

The diet of crew aboard is characterized by its lack of variety, and vitamin deficiency, given that the consumption of fruits or fresh vegetables was scarce or non-existent aboard the majority of ships. This scarcity was extended to fresh water also.

To the list of foods which we know they consumed must be added whatever was caught on the voyage as well as whatever autochthonous fruits or vegetables they were able to collect when they hit land.

Grains: Buckwheat. With this they made what is called in English sea-biscuit or hard tack.

Meats: Bacon, hare, rabbit, beef, veal, hen, fowl in general, fresh pig meat, sausage, ham, smoked meats.

Dairy: Cheese

Fish: Salted cod and tuna fish. Fish caught during the voyage: Conger, Mackarel, Sardine, Hake.

Legumes: Chickpeas, lentils, peas, carob seeds

Eggs, Salt, Oil, Vinegar

Drinks: Cider, wine, sherry

The consumption of rice was not yet widely extended, and though it can be found in the lists of provisions of some ships, we cannot designate it as a staple of ship cellars.