# 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 *Tish'a b'Av*.

### Fast Days: Health Difficulties

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

### 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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