Meat, Fish

Jains completely refrain from this. Even “compassionate” individuals do not realize the violence that goes into the preparation of meat that is served on their plate. The brutality of slaughter houses has been distanced from the individuals who consume the meat. Silenced are the cries of billions of helpless animals led to death each day.

Eggs

Jains do not eat eggs because eggs hold the potential for life. When fertilized they produce five-sensed beings. Today, even unfertilized eggs are produced in inhumane conditions with chickens caged in coops the size of a shoe box and injected with antibiotics and hormones.

Milk and Dairy Products

Some Jains in North America avoid milk and dairy products and follow a vegan diet (vegetarian and no milk and dairy products). Cows are continuously pregnant and hormones are injected, and machines squeeze out the last drops of milk multiple times a day.

Compassionate Healthy Diet

Jain Way of Life Food Pyramid

Throughout the day we eat a variety of food. Food governs not only our physical health but our mental well being and our social interactions. A Jain Way of Life diet minimizes harm to living beings. Jains believe that all living beings have Souls, unlike other traditions, who believe that only humans have Souls. Hence, killing of any living creatures, may it be a plant or a human being, is violence. However, Jains categorize living beings by the number of senses they possess (from one to five senses). The level of violence that is committed when any creature is harmed depends on the senses it possesses. For example, plants and bacteria are one-sense beings and cows, pigs or humans are five-sense beings. Eating meat is many orders of magnitude more violent than a plant based diet.

Diet Continuum

The practice of Non-Violence is on a continuum: likewise, vegetarianism is on a continuum or a scale, too. As you progress on your Jain Way of Life spiritual journey you become more vegetarian and then vegan. After limiting the types of food, Jains limit the variety and quantity of food and how food is prepared.
<table>
<thead>
<tr>
<th>Food</th>
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<tbody>
<tr>
<td>Root Vegetables</td>
<td>Some root vegetables like figs should be avoided as they have large numbers of insects in them.</td>
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<tr>
<td>Honey</td>
<td>Many bees are killed in the process of gathering it.</td>
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<tr>
<td>Liquor, Tobacco, and Drugs</td>
<td>Abstain from these intoxicants. These alter the state of mind which may lead one to cause violence via speech or action.</td>
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<tr>
<td>Fasting</td>
<td>Some level of fasting enhances spiritual well being. It purifies the body and the mind and brings freshness and agility. Fasting is done with pre-defined intentions – that of practicing an austerity to cleanse the body (not skipping meals due to convenience).</td>
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<tr>
<td>Daytime Eating</td>
<td>For thousands of years, Jains had taken vows to avoid night-time (after sunset) meals as part of their proactive use of Non-Violence. Small insects may be inadvertently killed during the preparation at night. Also, scriptures point out that growth of bacteria (one sense beings) is much higher at night. There are also medical benefits of daytime eating. Generally it is recommended not to sleep for 2 to 3 hours after a full meal in order to allow time for digestion.</td>
</tr>
<tr>
<td>Filtering Water</td>
<td>The scriptures define the exact method of filtering water using filter cloth and how it should be washed back into the source of water. This releases the trapped organisms back into their environment. Today much of the water supply is purified at the source as well as in our taps.</td>
</tr>
</tbody>
</table>
### Bread, Cereal, Rice and Pasta

| 6 ounces | Provides carbohydrates which are an efficient source of energy. Also, they provide fiber, protein, iron, and B vitamins. |

### Vegetable Group

| 2 1/2 cups | Starchy vegetables – such as potatoes, peas, etc. are higher in calories. Non-starchy, leafy green (spinach, cabbage, etc.) – high in calcium and are an essential part of a vegetarian diet. Deep green and deep yellow are high in carotenoids (vitamins for eyes). Non-starchy – Other Vegetables (tomatoes, cucumber, green beans, etc.) |

### Fruit Group

| 2 cups | Great source of vitamins A, C, and some B vitamins and minerals such as potassium. They are naturally low in fat. Some dried fruits are high in iron and vitamins. |

### Fats, Oils, and Sweets

| 6 teaspoons | This group of foods must be consumed sparingly. Indian traditional food contains very high unhealthy levels of this group. |

### Milk, Yogurt, Soy Milk

| 3 cups | Soy is a great substitute and source of protein, calcium, vitamin D, riboflavin, yet also tends to be high in cholesterol and saturated fats. A good substitution for this can be soymilk, soy yogurt and soy ice cream. |

### Dry Beans, Nuts, Legumes

| 5.5 ounces | There are three major forms of legumes:
- Dry beans include chickpeas, kidney beans, black eyed peas.
- Lentils include dried pigeon peas (toovar dal), masoor dal, and urad dal.
- Soy products include tofu, tempeh, soy yogurt, and soy milk.
- Nuts and seeds include almonds, peanut butter and sesame seed butter (tahini). |

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“Farmed animals are not future Buddhas donating their flesh out of compassion for those of us who have developed a craving for it. They are victims of our greed from whom we steal the most precious gift any of us has: life.”

—Norm Phelps, The Great Compassion: Buddhism & Animal Rights

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Source: Jain Food, “Compassionate and Healthy Eating,” Manoj Jain MD, Laxmi Jain, Tarla Dalal