# Milk after Meat

27 Shebat, 5770
Besides the prohibition of eating them together, our Rabbis indicated that it is necessary to wait between eating meat or a meat product and eating milk or a diary product.

The prevalent Sephardic Minhag is to wait six hours between meat and milk. The Rabbis gave different reasons for this prohibition, which equally applies after eating red or white meat.

There are other Minhaguim which indicate that the waiting period between meat and milk is 3 or 4 hours. This is mainly the Ashkenazi custom as well as the tradition of some families in our community. The general rule in Minhaguim is that everyone should follow the custom of his parents and families and also be respectful of other’s Minhaguim.

If necessary, one could be lenient with a child, especially an infant, and allow him or her to have milk or dairy one or two hours after eating meat .

It is permissible to eat meat after eating a dairy product, with no waiting period. Yet, you are required to wash your hands, wash your mouth or drink water or soda, and eat a solid Parve food before eating meat.