

# Lesson 20

## Jain Food Habits



Jains are vegetarians. We eat food coming from vegetables. Chapati, Rice, Dal, Black-eye peas, Lobia,



Pumpkin, Beans, Peas,  
Tomatoes, Fruits and  
Lettuce.



Jains try not to hurt any  
living being.  
We are even kind to plants.



That is why Jains do not eat  
underground vegetables,  
such as: Potatoes, Onions,  
Garlic, Beets, and Carrots  
etc.



Jains do not eat meat,  
poultry and seafood like:  
Hamburgers, Hot dogs,  
Chicken Eggs, Fish etc.



Jains do not eat after sunset.

