

# KASHRUT: DAIRY/MEAT: WAITING BETWEEN EATING

## Kashrut: Dairy/Meat: Waiting between Eating: Dairy after Meat

You may not eat dairy-containing foods directly after eating meat-containing foods, for two reasons:

- So as not to have meat stuck in your teeth when you eat milk-containing foods.
- So as not to eat dairy foods while you still can detect the taste of the meat-containing foods in your system.

**NOTE** There are various customs on how long to wait after eating meat-containing foods to eat dairy-containing foods, including:

- 60 minutes for Jews whose families originated in Holland.
- 3 hours for Jews whose families originated in Germany.
- 6 hours for most other Jews, with variations including 5 hours-1 minute, 5 hours-31 minutes, and 6 hours.

**NOTE** You do not need to restart the waiting period if you burp up meat long after you eat it.

## Kashrut: Dairy/Meat: Waiting between Eating: Meat after Dairy

To eat meat-containing food after eating dairy food:

- Wait half an hour, or
- You must:
  - Drink (or rinse your mouth with) some neutral/pareve beverage, and
  - Eat some neutral/pareve solid food.

**REASON** There may still be some dairy remaining in your mouth.

## 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 dairy do not contain the word "milk" or "dairy" (for example, dairy-based flavorings or dairy derivatives such as whey or casein/sodium caseinate).

**SITUATION** Neutral/pareve food marked "D" or "DE" ("dairy equipment") has no dairy ingredients (or the dairy ingredients constitute less than 1/60 of the food's volume.)

**NOTE** This 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.

**SITUATION** Genuine dairy constitutes more than 1/60th of the volume of the processed food.

**WHAT TO DO** You may not eat the food with, or immediately after, the meat food.

## Kashrut: Dairy/Meat: Waiting between Eating: Bread with Dairy, Then Meat

**SITUATION** You said ha'motzi over bread for a dairy meal.

**STATUS** You may not reuse the same bread for a meat-containing meal.

**WHAT TO DO** You may either:

- Get some new bread, or
- Not eat bread at all with the meat.

**NOTE** There is no need to say *birkat ha'mazon* after the *milk*-containing food and then say *ha'motzi* (or other fore-blessings) before eating the meat-containing foods.

### **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*).

### **Kashrut: Dairy/Meat: Waiting between Eating: Parmesan Cheese**

**SITUATION** You eat Parmesan cheese.

**STATUS** Before eating meat, you must wait six hours (or whatever is your custom to wait between eating meat and *dairy*).

**NOTE** Parmesan cheese is the only commonly available cheese that is considered hard enough to require waiting six hours after eating it before you eat meat-containing foods.

**NOTE** Parmesan cheese requires this waiting period even when the cheese is finely ground or is melted on pizza, mushrooms, or other foods.

### **Kashrut: Dairy/Meat: Waiting between Eating: Children**

Children of any age, even babies, should wait one hour between eating *dairy* and meat-containing foods, unless there are health reasons not to wait.

From *gil chinuch*, children should wait 6 hours (or however long it is your custom to wait) between eating meat and *dairy*.