

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

To eat meat-containing food after eating dairy food:

- Wait half an hour, or
- You must:
  - Drink (or rinse your mouth with) some neutral/pareve beverage, and
  - Eat some neutral/pareve solid food.

**REASON** There may still be some dairy remaining in your mouth.