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the expression of Ital eating varies widely from Rasta to interpretations of ital regarding specific foods, also avoid eating shellfish

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Www.heefthetgesmaakt.nl

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Troeder, Annemarie. Ital Food: Eating Rastafarian Style. LMH Publishing, Limited, 2014. Print. Perkins, Anna Kasafi, Donald Chambers, and Jacqueline Porter.

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Dec 01, 2010 How to cook real Rastafarian Food of Ital Food. This Vegan cookery class shows you what to eat to have true health and wellbeing.

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Jamaican ital cuisine | vegetarian journal |

Typical ital food does not include red meat and is prepared to enhance a For Rastas, the choice to eat ital is a spiritual decision that can be for health

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What do rastafarians eat - answers.com

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