

## Faith Based Dietary Practice - a chart for caterers

Faith	Meat/Poultry	Seafood	Eggs	Dairy Products	Vegetables	Fruit/Nuts	Alcohol	Caffeine	Additives	Other
<b>Baha'i</b>							Observant Bahais will not consume alcohol.			
<b>Buddhism</b>	Some Buddhists practise vegetarianism, often linked to an interpretation of the first principle of 'do no harm'. Buddhists may also follow the advice of the Buddha against eating certain animals not commonly consumed including boar and horse. There is great regional variation in Buddhist consumption of meat, fish and poultry. Some Buddhists practise a form of vegetarianism that precludes the eating of eggs.			Dairy products that contain animal derived ingredients (such as animal rennet in some cheeses) will not be consumed by vegetarian Buddhists.	Some Buddhists, often from China or Vietnam, will not eat the 'five pungent spices' - onions, garlic, leeks, chives, scallions.		Some Buddhists will not consume alcohol.		Vegetarian Buddhists will not eat additives derived from animal products.	
<b>Christianity</b>	A small minority of Christians interpret strict observance of their faith to include practising vegetarianism and the non-eating of meat slaughtered in accordance with the guidelines of other religions.						Some Christians interpret strict observance of their faith to include not drinking alcohol.			
<b>Hinduism</b>	Many Hindus practise vegetarianism and avoid all meat, poultry and seafood. While some Hindus may consume meat, observant Hindus will avoid beef out of respect for the cow and others may avoid pork and some shellfish. Hindus practise a form of vegetarianism that precludes the eating of eggs.			Dairy products that contain animal derived ingredients (such as animal rennet in some cheeses) will not be consumed by vegetarian Hindus.	Strictly observant Hindus may avoid consuming onions, garlic and mushrooms/fungi.	Strictly observant Hindus may avoid consuming cut fruit and shelled nuts.	Strictly observant Hindus will not consume alcohol.	Strictly observant Hindus may avoid consuming tea, coffee or other caffeinated products.	Vegetarian Hindus will not eat additives derived from animal products.	
<b>Islam</b>	Observant Muslims will never consume pork products and only consume <i>halal</i> meat and poultry slaughtered in accordance with the <i>dhabaha</i> religious guidelines.	Some observant Muslims will not consume shellfish, although some make an exception for shrimp and prawns.					Observant Muslims will not consume alcohol.		Observant Muslims will not consume additives that are derived from any non- <i>halal</i> source. A list of the <i>halal</i> status of additives can be found here: <a href="http://inyuri.com/9z7wee">http://inyuri.com/9z7wee</a>	Observant Jains will avoid consuming honey, and minimise the consumption of microscopic organisms.
<b>Jainism</b>	Observant Jains follow a strict dietary code based on the principle of <i>ahimsa</i> (non-violence) and will therefore not consume any meat, poultry, seafood or eggs.			Observant Jains will not consume dairy products that contain animal derived ingredients from pork or other non <i>dhabaha</i> slaughtered animals.	Strictly observant Jains will avoid eating root vegetables, garlic, onions, leeks, chives, scallion and mushrooms/fungi. Vegetables that contain many seeds (such as aubergines) may also be avoided.	Strictly observant Jains will avoid eating fruits that contain many seeds (such as figs). They may also not consume cut fruit and shelled nuts.	Observant Jains will not consume alcohol.	Strictly observant Jains will avoid consuming tea, coffee or other caffeinated products.	Observant Jains will not eat additives derived from animal products.	
<b>Judaism</b>	Observant Jews will only consume <i>kosher</i> meat (usually beef/lamb and never pork) or poultry as prescribed by <i>kashrut</i> law. All must be slaughtered in accordance with the <i>schechita</i> religious guidelines.	Observant Jews will only consume fish with fins and scales. They will not consume any shellfish.		While observant Jews will consume dairy products, dietary practice laws require the separation of meat and dairy products in the preparation of food.			Some observant Jews will only consume grape derived alcohol which has been prepared under <i>kosher</i> conditions.		Observant Jews will not consume additives that are derived from any non- <i>kosher</i> source. The <i>kosher</i> status of additives is given here: <a href="http://inyuri.com/v8trcc">http://inyuri.com/v8trcc</a> .	
<b>Sikhism</b>	Sikhs who eat meat will not eat meat slaughtered according to guidelines of other religions ( <i>kufra</i> ). Because of their respect for the sensitivities of Hindus and Muslims, some who do so may avoid the eating of beer and pork.	Sikhs who practise vegetarianism will consume neither seafood nor eggs.		Dairy products that contain animal derived ingredients (such as animal rennet in some cheeses) will not be consumed by vegetarian Sikhs.			Observant Sikhs will not consume alcohol.		Vegetarian Sikhs will not eat additives derived from animal products.	
<b>Zoroastrianism</b>										

### Glossary

**Halal** - Something that is *halal* is something that is permitted for Muslims, the opposite being something that is forbidden (*haram*). In the context of dietary practice *halal* refers usually to ingredients but it is important that food is not contaminated by *haram* products such as alcohol.

**Dhabaha** - The permitted method of slaughter in Muslim law.

**Kosher** - For something to be considered *kosher* it must adhere to Jewish *kashrut* law. In the context of dietary practice this can mean the ingredients themselves and the methods of preparation and serving.

**Kufra** - Sikh term from the *Rehit Maryada* that refers to meat slaughtered in accordance with guidelines of other religions - for example meat slaughtered in accordance to *dhabaha* (Muslim) and *schechita* (Jewish) guidelines that result in *halal* meat and *kosher* meat respectively). Sikhs will not consume *kufra* meat.

**Schechita** - The permitted method of slaughter and butchery in Jewish *kashrut* law

### Ultra-Observance

Within the prescribed dietary practice of a faith community there can be a wide range of interpretation and adherence. This chart aims to show what is commonly observed as well as common variations of practice.

Within every faith community with dietary practice rules there are those who are 'ultra observant' in their dietary practice, taking the guidelines further than others within the community when putting them into practice. The range of ultra observance is not covered in this chart as in each case only a minority will adhere to these models. However caterers should be aware that some people of faith may be ultra observant and should take every reasonable step to accommodate them wherever possible.

### Chart

This chart covers the dietary practices of the Baha'i, Buddhist, Christian, Hindu, Jain, Jewish, Muslim, Sikh, and Zoroastrian traditions presently linked in membership by the Inter Faith Network at the national level. It has been compiled with the assistance of these faith communities.

This chart is designed to be read in conjunction with the text of the briefing note on 'Catering and Faith Based Dietary Practices'.

Where a field is blank this means that those from the faith community in question are likely to have no issue eating these ingredients.

### Further Information

National faith community bodies can provide more detailed advice on the dietary practices of their traditions should this be required as well, in some cases, on the acceptability or otherwise of particular additives.

To contact faith community bodies in membership of the Inter Faith Network visit: [www.interfaith.org.uk/](http://www.interfaith.org.uk/) members/national-faith-bodies