

3. Dietary restrictions

In planning a menu for any kind of social activity, it is important to take the guests' dietary restrictions into account, since the customs of some religious or ethnic groups are different from ours.

ISLAM

Avoid serving pork or pork products (ham, bacon, pork sausages, salt pork and so on) to Moslems. Islamic law prohibits alcoholic beverages, although the rule is not invariably observed. A Moslem guest will sometimes not take alcohol himself, but will have no objection to others doing so. Fruit juices, water or other non-alcoholic beverages should be served to those who do not drink alcohol.

HINDUISM

Avoid serving beef, pork or their by-products to Hindus. Dairy products are acceptable to some. Many Hindus are vegetarians.

BUDDHISM

No dietary restrictions. Since Buddhism is a personal and individualistic religion, restrictions are a matter of personal choice. Because of their aversion to killing, some Buddhists refrain from eating meat.

JUDAISM

Orthodox Jews do not eat pork or shellfish and they also avoid certain beef products. In general, meats other than pork are permitted, as are dairy products, but they should not be served at the same time. Several hours must elapse between consuming one and the other.