

Why do people have different diets?

Personal	Social	Economic	Health related
Preferences	Religion	Affordability	Allergies
Enjoyment	Culture		Intolerances
Lifestyle choices	Availability		Medical conditions
	Seasonality		

Different religions and impact on food choice

Religion	Dietary requirements
Buddhism	. Vegetarian
Hinduism	. No beef, many are vegetarian
Islam	. No pork, only halal meat, no alcohol
Judaism	. No shellfish or pork, only kosher meat, Do not mix dairy and meat
Rastafarianism	Fish must be 30cm+, no pork, no alcohol, milk or coffee
Sikhism	. No beef, Many vegetarian/ovo-lacto vegetarian



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