Religion and food choices

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Religion | Pork | Beef | Lamb | Chicken | Fish |
| Islam |  |  |  |  |  |
| Hinduism |  |  |  |  |  |
| Judaism |  |  |  |  |  |
| Sikhism |  |  |  |  |  |
| Buddhism (strict) |  |  |  |  |  |
| Seventh-day Adventist Church |  |  |  |  |  |
| Rastafari Movement |  |  |  |  |  |

🗴 = foods avoided

✓ = special rules apply, e.g. the way in which the animal is slaughtered; some people may choose to avoid the food completely

Include ‘Halal’ and ‘Kosher’ if the animal can only be eaten if it has been slaughtered in a particular way.