

# Managing Diversity of Food and Religion



Kristen Culver

# Why is it Important?

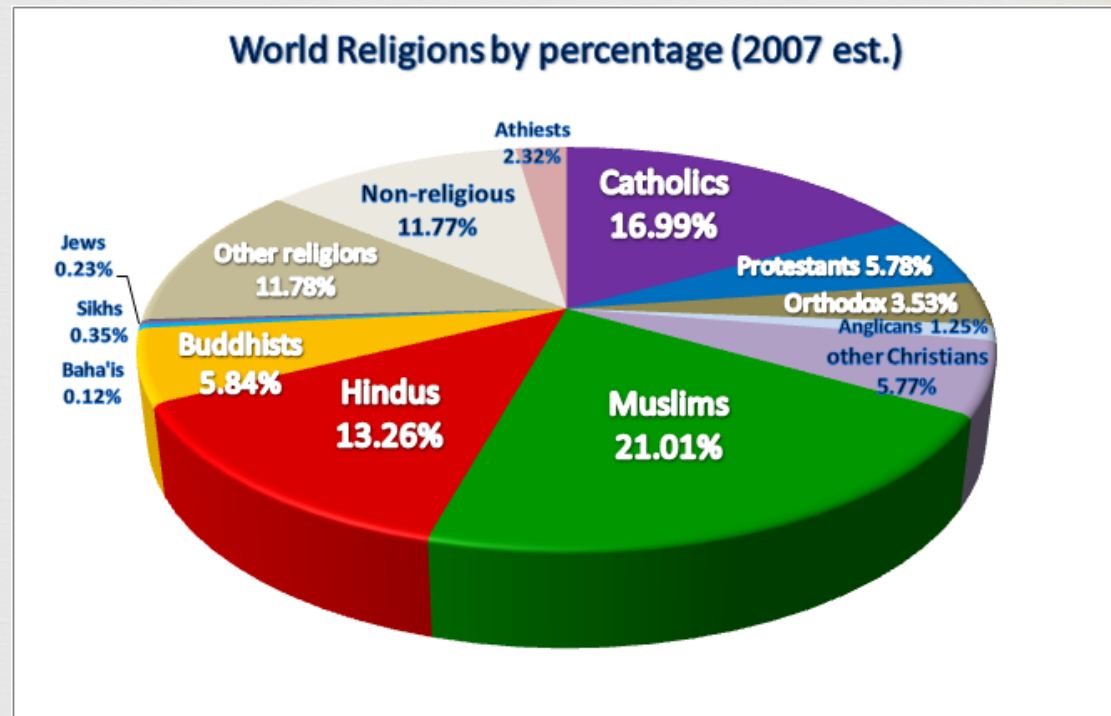


## Cultural Competence

- ☞ Ability to interact with people of different cultures
  - ☞ Providing diets for patients
  - ☞ Diet educations
- ☞ Important to understand food rules surrounding different religions
  - ☞ Can seriously affect nutritional intake of a patient if the wrong food is provided

# Religions

- ❧ Buddhism
- ❧ Eastern Orthodox Christianity
- ❧ Hinduism
- ❧ Muslim
- ❧ Judaism
- ❧ Mormonism
- ❧ Roman Catholicism
- ❧ Seventh-day Adventists



# Buddhism



## Practice or restriction

## Rationale

❧ Refrain from meat; vegetarian diet is desirable

❧ Moderation in all foods

❧ Fasting required of Monks

❧ Natural foods of the earth are considered most pure

❧ Karma- imposing pain on living things will come back to you

❧ Monks avoid all solid food after noon

# Asian Foods

Rice and Soy



Noodles,  
Bok Choy,  
Variety  
Vegetables



# Eastern Orthodox Christianity

---

## Practice or restriction

## Rationale

☞ Restrictions on meat and fish

☞ Some restrict alcohol

☞ Ritual of communion-  
☞ Eating bread and drinking wine represents body & blood of Jesus Christ

☞ Fasting Selectively

☞ Observance of Holy Days includes fasting and restrictions to increase spiritual progress

☞ Fasting is considered to be praying with the body  
☞ Show respect for those around the world facing starvation or malnutrition

# Hinduism



## Practice or restriction

## Rationale

- |  |   |
|--|---|
| ❧ Beef prohibited  | ❧ Cow is sacred and can't be eaten, but products of the "sacred" cow are pure and desirable |
| ❧ All other meat and fish restricted or avoided              |   |
| ❧ Alcohol avoided  | ❧ Fasting promotes spiritual growth   |
| ❧ Numerous fasting days (religious or personal significance) | ❧ Belief in Karma   |

# Indian Foods

Bread,  
Curry and  
Vegetables



Fried  
Vegetables



Potato or Maize  
Bread



Kashmiri  
with goat  
meat

# Muslim

## Practice or restriction

- ☞ Moderation in all things
- ☞ Pork and birds of prey are prohibited (*Haram*)
- ☞ Meat must be slaughtered properly
- ☞ Alcohol prohibited
- ☞ Coffee/tea/stimulants avoided
- ☞ Fasting from all food and drink during specific periods

## Rationale

- ☞ Eating is good health
- ☞ Failure to eat correctly minimizes spiritual awareness
- ☞ Fasting has a cleansing effect of evil elements

# Judaism

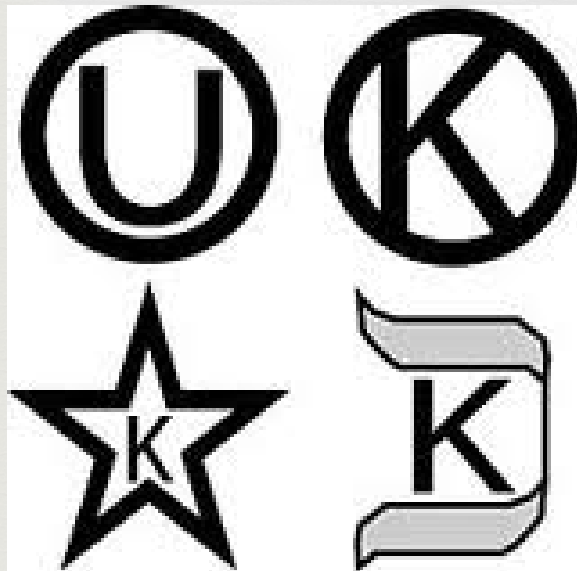
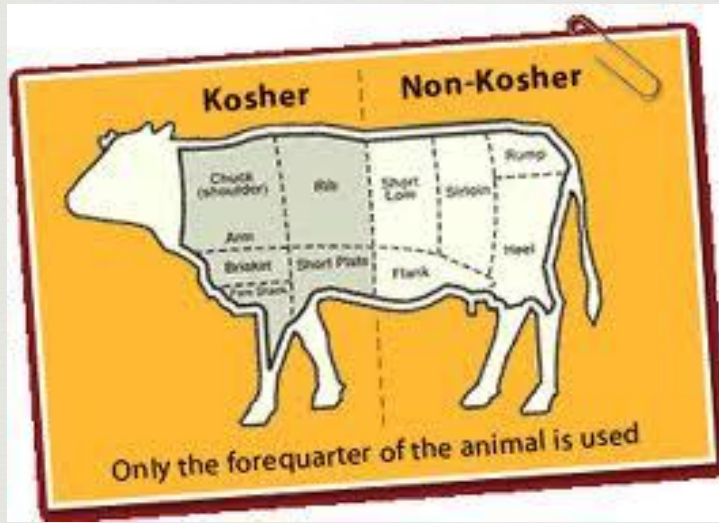
## Practice or restriction

- ☞ Slaughter/removal of blood from meat & prep of Grape products supervised
- ☞ Pork, rabbits, and shellfish prohibited
- ☞ No meat and dairy at same meal
- ☞ Leavened bread restricted during Passover
- ☞ Fast days
  - ☞ Yom Kippur (day of atonement- dusk to dusk)
- ☞ Feast days
  - ☞ Rosh Hashanah
  - ☞ Passover

## Rationale

- ☞ Kosher = “fit” or permitted
- ☞ Based on Torah
- ☞ Land animals that do not have cloven hooves and that do not chew their cud are forbidden
  - ☞ Hare
  - ☞ Pig
  - ☞ camel

# Kosher Foods



# Mormonism



## Practice and restriction

- ☞ Chocolate, alcohol and beverages containing caffeine prohibited
- ☞ Moderation in all foods
- ☞ Fasting practiced

## Rationale

- ☞ Caffeine is addictive and leads to poor physical and emotional health
- ☞ Fasting is the discipline of self-control and honoring to God

# Roman Catholicism



## Practice or restriction

## Rationale

### ☞ Feast days:

- ☞ Christmas
- ☞ Easter
- ☞ Annunciation (March 25<sup>th</sup>)
- ☞ Palm Sunday (Before Easter)
- ☞ Ascension (40 days after Easter)
- ☞ Pentacost Sunday (50 days)

- ☞ Restrictions are consistent with specified days of the church year

### ☞ Fasting days:

- ☞ Ash Wednesday
- ☞ Good Friday
- ☞ Meat avoided on Fridays of Lent (40 days before Easter)

# Seventh-day Adventist



## Practice or restriction

## Rationale

❧ Pork prohibited

❧ Diet satisfies practice to  
“Honor and Glorify God”

❧ Meat and fish avoided

❧ Vegetarian diet is  
encouraged

❧ Alcohol, coffee, and tea  
prohibited

**X = Prohibited**  
**A = Avoided**

**R = Some restrictions apply**  
**O = Permitted but avoided on occasions**

**+ = Practiced**

	ADV	BUD	EOX	HIN	JEW	MOR	MOS	RCA
Beef		A		X				
Pork	X	A		A	X		X	
All Meat	A	A	R	A	R		R	R
Eggs/Dairy	O	O	R	O	R			
Fish	A	A	R	R	R			
Shellfish	X	A	O	R	X			
Alcohol	X			A		X	X	
Coffee/Tea	X					X	A	
Meat & Dairy at Same Meal					X			
Leavened Foods					R			
Ritual Slaughter of Meats					+		+	
Moderation	+	+					+	
Fasting*		+	+	+	+	+	+	+

# References



- ☞ Lifelong Learning Programme, Food and Religion, Retrieved April 15, 2012 at 10:30 am from [http://lifeisameal.leogems.org/food\\_and\\_religion.htm](http://lifeisameal.leogems.org/food_and_religion.htm)
- ☞ Waibel, Ruth, Faqs.org, Religion and Dietary Practices, retrieved April 15, 2012 from <http://www.faqs.org/nutrition/Pre-Sma/Religion-and-Dietary-Practices.html>