

Dietary Practices in Muslim and Parsi Communities

Understanding Religious Food Traditions

The team behind the table



A journey from faith to the shared table

FOUNDATIONS

Religious diets
Muslim laws + Halal

01

TRADITIONS

Parsi laws
Cultural food practices

02

LIVING PRACTICE

Comparison + impact
Adaptation + Q&A

03

FOOD CARRIES MORE THAN NOURISHMENT.

Religious diets translate belief into daily choices—what is eaten, how it is prepared, and with whom it is shared.

IDENTITY

Recipes preserve memory and belonging.

PURITY

Rules make spiritual values tangible.

COMMUNITY

Shared meals strengthen social bonds.

MUSLIM FOOD TRADITIONS

Everyday foods and common meal patterns

Food choices vary by region, family, income and personal preference.

GRAINS

Rice, wheat, roti, breads and other grain-based foods.

PROTEIN FOODS

Pulses, beans, eggs, dairy, fish and halal meat may be included.

FRUITS & VEGETABLES

Fresh produce, cooked vegetables, salads and seasonal fruits add variety.

FLAVOUR

Herbs, spices, onions, garlic and regional cooking styles shape dishes.

There is no single Muslim diet: cuisines differ widely across South Asia, the Middle East, Africa and other regions.

Four principles guide Muslim food choices

01

AVOID HARAM

Pork, blood and intoxicants are prohibited.

02

CHOOSE HALAL

Permissible meat follows prescribed slaughter.

03

FAST WITH PURPOSE

Ramadan fasting builds discipline and empathy.

04

PRACTISE BALANCE

Cleanliness and moderation shape every meal.



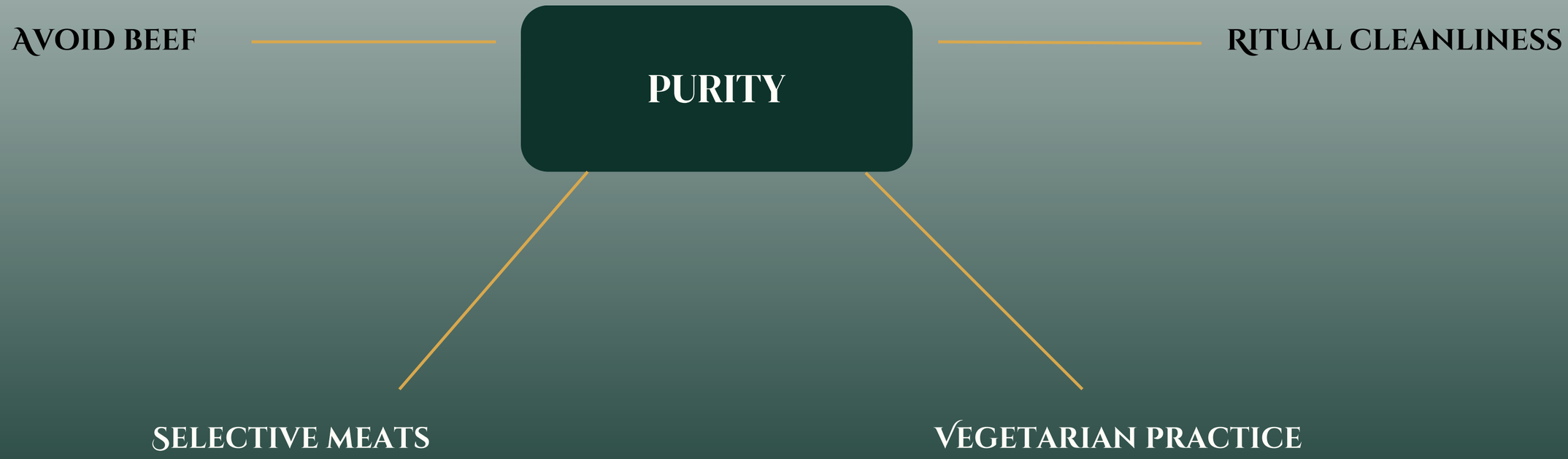
Halal means permitted.

Certification helps diners verify ingredients, preparation and slaughter methods across the supply chain.

HALAL MEAT · PERMISSIBLE SEAFOOD

NO PORK · NO INTOXICANTS

Purity sits at the centre of the meal



MUSLIM FESTIVALS

Ramadan and Eid: food, fasting and sharing

Religious observances influence meal timing and community food practices.

SUHOOR

The pre-dawn meal before fasting; a balanced choice can include grains, protein foods and water.

IFTAR

The meal that breaks the fast at sunset. Dates and water are traditional in many communities.

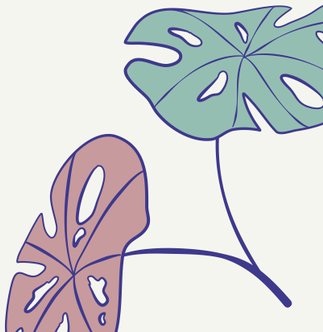
EID-UL-FITR

Celebrates the end of Ramadan; families may share sweets and special dishes.

EID-UL-ADHA

Associated with sacrifice and sharing meat with family and people in need, according to religious practice.

Fasting exemptions may apply in situations such as illness, pregnancy or travel; individual guidance can vary.



SI FOOD CULTURE

Signature dishes and special-occasion foods

Parsi cuisine reflects Persian heritage and the history of the community in India.

DHANSAK

A well-known dish combining lentils, vegetables, spices and often meat; recipes vary.

PATRA NI MACHHI

Fish coated with green chutney, wrapped in banana leaf and steamed.

AKURI

A soft, spiced scrambled-egg dish often served with bread.

LAGAN NU CUSTARD

A baked custard traditionally associated with Parsi weddings and celebrations.

Ingredients and recipes are not identical in every Parsi household; family and regional customs influence preparation.

Tradition is served family-style.

Dhansak layers lentils, vegetables, spices and meat into a signature community dish. Festive meals reinforce kinship, hospitality and religious memory.

COMMUNITY • FESTIVAL • MEMORY



Different rules. Shared respect.

MUSLIM

Halal preparation

No pork or alcohol

Ramadan fasting

PARSI

Avoidance of beef

Purity in preparation

Festival-centred cuisine

SHARED: PURITY • MODERATION • RESPECT FOR FOOD



Meals shape bodies– and belonging.

NOURISHMENT

Traditional diets can offer variety, legumes and mindful eating; rich festive foods require balance.

SOCIAL COHESION

Communal eating transmits identity, etiquette and memory across generations.

NUTRITION CONNECTION

Nutritional value: strengths and balance

Traditional dishes can fit into a balanced diet when portions and preparation are considered.

PULSES & LENTILS

Provide plant protein, fibre and several minerals.

VEGETABLES

Supply vitamins, minerals and fibre; variety improves the range of nutrients.

FISH, EGGS & MEAT

Can provide protein, vitamin B12 and other nutrients; the profile depends on the food.

SWEETS & RICH DISHES

Enjoying festive foods in suitable portions can help balance energy, sugar, salt and fat intake.

Nutritional value depends on the recipe, ingredients, portion size and cooking method—not religion alone.

LIVING TRADITIONS KEEP MOVING.

GLOBALIZATION

Ingredients and convenience foods reshape familiar recipes.

DIASPORA

Certification and community networks help maintain practice abroad.

MODERN HEALTH

Families adapt portions, fats and proteins while protecting meaning.

Interfaith food exchange can deepen understanding without erasing difference.

FOOD PRACTICES & RESPECT

How to be a thoughtful guest at a shared meal

Respectful questions help people follow their food practices comfortably.

ASK ABOUT INGREDIENTS

Check whether meat is halal and whether alcohol or other restricted ingredients are used.

PREVENT CROSS-CONTACT

Use separate serving utensils and clean preparation surfaces when requested.

RESPECT FASTING

Avoid pressuring someone to eat or drink when they are fasting.

WELCOME DIFFERENCES

Offer clearly labelled dishes and a vegetarian option where possible.

Practices differ between individuals and families. Ask politely rather than assuming that everyone follows the same rules.

Faith. Food. Community.

01

Diet makes identity visible in everyday life.

02

Distinct laws share respect for purity and food.

03

Adaptation keeps both traditions living.



Thank you for your attention.

Questions or discussion?