



## Fasting For Special Religious Days

**Types of foods that can be eaten when fasting include:**

- \* legumes – lentils, split peas, mung beans, black eye beans etc
- \* pasta
- \* rice
- \* bloodless crustaceans – prawns, shellfish, octopus, calamari, squid, cuttlefish
- \* vegetables – cooked without dairy products
- \* olives
- \* fruit
- \* halva – a sweet made of sesame seeds
- \* soy milk



Source: *Caring for Australian-Greek Residents in Aged Care Facilities*, Australian Greek Welfare Society, Melbourne (2001)