



DietaryHawk

# KOSHER DIETARY REQUIREMENTS

## WHAT IS KOSHER?

The term kosher translates to “fit for consumption” and refers to the dietary practices that conform to Kashrut (the Jewish dietary laws).

## WHAT IS NON-KOSHER?

The term non-kosher refers to foods that do not conform to the Kashrut and therefore are not permitted for consumption.

## WHICH FOODS ARE CONSIDERED KOSHER?

All foods are considered kosher if they are:



Animals that chew their cud and have cloven hooves



Chicken and birds excluding birds of prey



Animals slaughtered according to Jewish laws



Fish with fins and scales



Fruits, vegetables and grains free from non-kosher foods

## WHICH FOODS ARE CONSIDERED NON-KOSHER?

Foods and beverages that are non-kosher include:



Animals not slaughtered according to Jewish laws



Pigs



Shellfish or fish without scales



Blood



Meat and dairy in the same meal



Wine not produced in accordance with Jewish laws



Meat and fish on the same plate

## HOW DO I MANAGE A KOSHER DIETARY REQUIREMENT?

The management of a kosher dietary requirement will depend on the individuals' personal parameters (how strict the individual adheres to the dietary rules). Therefore, management of halal dietary requirements requires clear communication with the individual and a thorough understanding of their dietary parameters.