

## Introduction

The Jain diet contains several restrictions, as listed below. Following a proper Jain diet can be difficult depending on circumstances and location, so the following list attempts to share most, if not all, guidelines for completeness. We encourage individuals to follow a Jain diet to the best of their ability, and then work on doing better.

## Please Note

The YJA Restaurants team has compiled and organized these items to the best of their ability. If we have forgotten items, have not organized the list appropriately, or gone against the teachings of Bhagwan Mahavir, we sincerely ask for forgiveness - *Michhammi Dukkadam!*

## Jain Dietary Restrictions

- **No Meat, Alcohol, Honey, and Butter**
  - *Why? These are the four main foods that should never be consumed according to Jainism, classified as the maha vigais. They are major sources of Himsa (violence).*
  - Examples of ingredients to be avoided:
    - Meat/poultry, red meat/pepperoni, chicken/chicken broth, beef/beef broth, seafood/fish (no fish sauce/oil, oyster sauce, shrimp paste, etc.), lard, gelatin, anchovies, eggs, casein, rennet/enzymes, carmine, white sugar containing bone char, caviar
    - Alcohol of any kind used in the cooking process
    - Honey of any kind used in the cooking process
    - Butter of any kind used in the cooking process (an alternative used in Jain households is clarified butter, or *ghee*)
- **No Root Vegetables or Spinach**
  - *Why? Jainism categorizes root vegetables as Saadhaaran Vanaspatikaaya, or organisms with one body but an infinite number of souls. By avoiding the consumption of root vegetables and therefore reducing the number of souls harmed, one better adheres to the central tenet of Ahimsa (nonviolence). Spinach is considered to fall within this category as well.*
  - Examples of ingredients to be avoided:
    - Potato/yam/cassava (or powders, starches, extracts), garlic, onion powder, garlic powder, fresh ginger, carrot, radish, beet/turnip, tapioca, onion/scallions/chives/leeks
    - Spinach in any form
- **No Fungi**
  - *Why? Violence can also be measured by the number of senses in the harmed organism. Hence, Jains limit themselves to one-sensed organisms (most plants). Fungi, on the other hand, are multiple-sensed and are therefore avoided.*
  - Examples of ingredients to be avoided:
    - Mushrooms
    - Yeast
- **Other Ingredients to be avoided:**

- Seaweed, algae, sprouted vegetables, sprouted grains, eggplant, fig

### **Vegan Dietary Restrictions**

- **Vegans do not consume animal products or animal by-products.**
- Examples of ingredients to be avoided:
  - Meat/poultry, red meat/pepperoni, chicken/chicken broth, beef/beef broth, seafood/fish (no fish sauce/oil, oyster sauce, shrimp paste, etc.), lard, anchovies, eggs, caviar
  - Gelatin, casein, rennet/enzymes, carmine, white sugar containing bone char, honey
  - Dairy products or dairy derivatives: milk, eggs, cheese, yogurt, butter, ghee

### **Additional Notes**

- **Eggs:** Typically used in *desserts* and *baked goods*. Please be cautious of the use of eggs in *pizza crusts*, *pasta*, and *ice cream*.
- **Gelatin:** Typically used to make *jelly*. Additionally, please be cautious of the use of gelatin in *desserts*, *candies*, *yogurts*, and even certain *drinks*.

### **Specific Items to Look Out For:**

- **Soups:** chicken/chicken broth and beef/beef broth, lard
- **Desserts and Baked Goods:** lard, gelatin, eggs, honey
- **Cheese:** animal rennet, potato starch
- **Asian Food:** seafood/fish (no fish sauce/oil, oyster sauce, shrimp paste, etc.), eggs, tapioca (specifically in bubble tea/boba pearls)
- **Italian Sauces:** anchovies, eggs, onions, garlic, alcohol
- **Red Food Coloring:** carmine
- **Chips:** potato starch
- **Rice and Beans (Mexican Restaurants):** chicken/chicken broth, beef/beef broth, lard
- **Thai:** galangal (relative of ginger)