## Kashrut: Dairy/Meat: Waiting between Eating: Neutral/Pareve D or DE after Meat

If you can definitively ascertain that a food is or is not *dairy* from the ingredient list, you may rely on it.

However, many food additives or ingredients that are <u>dairy</u> do not contain the word "<u>milk</u>" or "<u>dairy</u>" (for example, <u>dairy</u>-based flavorings or <u>dairy</u> derivatives such as whey or casein/sodium caseinate).

SITUATIONNeutral/pareve food marked "D" or "DE" ("dairy equipment") has no dairy<br/>ingredients (or the dairy ingredients constitute less than 1/60 of the food's volume.)NOTEThis does not get measured by weight.

WHAT TO DO You may eat the food:

- Immediately after eating meat foods, but
- Not together with the meat food.

SITUATIONGenuine *dairy* constitutes more than 1/60th of the volume of the processed food.WHAT TO DOYou may not eat the food with, or immediately after, the meat food.

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