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Preparation and Processing of Religious and Cultural Foods

Woodhead Publishing Series in Food Science, Technology and Nutrition

2018, Pages 15-23



2 - Religious and cultural influences on the selection of menu

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Available online 21 September 2018.

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<https://doi.org/10.1016/B978-0-08-101892-7.00002-X>

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Abstract

Are religious and cultural influences on the selection of diets a reasonable need or simply religious bigotry? How do these elements affect consumer's diet preferences? This chapter discusses the food guidelines of the main religions which are Islam, Jewish, Hinduism, Buddhism, and Christianity and how these beliefs are adopted in the daily lives of the followers, respectively. Besides, the rich diversity of tradition, custom, and cultural influences around the world also has great impacts on food selection among people. Food habits or food culture imply the approaches of

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