

Food rules of religions

| Food | Hindu | Muslim | Sikh | Jewish | Roman Catholic | Buddhist | Rastafarians | 7th Day Adventist | Mormon |
|---------------------------|--------------------|--------------------|--------|------------------------------|---|-----------|--------------|-------------------|-------------------------|
| Vegetables | A | A | A | A | A | A | A | A | A |
| Fruit | A | A | A | A | A | A | A | A | A |
| Milk / yoghurt | not with rennet | not with rennet | A | A | A | A | A | most | A |
| Cheese | some | vegetarian | some | not with meat | A | A | A | most | A |
| Eggs | some | no blood spots | some | no blood spots | A | some* | A | most | A |
| Chicken / turkey | some* | Halal | some | Kosher | Some still prefer not to eat meat, particularly during Lent or Friday | F* | some | some | A |
| Mutton / lamb | F | Halal | some | Kosher | | F* | some | some | A |
| Beef | F | Halal | F | Kosher | | F* | some | some | A |
| Pork | rarely | F | rarely | F | | F* | F | F | A |
| Fish | with fins & scales | with fins & scales | some | with fins, scales & backbone | A | some | A | some | A |
| Shellfish | some* | Halal | some | F | A | F | F | F | A |
| Nuts | A | A | A | A | A | A | A | A | A |
| Pulses | A | A | A | A | A | A | A | A | A |
| Tea /coffee/ cocoa | A | A | A | A | A | A no milk | A | F | F (cocoa is acceptable) |
| Alcohol | some* | F | A | A* | A | F | F | F | F |
| Fasting | | Ramadan | | Yom Kippur | Some for a short time before communion | | | | 24 hours once a month |

A = acceptable **F** = forbidden

Source: COMA 1991

S* = in Asian tradition eggs are not a vegetarian food. Hindus, particularly women, may not eat eggs since they are potentially a source of life

Some Asian adults may find the flavour of Western cheese rancid and very strong. Cheeses that are not made with animal rennet may be acceptable

F* = some Buddhists are not vegetarian depending on degree of orthodoxy