

# Fasting Guidelines

	<b>MEAT</b> <i>Beef, chicken, lamb, pork, veal, rabbit, buffalo, etc.</i>	<b>DAIRY</b> <i>Milk, cheese, butter, eggs, yogurt, cream, etc.</i>	<b>FISH</b> <i>Any fish with a backbone. This does NOT include shellfish or any seafood.</i>	<b>WINE</b> <i>Wine (some include all alcohol) Permitted on all Saturdays &amp; Sundays</i>	<b>OIL</b> <i>Olive Oil (some include all oils) Permitted on all Saturdays &amp; Sundays</i>
<b>+</b>					
<b>Nativity Fast</b> ..... November 15 until December 25	Abstain.	Abstain.	Allowed on Saturdays and Sundays before December 20.	Allowed on Tuesdays and Thursdays before December 20.	Allowed on Tuesdays and Thursdays before December 20.
<b>Great Lent/ Holy Week</b> ..... Begins on the Monday after Cheese-fare Sunday until Pascha	Abstain.	Abstain.	Allowed on Annunciation and Palm Sunday.	Allowed on Annunciation and Great Thursday.	Allowed on Annunciation and Great Thursday
<b>Apostles' Fast</b> ..... Begins on the Monday after All Saints' Sunday (the Sunday next after Pentecost) and lasts until June 29 (St. Peter & Paul).	Abstain.	Abstain.	Allowed on Saturdays and Sundays.	Allowed on Tuesdays and Thursdays.	Allowed on Tuesdays and Thursdays.
<b>Dormition Fast</b> ..... August 1 until August 15	Abstain.	Abstain.	Allowed on Transfiguration.	Allowed on Transfiguration.	Allowed on Transfiguration.
<b>Each week</b> ..... Wednesdays (in memory of the Betrayal) and Fridays (in memory of the Crucifixion).	Abstain.	Abstain.	Abstain.	Abstain.	Abstain.

**Total Abstinence** from all food and drink (except water and herbal teas, if hydration is absolutely necessary) is traditionally observed on the first three days of Great Lent and from Great Friday until Pascha.

**The Eucharistic Fast** is total abstinence at least from the previous midnight for communing at a morning Liturgy or following a light breakfast for communing at an evening Liturgy.

<sup>1</sup> Except Great and Holy Saturday.