FAST DAYS: EATING

Fast Days: Tasting Food

You may not taste food (even a minimal amount) on a fast day, even if you are cooking for the end of the fast, such as on <u>Tish'a b'Av</u>.

Fast Days: Health Difficulties

You may eat or drink as necessary on the fasts of the <u>Tenth of Tevet</u>, <u>17th of Tamuz</u>, and <u>Tzom Gedalia</u> if you are sick, faint, or dehydrated, but only enough to resolve your health difficulty. Consult a <u>rabbi</u>.

Fast Day: Forgetting

If you forgot and broke your fast on any fast day, you may not continue eating after you remember that you should be fasting.

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