BetaCarrotTeen
Mentorship

Cultural Food Practices Cheat Sheet

A quick reference for NDTRs and RDs

Kosher (Jewish)

Key Guidelines: Meat and dairy kept separate, only kosher-certified foods, permitted meats must be slaughtered according to Jewish law.

Avoid: Pork, shellfish, mixing meat and dairy.

Halal (Islamic)

Key Guidelines: Halal-certified meats only, pork and alcohol prohibited. Fasting observed during Ramadan (sunrise to sunset).

Avoid: Pork, alcohol, non-halal meats.

Vegetarian

Key Guidelines: Excludes meat, poultry, and fish. Relies on plant-based proteins like beans, lentils, tofu.

Avoid: Meat, poultry, fish (varies by type e.g., lacto-ovo vegetarians may consume eggs and dairy).

Vegan

Key Guidelines: 100% plant-based, excludes all animal products.

Avoid: Meat, poultry, fish, dairy, eggs, honey.

Hindu Dietary Practices

Key Guidelines: Many follow vegetarian diets. Cow considered sacred.

Avoid: Beef (forbidden for most), some avoid eggs.

Buddhist Dietary Practices

Key Guidelines: Many follow vegetarian or vegan diets. Some traditions avoid pungent foods like garlic or onions.

Avoid: Meat, fish, pungent foods (varies by tradition).

Seventh-day Adventist

Key Guidelines: Plant-based eating strongly encouraged; focus on whole grains, fruits, and vegetables.

Avoid: Pork, shellfish, alcohol, caffeine.