

# Kashrut: Dairy/Meat: Waiting between Eating: Putting Dairy/Meat in Mouth

**SITUATION** You put into your mouth any amount of meat--even if you didn't swallow it or if you spit it out.

**STATUS** You may not consume dairy foods soon afterward.

**WHAT TO DO** You must wait as usual (6 hours, or whatever your custom is between eating meat and dairy).