



Fasting and Abstinence are to
observed during (*Canon 1251*):



All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church. (**Canon 1250**)



Law of Fasting



which if added together
would not exceed the
main meal in quantity

The fast is **broken** by eating between meals
and by drinks which could be considered
food (milk shakes, but not milk).



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Law of Abstinence



NO MEAT
(i.e., flesh and organs
of mammals and fowls)



**Fish, shellfish
amphibians &
reptiles are
allowed.**



It is obligatory for:



Catholics who are
14 years old
until death
are bound to practice
the law of **abstinence**.



and Catholics who are
18 - 59 years
old
are bound to practice
the law of **fasting**.



Those excused from fasting and abstinence

1) persons of unsound mind, 2) the sick, the frail, pregnant or nursing women according to need for meat or nourishment, 3) manual laborers according to need, 4) guests at a meal who cannot excuse themselves without giving great offense or causing enmity, 5) and other situations of moral or physical impossibility to observe the penitential discipline.



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