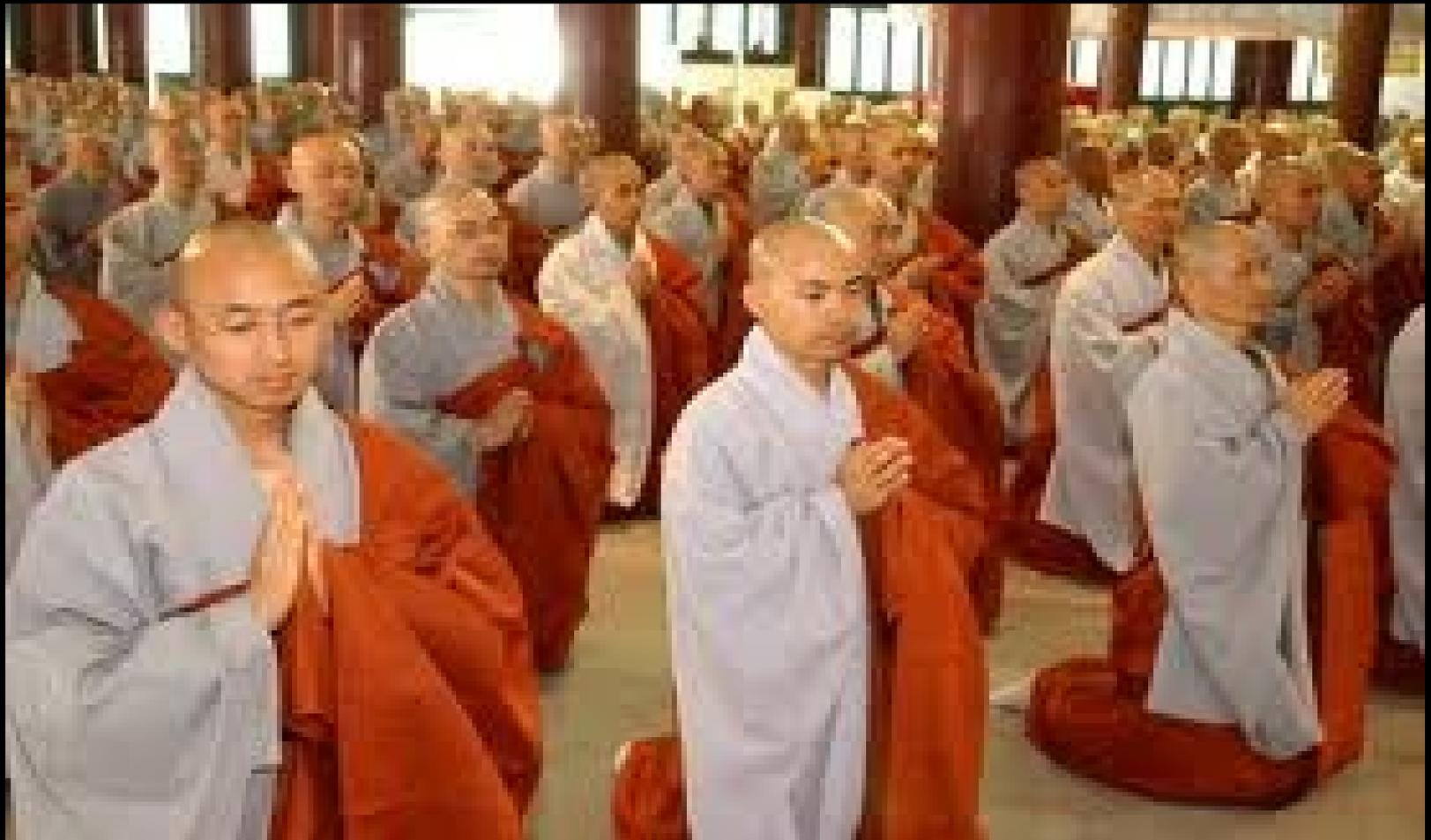


RELIGION AND DIETARY PRACTICES



BUDDHISM



Buddhism.

- Many Buddhists are vegetarians, though some include fish in their diet. Most do not eat meat and abstain from all beef products.
- Buddhist monks fast completely on certain days of the moon, and they routinely avoid eating any solid foods after the noon hour.

HINDUISM



Hinduism.

- Hindus do not consume any foods that might slow down spiritual or physical growth.
- The eating of meat is not prohibited, but pork, fowl, ducks, snails, crabs, and camels are avoided. The cow is sacred to Hindus, Many Hindus are strict vegetarians. Those who do eat meat are forbidden from eating beef, because cows occupy a sacred place in the Hindu religion

ISLAM



Islam.

- ***Halal***, a term for all permitted foods.
- ***Haram***, Those foods that are prohibited, such as pork and birds of prey
- ***Mashbooh*** foods that are questionable for consumption

- Muslims eat to preserve their good health, and overindulgence or the use of stimulants such as tea, coffee, or alcohol are discouraged.

- Fasting is practiced regularly on Mondays and Thursdays, and more often for six days during Shawwal (the tenth month of the Islamic year) and for the entire month of Ramadan (the ninth month). Fasting on these occasions includes abstention from all food and drink from sunrise to sunset.

Fasting on Islam

- Ramadan - is the ninth month of the Islamic year and is devoted to prayer, fasting, and charity.
- Iftar - The fast is broken in the evening by a meal.
- **Eid al-Fitr** - Festival of Breaking the Fast."

Eastern Orthodox Christianity



Eastern Orthodox Christianity.

- An essential element of practicing an Orthodox life includes fasting, since its intrinsic value is part of the development of a spiritual life. To practicing Orthodox believers, fasting teaches self-restraint, which is the source of all good.

JUDAISM



Judaism

- The Jewish dietary law is called *Kashrut*, meaning "proper" or "correct." The term *kosher* refers to the methods of processing foods according to the Jewish laws. The processing laws and other restrictions regarding to the preparation of food and drink were devised for their effects on health. For example, rules about the use of pans, plates, utensils, and separation of meat from dairy products are intended to reduce contamination.

- A Jewish person must prepare grape products, otherwise they are forbidden.
- Jewish laws dictate the slaughter and removal of blood from meat before it can be eaten.
- Animals such as pigs and rabbits and creatures of the sea, such as lobster, shrimp, and clams, may not be eaten.
- Meat and dairy products cannot be eaten at the same meal or served on the same plate, and kosher and nonkosher foods cannot come into contact with the same plates

Church of Jesus Christ of Latter- Day Saints



Mormonism

- The law of health—the Word of Wisdom—contains the laws for proper eating and the rules of abstinence for tobacco, alcohol, coffee, tea, chocolate, and illegal drugs. Mormons must choose foods that build up the body, improve endurance, and enhance intellect. Products from the land, such as grains, fruits, vegetables, and nuts, are to take the place of meats; meats, sugar, cheeses, and spices are to be avoided. Reason and self-control in eating is expected in order to stay healthy.

Protestants

- Few restrictions of food or fasting observations • Moderation in eating, drinking, and exercise is promoted

God made all animal and natural products for humans' enjoyment • Gluttony and drunkenness are sins to be controlled

Roman Catholics

- Meat restricted on certain days • Fasting practiced

Seventh-day Adventists.

- The Seventh-day Adventist Church advocates a lacto-ovo vegetarian diet, including moderate amounts of low-fat dairy products and the avoidance of meat, fish, fowl, coffee, tea, alcohol, and tobacco products (though these are not strictly prohibited). The church's beliefs are grounded in the Bible, and in a "belief in the wholistic nature of people" (Seventh-day Adventist General Conference Nutrition Council).