



Low resolution pictures

From your Blog to a Book.

[thehungryprophet.wordpress.com](http://thehungryprophet.wordpress.com)



# Contents

<b>1</b>	<b>2016</b>	<b>5</b>
1.1	March . . . . .	5
	Judaism and the Kosher Diet (2016-03-31 00:50) . . . . .	5
1.2	April . . . . .	6
	Christian Dietary Laws (2016-04-03 14:20) . . . . .	6
	Islamic Haram and Halal (2016-04-12 00:42) . . . . .	7
	Hinduism and The Brahman Diet (2016-04-14 14:54) . . . . .	8
	Buddhism (2016-04-14 15:31) . . . . .	9
	Jain Dietary Laws (2016-04-14 16:35) . . . . .	10



# 1. 2016

## 1.1 March

### Judaism and the Kosher Diet (2016-03-31 00:50)

The Kosher diet is one of the most widely recognized food prohibitions in religion. Although not all Jewish followers practice a Kosher diet, many Jews with less traditional and strict practices will still observe a Kosher diet on special occasions or holidays, or even simply follow the diet while at home but not when eating out. The word “Kosher” itself means fit or proper according to Jewish law, and some even require that a rabbi has approved the food items in order to consume them.

The Kosher diet itself is more than simply foods you can and cannot eat. Kosher rules also outline foods that you should and should not eat together, and how you should prepare foods. For example, the Torah states that animals that chew their own cud and have split hooves can be eaten, so while cows, lamb, and deer are allowed to be eaten, pork and rabbits are not. Additionally, Kosher laws require that those animals must be disease free and flawless, and need to be ritually slaughtered. In regards to combinations of foods being eaten together, Kosher diets require that meats and dairy not be eaten together. Depending on specific traditions and rules, followers of the diet may have to wait anywhere between 1 to 6 hours before eating dairy after eating meat. Some more strict followers may even have separate dishes, pans, etc. for their meat and their dairy products.

In addition to the meat laws, the Kosher diet has restrictions on various other food products as well. Poultry products, for example, have some specific rules. Domesticated animals are allowed, while predatory birds are prohibited (like hawks, vultures, etc..). In regards to seafood, shellfish are completely prohibited, and only fish with scales and fins are acceptable for consumption. While almost all fruits, vegetables, and grains are accepted, grape products are prohibited unless approved by a rabbi. And finally, of the most interesting Kosher rule, insects are prohibited.

Personally, I think that following a Kosher diet would be very hard. In particular, I think I would have trouble with the rules restricting meat and dairy consumption together or within a specific time. I tend to eat many small meals a day, and if I had to wait multiple hours in between meat and dairy consumption I don't think I would have an easy time with it! I think it is also interesting to note that insects are prohibited (and products made by insects) because this would restrict consumption of many things containing food coloring or dyes, which are often made from bugs. I would probably have a hard time with this as well, because I have a crazy sweet tooth and am always eating colorful candy!

Sources:

A Concise Introduction to World Religions

## 1.2 April

### Christian Dietary Laws (2016-04-03 14:20)

Modern Christianity has little prohibitions on food consumption, but followers of more traditional branches such as Catholicism, Eastern Orthodox, Seventh-Day Adventist, etc. actively participate in periodical fasts as part of their worship. For example, Catholics fast during the 40-day lent period before Easter, in which meat is not eaten on Friday's or on Ash Wednesday. Other denominations of Christianity also participate in fasts during holy holidays, or even weekly throughout the year. Seemingly the most restrictive, Seventh-Day Adventist requires a strict vegetarian diet in which dairy and eggs are still permitted, but fish, along with meat and poultry products, are prohibited along with alcohol.

Although alcohol is prohibited in some branches of Christianity, in many, it is prescribed during communion practices. Communion is a recognition of the relationship between followers and God, and involves the sharing of bread and wine (or with minors, non-alcoholic juice). The consumption of the wine or juice along with the bread is necessary for the Christian practice of communion, and depending on the denomination, can be done weekly, bi-weekly, or simply just on holy holidays or special occasions.

It is also interesting to note that the Old Testament outlines strict dietary guidelines for followers, now known as the Kosher diet that followers of Judaism practice. Some argue that Christians should therefore follow that same diet that practicing Jews do, however there are some compelling arguments on the other side. In Genesis, it is also written that God stated "Every living thing that moves shall be food for you." It is easy to see how some may become confused by the conflicting guidelines. Most followers of Christianity, however, have settled this issue by following what is said in the New Testament, which states which traditions from the Old Testament Christians were to continue practicing and which ones they were to leave behind. It is often thought that while the words of the Old Testament should still be studied and respected, many of the everyday practices and ideals contained within it are somewhat outdated.

Of all the religions I have studied thus far, it seems as though Christianity is the most lax in regards to food prohibition. It seems as though it would be relatively easy to follow Christianity when looking at the dietary laws one must follow.

Sources:

<http://www.chewfo.com/philosophical-reasons-for-food-choices/religious-dietary-restrictions/>,  
<http://www.compellingtruth.org/foods.html>

---

## Islamic Haram and Halal (2016-04-12 00:42)

Islamic dietary restrictions and prohibitions are a bit more complicated than the other religions we have looked at so far. The dietary restrictions can be divided into three separate categories, Halal, Haram, and Mashbooh/ Mushtabahat. Halal describes to Muslims which foods are lawful and okay to eat, while Haram describes which foods are unlawful and forbidden for Muslims to eat. Mashbooh/ Mushtabahat describes the foods that are a bit in the middle and sort of a grey area, so often times Muslims tend to avoid these foods altogether as to not break their religious laws.

Because Halal was inspired by Jewish laws, as a general rule Muslims can eat almost anything that is considered Kosher. There are some exceptions, however. In order for meats to be considered Halal, they must be vegetarian and be slaughtered in the proper way (cutting all blood vessels in the neck while citing name of the Allah). Horse, however, is forbidden, including horse products like gelatin. Any Haram (forbidden) meats or meat products are not to be consumed. Additionally, foods cannot be prepared with alcohol, and alcohol cannot be consumed. This includes preparation of foods with vanilla extract! Another interesting restriction in Islamic dietary laws is the consumption of blood and products made from blood. However, consumption of the liver and spleen are not forbidden.

There are also some interesting prescriptions and prohibitions within Islamic dietary laws, in addition to the everyday food restrictions we have already discussed. For example, consumption of any insects are forbidden except for locusts, which are permitted. Additionally, consumption of dogs, cats, monkeys, elephants, any animals with fangs, and all reptiles and amphibians are all prohibited. Some foods, like seafoods and cheeses, are controversial and have varying laws depending on the sector of Islam. One thing that all Muslims agree on, however, is that consumption of pigs and pig products are prohibited. Islamic law even goes as far as to forbid any sort of activity, whether it be consumption of or selling of pig products.

I think, just as with a Kosher diet, following the dietary laws of the Muslim religion would be very difficult for me. Because I am already so accustomed to the way I eat, it would be hard to set myself to such a strict diet, especially because I love cheese and sweets that may contain vanilla extract!

Sources:

[1]<http://www.chewfo.com/philosophical-reasons-for-food-choices/religious-dietary-restrictions/>,  
<http://www.clovegarden.com/diet/islam.html>

1. <http://www.chewfo.com/philosophical-reasons-for-food-choices/religious-dietary-restrictions/>

---

## Hinduism and The Brahman Diet (2016-04-14 14:54)

Followers of the Hindu traditions practice a number of dietary restrictions and prescriptions, all varying across the spectrum of groups in the religion. Some follow very strict vegetarian diets, while others indulge in meats and animal products. One thing most followers of Hinduism agree on, however, is that the consumption of beef is strictly prohibited, although there are some more lax groups on Hindus in India that still eat beef. Hindus often think of cows as a somewhat sacred being, and often try to avoid eating them. Cow products, however, like milk and butter, are still eaten.

Other sects of Hinduism believe that no meat should be consumed at all. These sects follow a vegetarian diet, but many often still eat fish. One sect of Hinduism, the Hare Krishna following, practices The Brahman Diet, which is a diet consisting of what the Brahman caste of people eat. There are three divisions of foods that loosely accompany the caste system– Tamasic foods (which are heavy foods like meats and alcohol), Rajasic foods (which are expanding foods that interrupt meditation, like spices and garlic), and Sattvic foods (which are ascending foods like fruits and vegetables that promote Hindu ideals). It is thought that those in a higher caste would indulge in only the Sattvic food groups, while lower castes eat mostly Rajasic and Tamasic foods. The Brahman diet follows this, aiming to focus mostly on Sattvic foods. The Brahman Diet is vegetarian, and prohibits eggs, alcohol, mushrooms and fungi, onions, and garlic. Stimulants are permitted but advised to be avoided. The Brahman Diet is much more difficult to adhere to than most Hindu diets.

Similar to the Brahman Diet, however, most sects of Hinduism forbid onions, garlic, shallots, chives, and leeks. To make up for this, many Hindus use asafoetida to add flavor into their foods. Asafoetida is an extremely sulfurous smelling plant resin that is used sparingly, but always smells strongly.

Personally, I think following a Hindu diet would be extremely difficult. I am a huge garlic lover, and I would have a hard time cutting that out of my diet. Cutting meats out of my diet would not be particularly hard, however. I believe I could follow a vegetarian diet perfectly fine (and I did for two years!), but I do not think that I would enjoy cutting out spices and garlic, because I have smelled asafoetida, and I do not particularly find it appetizing.

Sources:

[www.clovegarden.com/diet/hindu.html](http://www.clovegarden.com/diet/hindu.html), <http://www.chewfo.com/philosophical-reasons-for-food-choices/religious-dietary-restrictions/>



---

## **Buddhism (2016-04-14 15:31)**

The Buddhist religion does not have any set or strict dietary laws to follow throughout the religion. However, many choose to follow a lacto-vegetarian diet in order to practice a harm free lifestyle. To live a harm free lifestyle, some Buddhists follow a small set of rules to guide their daily diets. These include no killing- that is, no killing any living beings or using animal products (this includes milk and eggs). However, it should be noted that some sects of Buddhists still consume meat, which contradicts with the rules of no killing. Buddhists also prohibit alcohol and other mind-altering substances, because they may cause morally unjust actions that go against the Five Moral Precepts, and because they inhibit meditation and enlightenment. Similar to Hinduism, some sects of Buddhism prohibit the consumption of onions, garlic, leeks, chives, and scallions. It is often said by those sects that follow this rule that the stench of these 'spices' attract demons and repel the gods, so many choose to stay away.

Despite the importance of living a harm free lifestyle and not inflicting any pain upon living beings, most of the Buddhist populations are meat eaters. Even further, although Buddhism is a distant spawn of Hindu and Muslim traditions, those who eat meat do not follow the prohibitions of cows or pigs like in Hindu and Islamic dietary laws. Aside from all of this, Buddhists still do try to maintain their harm-free lifestyle while consuming meat. If a Buddhist is to eat meat, it must not have been slaughtered by them. It is preferred that a Chinese or Muslim slaughter the animal. A Buddhist can only slaughter their own meat on a last resort occurrence, and certain rituals need to be performed.

One interesting thing to note about Buddhism is that despite the traditional views of non-harm and vegetarianism, the Buddha himself was thought to have died because of spoiled meat from a pig. I think this is an interesting point, because it is also said that the meat was eaten to show the Buddha's true non-attachment (an important step towards enlightenment) of the Buddhist's rules itself. I'm not sure whether I think this display of non-attachment was truly just that, or if it was a moment of indulgence. Whatever the case, I think that following a Buddhist diet would be fairly easy, save for the restrictions on garlic in some sects. If I were to try, I would simply become a vegetarian again and cut out meat completely. I do not think I would be a good Buddhist, though, because I love food and show a strong attachment to what I eat. What is the point of life if you cannot enjoy a delicious plate of food every once in awhile!

Sources:

[www.clovegarden.com/diet/buddha.html](http://www.clovegarden.com/diet/buddha.html), [http://www.chewfo.com/philosophical-rea\\_sons-for-food-choices/religious-dietary-restrictions/](http://www.chewfo.com/philosophical-rea_sons-for-food-choices/religious-dietary-restrictions/)

---

## Jain Dietary Laws (2016-04-14 16:35)

Due to the already strict nature of the Jain religion, it can come as no surprise that Jainism followers adhere to an extensive set of rules regarding their diet. To begin with, food must be fresh and prepared daily—NO food is allowed to be cooked overnight and even many additives like spices have short expirations. Many Jains practice veganism today, rather than the traditional lacto-vegetarian diet (no meat, dairy products allowed), but both are acceptable depending on the sects. There are also strict rules on the vegetables eaten within that vegetarian diet, however. Any vegetable that is a root (like carrots or turnips) are forbidden. This is to be in accordance with the non-violence principle within Jainism, because picking a root vegetable essentially kills it or whatever organisms are living within it. This principle also applies to the vegetable beansprouts, because those are living plants. Additionally, leafy greens like lettuces and spinach are acceptable in some sects, but not in others due to the harm it causes the plant when they are picked. Any greens that completely kill the plant when they are harvested are forbidden. Similar to that of Buddhism and Hinduism, onions and garlic are forbidden due to the 'root' rule. Fruits, on the other hand, are mostly allowed. Many Jains avoid tomatoes and watermelons due to the appearance.

In addition to those rules, there are also many (sort of) odd rules regarding food in Jainism. For example, honey is forbidden because it is an excrement of bees. Eggs are forbidden due to the fact that chickens have five senses. Not surprisingly, however, alcohol is forbidden due to the fact that it is mind-altering, and also because there are sometimes animal-product additives in alcohol. What is surprising, however, is that vinegar is also forbidden due to the fact that it is fermented. Additionally, mushrooms and fungi are forbidden because they are non-hygienic parasites. Water is also strictly monitored, and must only be consumed after it is filtered through layers of cotton cloth or boiled and cooled. And finally, Jainism prohibits the practice of night meals, because of the fact that animals may come out at night and be attracted to the light, and possibly killed on accident as a result.

I think following Jainism and their dietary restrictions would be extremely challenging. Not only are there strict rules to what you may eat, but there are many rules on how you can prepare it and when you may eat. I don't think I would do very well at being a Jainism when it comes to eating, because I'm always getting up for a midnight snack in the middle of the night, and I also love to add honey to my tea!

Sources:

<http://www.chewfo.com/philosophical-reasons-for-food-choices/religious-dietary-restrictions/>,  
[www.clovegarden.com/diet/jain.html](http://www.clovegarden.com/diet/jain.html)

---





BLOGBOOKER

BlogBook v0.9,  
L<sup>A</sup>T<sub>E</sub>X 2<sub>ε</sub> & GNU/Linux.  
<https://www.blogbooker.com>

Edited: April 14, 2016

