**Sikhism**

Sikhs believe in reincarnation, which means people live many lives on Earth, some of these in the form of animals. 1

Sikhs believe that all animals have souls, but that human life is more important than animal life. 1 Sikhism teaches that all creatures must be treated with respect and dignity. 1

Generally, the religion allows individual choice about meat consumption, although some sects require their followers to be lacto-vegetarian.2 All Sikhs are forbidden to eat halal or kosher meat. 3

In practice, most Sikhs avoid beef, and many are strict vegetarians. 4

References:

1) https://www.bbc.co.uk/bitesize/guides/zjq9dxs/revision/1

(Accessed May 2023)

2) Nesbitt, E., 2016. Sikhism: A very short introduction. 2nd edition. Oxford University Press. p60-1. <https://academic.oup.com/book/568>

(Accessed May 2023)

Chapter 4. Turban, Khalsa, and codes of conduct. https://doi.org/10.1093/actrade/9780198745570.003.0004

Relevant quotes:

*“The rahit-namas also leave unresolved ethical issues, such as diet—vegetarianism versus non-vegetarianism—on which today’s Sikhs disagree. On this particular subject, what emerges most clearly from the rahit-namas is that jhatka meat (that is, the flesh of an animal killed with a single blow) is permissible.” p60*

*"Diet offers an example of the rahit-namas’ contribution to a subject on which Sikhs are divided. For many Sikhs it is unthinkable that an amritdhari (someone who has been initiated with amrit) should consume any non-vegetarian food, including eggs." p61*

3) Inter Faith Network for the UK. Catering and Faith Based Dietary Practice. March 2013.

https://www.interfaith.org.uk/uploads/Catering-and-Faith-Based-Dietary-Practice.pdf

(Accessed May 2023)

Relevant quote:

"Kutha. Sikh term from the Rehit Maryada that refers to meat slaughtered in accordance with guidelines of other religions - for example meat slaughtered in accordance to dhabiha (Muslim) and schechita (Jewish) guidelines that result in halal meat and kosher meat respectively). Sikhs will not consume kutha meat."

4) Nesbitt, E., 2016. Sikhism: A very short introduction. 2nd edition. Oxford University Press. p60-1. [https://academic.oup.com/boo](https://academic.oup.com/book/568) k/568

(Accessed May 2023)

Relevant quote:

*“As the langar is vegetarian everyone can partake in good conscience. In practice most Sikhs avoid beef in conformity with Hindu respect for the cow. The 20th-century Sikh Rahit Maryada is consistent with the rahit-namas in forbidding Sikhs to eat the flesh of animals slaughtered in the Islamic manner. But some Sikhs interpret this as permission to eat animals that have been killed by other methods while others understand the ruling as a total ban on all meat and so observe a strict lacto-vegetarian diet.”*

p61