



UNIVERSITY OF
CALGARY

Religious Dietary Considerations

Vegetarianism

Vegetarianism

Vegetarians refrain from eating meat. In Canada, vegetarianism is usually synonymous with ovo-lacto vegetarianism; people do not eat any meat, fish, or poultry, but do consume some animal products such as milk, yogurt, and eggs. This may be for various reasons, including religious, health, and ethical ones. The following religious communities generally observe **ethical vegetarianism** – which means that food for consumption does not include any meat, including no cross-contamination of cooking/preparation surfaces and utensils (including oils for frying).

Jains

In accordance with their principle of nonviolence towards all beings, Jains eat only food materials derived from plant sources and milk/milk products and do not consume meat or eggs. They will avoid eating root vegetables and things that grow underground (eg. onions, garlic, potatoes) and also avoid eating before sunrise and after sunset.

Sikhs

Many Sikhs will not eat meat killed or prepared in a sacrificial way therefore they will not eat halal or kosher foods. Even if they are not vegetarian, many will avoid beef. Many practice vegetarianism that includes avoiding cheese and egg based foods. Generally, Sikhs do not use or consume tobacco, alcohol, intoxicants or drugs.

Buddhists

In Buddhism, there are no set food considerations for lay people. Some Buddhists are vegetarian but not all. In the Buddha's teachings, the important thing is the quality of your heart, not the contents of your diet. Buddhist commonly abstain from alcohol.

Hindus

There are no dietary laws that apply to all, but often Hindus avoid eating beef, pork and in some cases eggs. Many are vegetarian and would benefit from vegetarian options on campus.

When in doubt, ask!

Developed by the Faith & Spirituality Centre