



1. Sikh organisations

Brisbane Sikh Temple	2679 Logan Rd Eight Mile Plains, Qld, 4113 Ph: 07 3841 1987 www.brisbanesikh temple.org.au Email: admin@brisbanesikh temple.org.au
Gold Coast Sikh Temple	Robina Community Centre Robina, Qld, 4226 Ph: 07 5539 5995 www.goldcoastgurdwara.com.au
Guru Nanak Sikh Education Centre North Queensland	20-30 Lower Hickey St Innisfail, Qld, 4860 Ph: 07 4061 4011
Queensland Sikh Association	Corner of Bruce Hwy and Sikh Temple Rd Edmonton, Qld, 4869 Ph: 07 4045 4123
Sikh Nishkam Society of Australia	PO Box 7113 Loganholme, Qld, 4129 Email: sikh.nishkam@hotmail.com.au



2. Queensland Health resources and contacts

- Australian Charter of Healthcare Rights www.health.qld.gov.au/cpic/hlthcr_exp_improve/australiancharter.asp
- Multicultural Clinical Support Resource folder www.health.qld.gov.au/multicultural/support_tools/mcsr.asp
- Queensland Health Guideline on Medicines/Pharmaceutical Products of Animal Origin (Queensland Health staff only) http://qheps.health.qld.gov.au/medicines/documents/general_policies/prods_anim_origin.pdf
- Queensland Health Multicultural Policy Statement www.health.qld.gov.au/multicultural/policies/multicul.pdf
- Translated health information www.health.qld.gov.au/multicultural/public/language.asp
- Ward Communication Tool www.health.qld.gov.au/multicultural/support_tools/WCT.asp

Queensland Health Multicultural Services

Ph: 07 3328 9873 Email: multicultural@health.qld.gov.au
Website: www.health.qld.gov.au/multicultural

Queensland Transcultural Mental Health Centre

Ph: 1800 188 189 Email: QTMHC@health.qld.gov.au
Website: www.health.qld.gov.au/pahospital/qtmhc

Queensland Health Interpreter Service

Email: multicultural@health.qld.gov.au
Website: www.health.qld.gov.au/multicultural/interpreters/QHIS_home.asp
Ph: For a list of Health District Interpreter Service Coordinator contact details, go to: www.health.qld.gov.au/multicultural/interpreters/QHIS_contact.asp

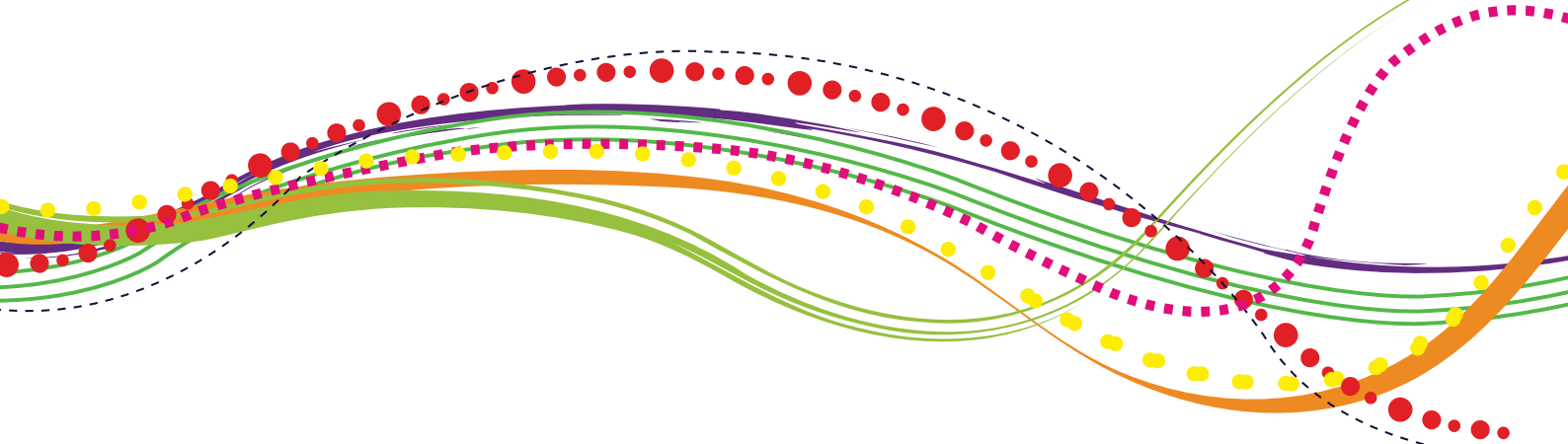
3. Foods suitable for vegetarian Sikhs

Some Sikhs follow a strict vegetarian diet. The following table outlines foods which are suitable for vegetarian Sikhs, as well as many common non-vegetarian additives and ingredients that may be found in these foods. These non-vegetarian additives need to be identified as they would make these seemingly vegetarian foods unsuitable.

Sikhs who do not follow a vegetarian diet may eat meat from any animal, but are prohibited from eating any meat which has been ritually slaughtered, including *halal* and *kosher* meat products. However, some Sikhs may choose to not eat beef or pork.

Sikhs are also prohibited from consuming alcohol and foods made using alcohol. This includes products such as bitters, vanilla essence and foods cooked or preserved using alcohol.



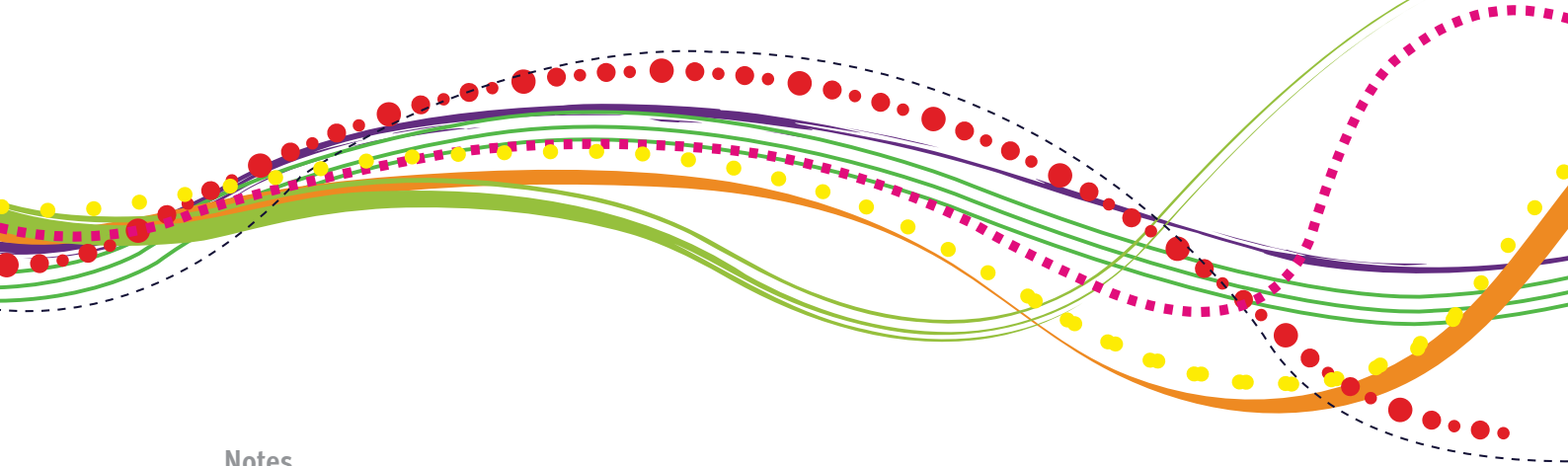


Foods suitable for vegetarian Sikhs	Ingredients and additives that may be found in these foods that would make them unsuitable if present (food becomes non-vegetarian)
Milk and milk products	
<ul style="list-style-type: none"> • Cream • Cheese • Yoghurt • Butter • Coconut milk and other milk substitutes • Ice cream • Milk 	<ul style="list-style-type: none"> • Gelatine • Animal based thickener (e.g. chitin) • Animal-based emulsifiers (e.g. animal or egg-based lecithin) • Animal-based food colouring (e.g. cochineal/carmine) • Enzymes (e.g. lipase, pepsin, animal rennet)
Fruits and vegetables	
All fruits and vegetables including beans, lentils and nuts	<ul style="list-style-type: none"> • Fruits and vegetables prepared with animal fats, gelatine or tallow
Bread and cereals	
<ul style="list-style-type: none"> • Bread, cakes, biscuits and cereal products made without egg or animal fats • Pasta and pastry made without egg • Noodles made without egg • Rice 	<ul style="list-style-type: none"> • Eggs • Pastry brushed with egg whites • Animal-based emulsifiers (e.g. animal or egg-based lecithin)
Fats and oils	
<ul style="list-style-type: none"> • All vegetable oils • Butter • Margarine made using vegetable oil • Mayonnaise made without egg • Ghee 	<ul style="list-style-type: none"> • Animal fats • Lard dripping • Suet • Egg • Fish oils
Beverages	
<ul style="list-style-type: none"> • Juices and cordials • Tea and coffee • Soft drinks, mineral and soda water 	<ul style="list-style-type: none"> • Gelatine • Animal-based food colouring (e.g. cochineal/carmine)
Soups and sauces	
<ul style="list-style-type: none"> • All soups and sauces made with vegetables and vegetable stock 	<ul style="list-style-type: none"> • Animal stock/fats • Fish sauce • Worcestershire sauce
Desserts	
<ul style="list-style-type: none"> • All desserts made without eggs or other animal products 	<ul style="list-style-type: none"> • Animal fats • Animal based emulsifiers • Eggs • Gelatine
Other	
<ul style="list-style-type: none"> • Spices, pickles, chutney • Jam, honey, sugar • Vegetable-based gelatine 	<ul style="list-style-type: none"> • Gelatine • Animal based food colouring (e.g. cochineal/carmine) • Enzymes (e.g. lipase, pepsin, animal rennet)



4. References

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9. Coward H, Sidhu T. Bioethics for clinicians: 19. Hinduism and Sikhism. *Canadian Medical Association Journal* 2000; 163:1167-2281.
10. Gatrad R, Jhutti-Johal J, Gill P, Sheikh A. Sikh birth customs. *Arch Dis Child* 2005;90:560-563.
11. Sikh views on Suicide and Mercy Killing. www.sikhwomen.com/antiviolence/suicide.htm Accessed January 2011, 2011.



Notes

