# 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*.

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