Kashrut: Dairy/Meat: Waiting between Eating: Dairy after Meat

You may not eat *dairy*-containing foods directly after eating meat-containing foods, for two reasons:

- So as not to have meat stuck in your teeth when you eat *milk*-containing foods.
- So as not to eat *dairy* foods while you still can detect the taste of the meat-containing foods in your system.

NOTE There are various customs on how long to wait after eating meat-containing foods to eat *dairy*-containing foods, including:

- 60 minutes for Jews whose families originated in Holland.
- 3 hours for Jews whose families originated in Germany.
- 6 hours for most other Jews, with variations including 5 hours-1 minute, 5 hours-31 minutes, and 6 hours.

NOTE You do not need to restart the waiting period if you burp up meat long after you eat it.

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