
















	Beef Products 	Pork Products 	Poultry 	Seafood 	Dairy Products 	Notes & Other
 Baha'i						Some Baha'i are vegetarian, and many followers chose to fast for nineteen days during early March.
 Buddhism						Many Buddhists are vegetarians, with monks having additional restrictions.
 Christianity (Protestant)						No universal dietary restrictions, but some Protestants may undertake periods of fasting.
 Christianity (Eastern Orthodox)						When observing a fast, Orthodox Christians will not eat meat or fish.
 Christianity (Roman Catholic)						Meat is restricted on Fridays during Lent, as well as Ash Wednesday and Good Friday. Some Catholics practice fasting.
 Hinduism						Hindu dietary practices vary. Specific spiritual lineages often adhere to particular dietary guidelines. Many Hindus avoid eating beef. Vegetarianism is common but many Hindus consume meat or seafood. Veganism, vegetarian diets with eggs and dairy, and fasting or dietary restrictions during holy days are also prevalent.
 Islam	Halal meat only		Halal meat only			Any pork products are forbidden, including lard and gelatin. Meat must be Halal. For more information, see the Muslim Dietary Restrictions Factsheet.
 Jainism						Jains do not eat meat, eggs, or honey, and many are entirely vegan, although dairy is permitted. Many Jains also do not eat root vegetables such as onion, garlic, potatoes or carrots.
 Judaism	When Kosher. Not served with Dairy.		When Kosher. Not served with Dairy.	No shellfish	Not served with meat (with fish is okay).	All meat products must be kosher, with no pork products allowed. During Passover, no leavened foods (such as bread) are allowed. Fast days are observed. For more information,
 Mormonism (Latter Day Saints)						Mormons do not drink coffee or tea (herbal teas not containing tea leaves are acceptable.) Many avoid all caffeine, including in soft drinks.
 Seventh Day Adventism						Many Seventh Day Adventists are vegetarians, though they will eat dairy and eggs. Most do not eat pork. Many also do not consume dairy products or caffeine.
 Sikhism						Sikhs are forbidden from eating meat within a Sikh temple, and while consumption of meat is a personal choice, many Sikhs are vegetarian and do not eat eggs.