

Title:

Kosher Food Popular With Health Conscious Of All Faiths

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Summary:

Until recently, it was close to impossible for the kosher or health conscious traveler to keep his religious or healthy meals while in transit. Now developments in the kosher food industry are making this challenge much easier.

The health conscious and dieters are finding Kosher food is better for you and offers a very wide range of items and dishes, and this trend is spreading rapidly.

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Article Body:

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The health conscious and dieters are finding Kosher food is better for you and offers a very wide range of items and dishes, and this trend is spreading rapidly.

Keeping kosher means following dietary laws handed down through the centuries among the Jewish faithful. Kosher has its roots in the Old Testament. Kosher laws are generally more strict than U.S. Department of Agriculture (USDA) standards.

Religious inspectors also rule out sick or injured animals that would be normally be accepted in non-Kosher markets.

In our modern world where most animals are often treated roughly, keeping Kosher means eating a much healthier grade of meat.

Kosher tradition features a major group of foods known as Parve. Parve includes

a huge variety of fruits, vegetables, and grains in their natural, unprocessed state. This is exactly what many people who are trying to eat a healthier, low-fat, high-fiber diet are looking for.

These days Kosher food is widely available and often can be ordered pre-packaged via the Internet or mail. This makes a perfect option for anyone who wants to try Kosher, eat Kosher occasionally, or needs a stash of good Kosher meals when traveling.

Options include a wide variety of vegetables and salads along with meat, chicken, and fish dinners. Also available are salt-free meals and veggie dinners for people with special dietary needs. You can chose from menu items with traditional Jewish names to items that might seem to come from your average neighborhood restaurant. The difference is that everything is prepared with very high Kosher standards for ingredients and preparation.

People everywhere are starting to view Kosher certification as a mark of a food's superior quality, cleanliness, and healthfulness.