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Perkins, Anna Kasafi, Donald Chambers, and Jacqueline Porter.

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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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May 26, 2010 They follow a very healthy diet. They call their style of vegetarian cooking "ITAL FOOD." Rastafarian's eat Ital, meaning just vegetables and soy

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