



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: KOSHER DIET
Order As: KOSH

GOALS OF DIETARY MANAGEMENT:

To provide a diet designed to provide adequate energy and nutrients while complying with Jewish Dietary Laws.

DIET PRINCIPLES:

Kosher means “fit” or “proper” and refers to foods based on Jewish Dietary Laws.

ADEQUACY:

The Recommended Dietary Allowances can be easily met by selecting foods from the daily food guide using recommended serving sizes. Low-salt kosher meats may need to be considered for sodium-restricted diets. A kosher diet that places an emphasis on skin or low-fat dairy products and fiber-rich grain will likely meet the US Dietary Guidelines. The adequacy of the kosher diet depends on individual food choices. Supplements may be used with the foods to insure nutritional adequacy. Food habits, influenced by ethnic, religious, and socioeconomic factors, are important to the quality of life. These factors should be considered when planning meals and/or dietary modifications.

GUIDELINES:

FOODS EXCLUDED

BEVERAGES

Milk or milk-based beverages served with a meat meal
Grape drinks without a kosher symbol

**BREADS, CEREALS,
RICE, PASTA**

Any without a kosher symbol

DAIRY PRODUCTS

Cheese made with meat or meat by-products such as rennin

DESSERTS

Any products with gelatin of animal origin (such as regular gelatin).
Any without a kosher symbol

FATS

Lard or any animal-based shortening.
Salad dressing and sauces containing milk products may not be served with meat meals.

