

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 locales.