

## Fact Sheet 15 Summary of Religious Food Requirements

This information provides a brief summary of some of the religious food requirements you may encounter. It is important to note that there are varying degrees of orthodoxy and people who follow particular faiths may follow these food requirements fully or in part.

H: Needs to be Halal

K: Needs to be Kosher

√/x: may or may not be eaten

Islam	Buddhism	Hinduism	Judaism	Seventh Day Adventist
<p>Halal: suitable for eating Haram: not suitable for eating</p> <p>Muslims must not: Eat or handle pork or pork products including those found in items such as biscuits, cakes and breads which may have pork fat, gelatine or other additives derived from pork.</p> <p>Eat any meat not killed in a lawful manner.</p> <p>Eat food prepared in pots or with utensils used for cooking haram foods.</p> <p>Drink any form of alcohol or eat any food containing alcohol</p>	<p>Some Buddhists can be vegetarian. There may be days during the year when they fast.</p>	<p>Most Hindus do not eat beef or items containing beef products.</p> <p>Strict Hindus/Jains may be vegetarian.</p> <p>Strict Hindus/Jains may refuse to eat any dish that has been cooked with utensils that have been used to prepare meat or that has been touched by a cook who has handled meat.</p> <p>Strict Hindus/Jains may also refuse to eat hot foods such as carrots, onions, eggplants, chilli, ginger, dates, eggs, meat, fish, tea, honey and brown sugar.</p>	<p>Kosher: food that is proper Trefa: foods not fit.</p> <p>Jews must not: Eat or handle pork or pork products, fish without fins or scales including catfish and shellfish, rabbit, camel, and birds that seize food in their claws.</p> <p>Animals that are edible are those that have split hooves and chew their cud, they must be properly slaughtered. Blood is strictly prohibited and most meat is salted to draw off all blood.</p> <p>Milk and meat products are not to be prepared or eaten together and many will have separate cooking and eating equipment for these.</p>	<p>Follow ovo-lacto vegetarian diet and avoidance of stimulants such as caffeine and alcohol.</p>

	Islam	Buddhism	Hinduism	Judaism	Seventh Day Adventist
Bread	H	√	√	K	√
Rice	√	√	√	√	√
Pasta/ Noodles	√	√	√	√	√
Breakfast Cereal	H	√	√	K	√
Beef	H	√/x	x	K	x
Lamb	H	√/x	x	K	x
Pork	x	√/x	x	x	x
Veal	H	√/x	x	K	x
Chicken	H	√/x	x	K	x
Fish	√	√/x	x	Only fish with scales	x
Shellfish	√	√/x	x	x	x
Smallgoods e.g ham, salami	H, no pork, ham, bacon	√/x	x	K, no pork, ham, bacon	x
Eggs	√	√/x	x	K ( no blood spots)	Moderation
Nuts	√	√	√	√	√
Tofu	√	√	√	√	√
Legumes/Beans	√	√	√	√	√
Vegetables	√	√	√	√	√
Fruit	√	√	√	√	√
Fruit juice	√	√	√	√	√
Coffee	√	√	√/x	√	x
Tea	√	√	√/x	√	x
Softdrink	√	√	√/x	√	√
Alcohol	x	√/x	√/x	√	x
Milk	√	√	√	√not with meat	√
Yoghurt	H	√	√	K	√
Cheese	H	√	x	K	√
Ice cream	H	√	√/x	K	√
Butter	√	√/x	√	√	x
Lard, dripping	x	√/x	x	x	x
Gelatine	x			x	x
Vanilla essence	x			√	√

