

# Guidance on foods for religious faiths

Children and their families may exclude certain foods or only eat foods prepared or cooked in a particular way according to their religious faith. The table below is a general guide to food choices for specific religious groups. Fasting is common in many religions, although younger children tend to be exempt. Compliance with these restrictions may vary between denominations, branches or even families. Please do not take this as an authoritative list.



	Buddhist	Hindu	Jew	Muslim	Sikh	Rastafarian	Seventh Day Adventist
<b>Main dietary custom</b>	Many are vegetarian Some may be vegan	Many are vegetarian	Eat only kosher* beef, lamb, poultry and fish (with fins and scales)  *Kosher refers to permitted foods that have been selected and prepared according to particular rules of the Jewish religion	Eat only halal** beef, lamb, poultry and fish (with fins and scales)  **Halal meat is from animals that have been killed according to muslim law	Many are vegetarian	Many are vegetarian or vegan	Many are vegetarian Some may be vegan
<b>Foods to check</b>	Meat, poultry and fish Milk and dairy Eggs	Meat, poultry and fish Eggs	Eggs (can be eaten as long as there are no blood spots)		Meat, poultry and fish Eggs	Meat, poultry and fish Milk and dairy Eggs	Meat, poultry and fish Eggs
<b>Foods to avoid</b>		Beef and beef products	Pork and pork products Shellfish or seafood without fins and scales	Pork and pork products Shellfish or seafood without fins and scales	Beef and beef products Halal and kosher meats	Pork and pork products	
<b>Miscellaneous</b>	Diet will vary depending on country of origin  Garlic, onions and scallions may be forbidden	Strict Hindus also exclude animal sources of fat, onions, garlic, mushrooms, tea and coffee	May also exclude gelatine, fats, emulsifiers, stabilisers and additives from animal origin that is not kosher  Meat and dairy are never eaten at the same meal  Dairy foods may not be eaten until three hours after meat or poultry  Meat and dairy must be prepared in separate kitchens using separate utensils	May also exclude gelatine, fats, emulsifiers, stabilisers and additives from animal origin that is not halal		Prefer to eat a pure and natural diet so may exclude coffee, tea, processed or canned and non-organic foods	May also exclude tea and coffee



Further information is available from:

[www.halaal.org](http://www.halaal.org)

[www.kosher.org.uk](http://www.kosher.org.uk)

[www.theismaili.org/nutrition](http://www.theismaili.org/nutrition)

