Human Ecology, a South Pacific Island, and Food “Fit to Eat”

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ABSTRACT The foods we eat are partially determined by the influences inherent in our culture. Travel and cross-cultural experiences may bring us into contact with strange or exotic foods, which gives us opportunities to either adjust and adapt to new foods, or to reject. Food is such a basic component in our lives that our thinking and feelings about what is fit to eat serves as a boundary marker for our own ecological fit in various cultures and locates.