







RELIGIOUS DIETARY RESTRICTIONS

In order to be accommodating for diverse religions as a general rule, avoid any pork products (e.g. ham, bacon, pork, prosciutto) and avoid foods with alcohol as an ingredient. Alongside any alcoholic beverage served, ensure that a non-alcoholic beverage is also served. When planning events we encourage you to reach out to your guests for dietary restrictions as not every practitioner practices the same.

							MORE INFO
BAHA'I	✓	✓	✓	✓	✓	✗	Some are vegetarians, fast from March 2-20, and abstain from food and drink from sunrise to sunset.
BUDDHISM	Preferable to be vegetarian and refrain from meat				✓	✓	Many people will not eat meat or fish, and monks have additional restrictions.
PROTESTANT CHRISTIANITY	✓	✓	✓	✓	✓	✓	No apparent dietary restrictions, but moderation and some forms of fasting are observed.
EASTERN ORTHODOX CHRISTIANS	✓	✓	✓	✓	✓	✓	Meat and fish are at times restricted in observance of a fast.
HINDUISM	✗	✗	✗	✗	✓	✗	Vegetarian diet, while fasting is observed on certain days and certain foods are forbidden.
ISLAM	*HALAL	✗	*HALAL	✓	✓	✗	Anything with pork and lard is forbidden, and Halal foods are allowed.
JUDAISM	*KOSHER NOT WITH DAIRY	✗	*KOSHER NOT WITH DAIRY	NO SHELLFISH	NOT WITH MEAT	✓	Certain foods are restricted during Passover such as leavened products i.e. bread. Eating and drinking during fast days are prohibited.
MORMON	✓	✓	✓	✓	✓	✗	Abstain from alcoholic drinks, tobacco, coffee, and non-herbal teas.
ROMAN CATHOLICISM	✓	✓	✓	✓	✓	✓	Meat is restricted on Fridays of Lent, Ash Wednesday, and Good Friday (fish is permitted). Fasting is practiced.
SIKHISM	*Halal and *Kosher in some sects				✓	✗	Lacto-vegetarian diet in temples, while not forbidden from meats (individual choice).

✓ Food groups allowed

✗ Food groups not allowed

*HALAL refers to foods that are allowed to be eaten according to Islamic law, and how an animal is slaughtered

*KOSHER is a word used to describe food and drink that complies with Jewish religious dietary law, and refers to how an animal is slaughtered

Contact the Fish Interfaith Center at interfaith@chapman.edu for any questions.