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By Annemarie Troeder

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<https://sites.google.com/site/wernertroeder/>

Ital - Wikipedia, the free encyclopedia -

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

<http://en.wikipedia.org/wiki/Ital>

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<http://www.heefthetgesmaakt.nl/libs/sitemaps/klanten.standaard7.xml.php>

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http://www.vrg.org/journal/vj2013issue1/2013_issue1_jamaican_ital_cuisine.php

JAMAICAN CUISINE - Jamaican Cooking and Menus The -

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<http://www.kingstonbookshopjm.com/storefront/ListProducts.aspx?idcategory=1367>

Ital Food 2 - thespiritedpalace - YouTube -

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.

<http://www.youtube.com/watch?v=ZIUkczCDdQY>

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<http://ufdc.ufl.edu/AA00013171/00001>

What do Rasta's eat ? | Yahoo Answers -

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

https://answers.yahoo.com/question/index;_ylt=AwrBT8JF6sFVNOKAF0IXNyoA;_ylu=X3oDMTBzbnMwbWYxBGNvbG8DYmYxBHBvcwMyNAR2dG1kAwRzZWMDc3I-?qid=20100526172624AAT9Pyw&p=ital%20food%20eating%20rastafarian%20style

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<http://www.smithsonianmag.com/arts-culture/ital-statistics-eating-like-bob-marley-28613641/>

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<https://www.pinterest.com/Shantigato1/ital-food/>

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<http://inityweekly.com/how-to-eat-the-ital-way-the-rastafarian-diet/>

Ital (Rastafari) - Wikiwand -

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[http://www.wikiwand.com/de/Ital_\(Rastafari\)](http://www.wikiwand.com/de/Ital_(Rastafari))

What do rastafarians eat - Answers.com -

Rastafarians are vegetarians Here are some food laws about what Rastafarians can and cannot eat, Food laws. Rastafarians eat ital food . 8 people rastafarian

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