

Religion's Influence on Diet

5 big World Religions

1. Christianity
2. Judaism
3. Islamic
4. Hinduism
5. Buddhism

Roman Catholic Church

- Up to 1966 fast days, and people abstained from eating meat on Fridays in remembrance of Christ's death
- Now members only abstain from eating meat on the Fridays of Lent. ∴ eat Fish

Seventh Day Adventists Church

- Saturday is the Sabbath, day of rest, so meals are prepared on Friday, eaten Saturday and dished one on Sunday.
- Believed that a vegetarian diet is prescribed by God, and is the best diet for health
- Most followers are lacto-ovo vegetarian (no meat but eat eggs and milk products)

Judaism

- Only allows the eating of 'clean animals' – those that chew their cud and whose hooves are divided (cow, sheep, goat)
- Only fish with fins and scales, no shellfish or eels
- Meat and dairy products can be eaten together in the same meal. Meat cannot be prepared or served on the same dishes used for dairy dishes
- Must wait 6 hours before eating dairy after meat, but only 1 hour if dairy is eaten first

Islamic

- No wine or intoxicating drinks allowed
- Meat must be slaughtered by a certain code...ritual
- Grace must be said, must eat with right hand, shoes off, plate must be licked when meal is finished

Hinduism

- Cows are considered sacred, so cannot eat beef
- Cows are fed any available meat
- Food is sacred so women must bath properly and put on clean clothes before entering kitchen to cook

Buddhism

- No alcohol allowed
- Meat is not generally eaten