

## MORE QUESTIONS AND ANSWERS

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### What do Amish eat and drink?

Some of this might be attributable to the Amish diet, which is heavy on pancakes, eggs and sausage for breakfast; and meat, potatoes, gravy and bread for dinner. Working the farm can burn off those calories, but all the fat and salt and carbs still take a toll.

#### What do Amish eat?

As for other beverages, Amish typically drink water, milk, garden tea, and sometimes juices or sodas with meals. Coffee is popular among Amish, and is typically taken unsweetened and without cream. The Sunday church meal . Amish eat a special meal after church service on Sunday. Foods are relatively light and simple, and typically consist of bread, cheese or cheese spread, cold cuts, sliced pickles, pickled beets, pretzels, and a special peanut butter spread, sweetened with molasses.

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#### Do the Amish have dietary restrictions?

Although no foods are prohibited in the Amish culture, alcohol consumption is strongly discouraged (1,2).

#### Do Amish marry their cousins?

Marrying a first cousin is not allowed among the Amish, but second-cousin relationships are allowed. Marriage to a "Schwartz" cousin (the first cousin once removed) is not permitted in Lancaster County.

#### Do Amish people drink?

The Amish eschew modern technology and try to live as close to a simple, biblical life as possible. ... It is a rare occurrence as Amish do not drink alcohol as a rule, but one Amish boy was stopped by police when he attempted to engage in a chase with a police car after he had drunk a beer.

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