

Family Friendly Fact Sheet

UK religions



There are many different types of religions in the UK and each of these have different dietary requirements. The people from different religions follow these guidelines with varying degrees of commitment. In the table below are a list of the top 6 religions in the UK, the different dietary guidelines they follow in day to day life and as part of religious festivals throughout the year.

Religion	Day to Day requirements	Festival	Foods Eaten
Buddhism	<ul style="list-style-type: none"> Refrain from meat, vegetarian diet is desirable. Moderation in all foods Fasting required of monks 	Vesak	Pale white rice dishes
		Sangha Day	Water chestnuts, dumplings, beans, peas and pulses
Christianity	<ul style="list-style-type: none"> No food is forbidden Omnivores eat both animal and plant foods Others can be vegan, vegetarian or eat free range foods only. 	Easter	Lamb, Hot cross buns and chocolate eggs,
		Christmas	Turkey, sprouts, mince pies, pigs in blankets, Christmas pudding
Hinduism	<ul style="list-style-type: none"> Beef is not allowed. All other meat and fish are avoided. Alcohol is avoided Fasting days. 	Diwali	Sheera – fudge. Kheer – milky rice pudding Mixed vegetable curries
		Holi	Gujia – Indian sweet dish. Thandai – cool drink made from poppy seeds
Judaism	<ul style="list-style-type: none"> Pork and shelf fish not allowed Meat and dairy at same meal I not allowed All meat must be kosher 	Hanukkah	potato pancakes, deep fried doughnuts and dairy products
		Passover	Matzo – unrisen bread, lamb, greenery
Muslim	<ul style="list-style-type: none"> Pork and some birds not allowed Meat must be Halal Alcohol isn't allowed tea/coffee avoided 	Ramadan	Is a fast during the days of light. The 5 foods groups are eaten fruit is recommended
		Eid ul Adha	Mutton (sheep) Haleem a lentil based curry Biryani a spicy rice dish
Sikhism	<ul style="list-style-type: none"> Beef and pork avoided Meat must be killed to 1 blow to the head Alcohol is avoided 	Diwali	Burfi – colorful square sweets Kheer – a rice pudding made from milk, sugar and rose essence
		Baisakhi	grains, beans, lentils and vegetables