Religious Dietary Requirements – At a Glance

Religion	Permitted / Preferred	Avoided / Forbidden	Notes
Islam (Muslim)	Halal-certified meat, fish, vegetables, fruits, dairy	Pork, alcohol, non-halal meat, animal-derived gelatin	Fasting during Ramadan (no food/drink dawn to sunset). Halal = "permissible".
Judaism (Jewish)	Kosher-certified foods, fish with fins & scales, fruits, vegetables	Pork, shellfish, mixing meat & dairy, non-kosher meat	Fasting on Yom Kippur and other holy days. Kosher = fit/proper.
Christianity (varies)	Generally no restrictions; varies by denomination	Some avoid meat on Fridays, especially during Lent	Eastern Orthodox observe strict fasts; others have minimal or no food rules.
Hinduism	Vegetarianism is common; dairy is often consumed	Beef (cow is sacred), eggs (often avoided), alcohol (often avoided)	Diets vary by region and personal belief.
Buddhism	Vegetarian or vegan diets common	Meat (esp. beef), alcohol, pungent vegetables (garlic/onions)	Mindful eating; some fast on special days.
Sikhism	Vegetarian in religious settings	Halal/Kosher meat, alcohol, tobacco	Many Sikhs eat meat but avoid halal. Food should be prepared respectfully.
Rastafarianism	Ital food (natural, clean), often vegan/vegetarian	Pork, shellfish, processed foods, alcohol	Emphasis on natural and unprocessed food.
Seventh-day Adventist	Vegetarian or vegan preferred	Pork, shellfish, alcohol, caffeine	Focus on whole, plant-based foods; health seen as spiritual discipline.

Tips for Catering & Inclusion:

- Label foods clearly (e.g. halal, kosher, vegetarian, contains pork).
- Offer a variety of plant-based options.
- Prevent cross-contamination (e.g., meat and vegetarian dishes).
- Respect personal interpretations and always ask when unsure.