**WORLD RELIGIONS, FOODS PRACTICES AND RESTRICTIONS, AND RATIONALE FOR BEHAVIOR**

| **Type of religion** | **Practice or restriction** | **Rationale** |
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| Buddhism | • Refrain from meat, vegetarian diet is desirable • Moderation in all foods • Fasting required of monks | • Natural foods of the earth are considered most pure • Monks avoid all solid food after noon |
| Eastern Orthodox Christianity | • Restrictions on Meat and Fish • Fasting Selectively | • Observance of Holy Days includes fasting and restrictions to increase spiritual progress |
| Hinduism | • Beef prohibited • All other meat and fish restricted or avoided • Alcohol avoided • Numerous fasting days | • Cow is sacred and can't be eaten, but products of the "sacred" cow are pure and desirable • Fasting promotes spiritual growth |
| Islam | • Pork and certain birds prohibited • Alcohol prohibited • Coffee/tea/stimulants avoided • Fasting from all food and drink during specific periods | • Eating is for good health • Failure to eat correctly minimizes spiritual awareness • Fasting has a cleansing effect of evil elements |
| Judaism | • Pork and shellfish prohibited • Meat and dairy at same meal prohibited • Leavened food restricted • Fasting practiced | • Land animals that do not have cloven hooves and that do not chew their cud are forbidden as unclean (e.g., hare, pig, camel) • Kosher process is based upon the Torah |
| Mormonism | • Alcohol and beverages containing caffeine prohibited • Moderation in all foods • Fasting practiced | • Caffeine is addictive and leads to poor physical and emotional health • Fasting is the discipline of self-control and honoring to God |
| Protestants | • Few restrictions of food or fasting observations • Moderation in eating, drinking, and exercise is promoted | • God made all animal and natural products for humans' enjoyment • Gluttony and drunkenness are sins to be controlled |
| Rastafarianism | • Meat and fish restricted • Vegetarian diets only, with salts, preservatives, and condiments prohibited • Herbal drinks permitted; alcohol, coffee, and soft drinks prohibited • Marijuana used extensively for religious and medicinal purposes | • Pigs and shellfish are scavengers and are unclean • Foods grown with chemicals are unnatural and prohibited • Biblical texts support use of herbs (marijuana and other herbs) |
| Roman Catholicism | • Meat restricted on certain days • Fasting practiced | • Restrictions are consistent with specified days of the church year |
| Seventh-day Adventist | • Pork prohibited and meat and fish avoided • Vegetarian diet is encouraged • Alcohol, coffee, and tea prohibited | • Diet satisfies practice to "honor and glorify God" |

Read more: [Religion and Dietary Practices - effects, food, nutrition, body, diet, health, fat, nutrients, eating, acids, water, habits, Religious Belief Expressed as Food Customs](http://www.faqs.org/nutrition/Pre-Sma/Religion-and-Dietary-Practices.html#ixzz1LsxWnBf6) <http://www.faqs.org/nutrition/Pre-Sma/Religion-and-Dietary-Practices.html#ixzz1LsxWnBf6>