



EQUAL EATS

KOSHER

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I follow a kosher diet.

I avoid all food that is made from, cooked in, touches, or contains **pork or shellfish**. This includes bacon, lard, ham, pork ribs, and pork sausage. I also avoid the mixture of meat and dairy products.

I prefer Kosher certified foods.

Is this food okay for my diet?

Thank you for your help!



English

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