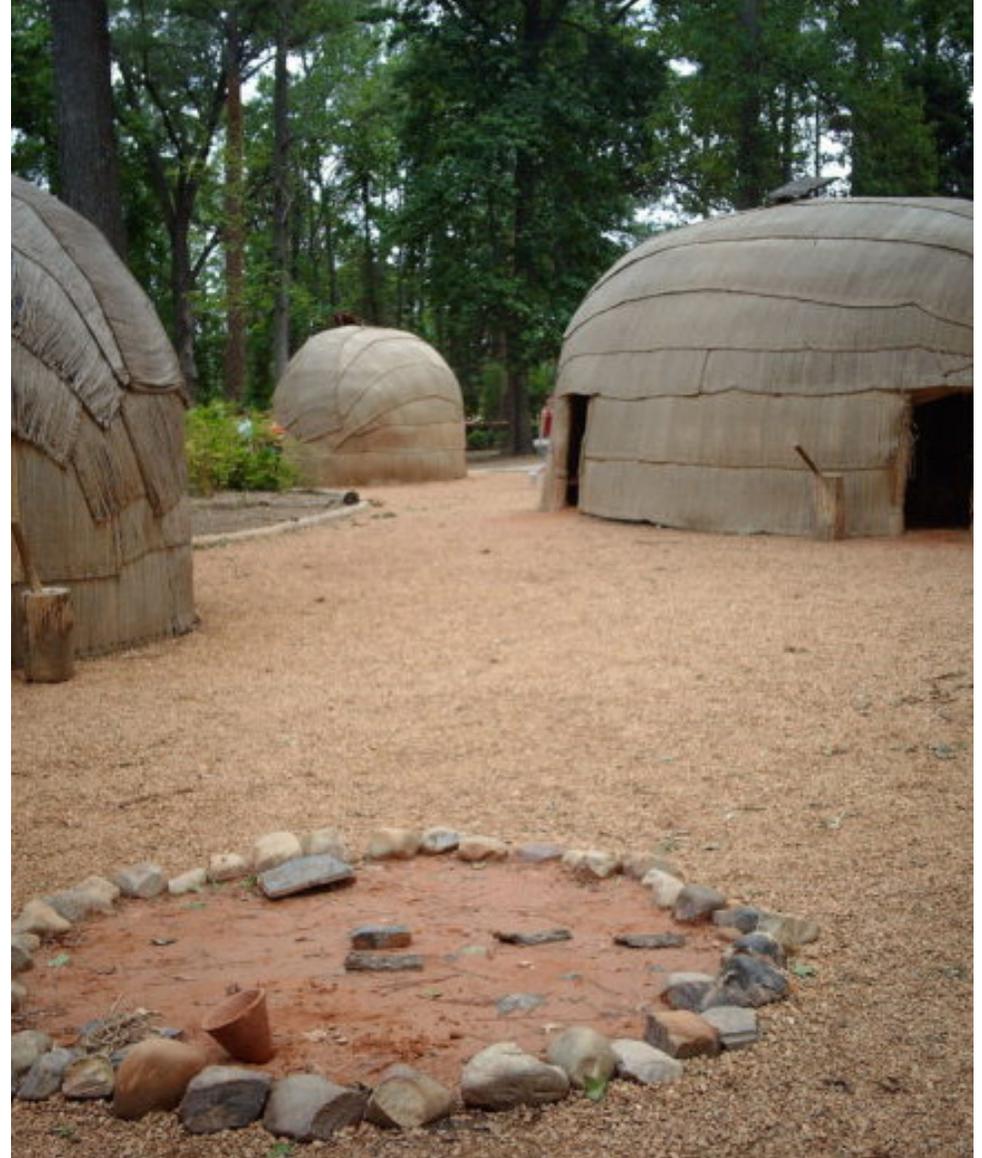
## Still Animals were a Core Part of the Diet

- Native Americans hunted deer, antelope, bison, elk, moose, sheep, squirrel, caribou, alligators, snakes, pretty much anything that walked/crawled, but none into extinction.
- Most tribes/nations lived on major water ways and fish and shellfish were huge parts of their diets.
- Most ag crops were well suited to long term storage.
- Recommended Reading, "Guts and Grease" By Dr. Michael Eades – [Link](#)
- Source of Image - [Link](#)



## The Health of Native Americans

- Evidence shows “health was in decline before Columbus” – [link](#)
  - Rise in agriculture
  - High density living
- Yet by the 17-1800s Native Americans were Taller and Healthier than Colonists?
- Something terrible happened again – smallpox





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**A Lot Gets  
Lost When  
We Make  
Everyone  
One Group**

**Native American Cultures, 1500 CE**

**MAPS**





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# What Do We Take Away from This

- Native North Americans ate mostly meat for most of their time here
- Agriculture led to monarchies and tyranny just as they did everywhere else
- Plant based diets and cities led to health problems regardless of why they happened
- Catastrophes cause "great resets" that led back to meat & perennial based diets

