

Jains are vegetarians.  
We eat food coming from vegetables.  
Chapati, Rice, Dal, Black-eye peas,  
Pumpkin, Beans, Peas, Tomatoes,  
Fruits and Lettuce, etc.

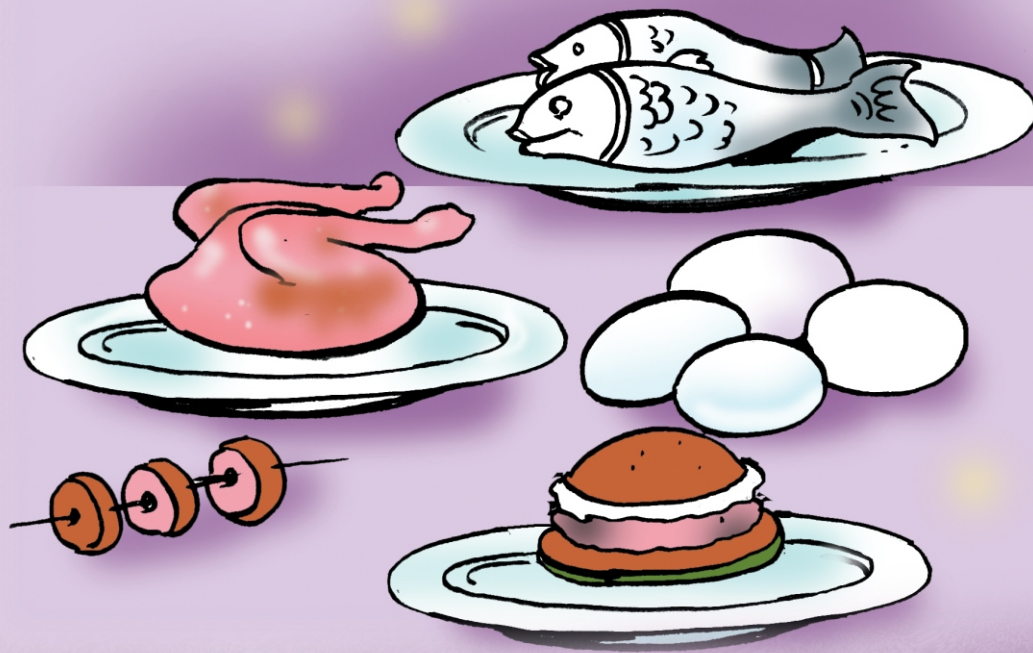


Jains try not to hurt any living being. We are kind even to plants.

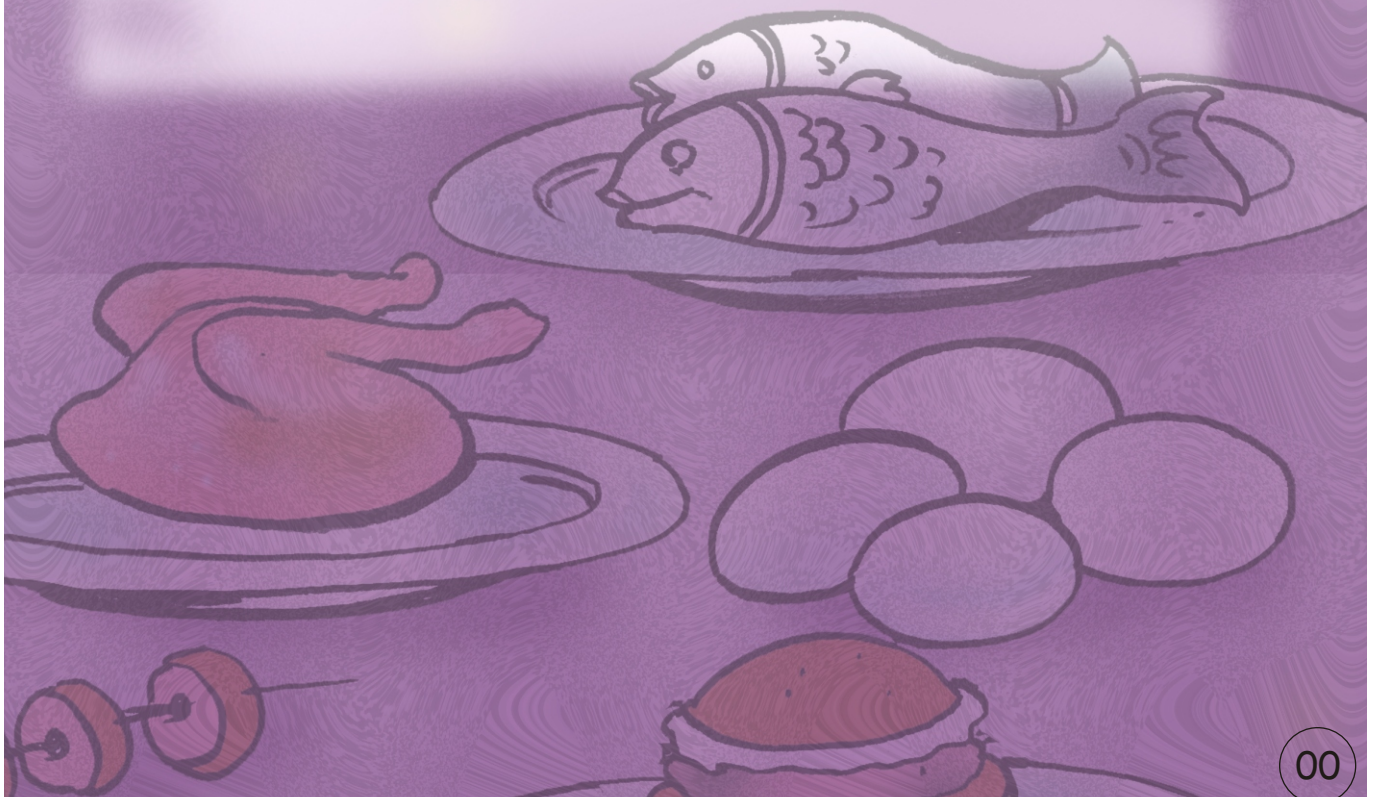


That is why Jains do not eat underground vegetables, such as: Potatoes Onions, Garlic, Carrots and Beets, etc.





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





Jains do not eat after sunset

