

# An Illustrated Guide to Lent Fasting & Abstinence

**FASTING** is  
One Regular Meal

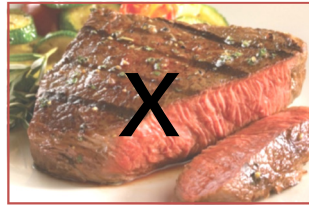


and  
Two Small Meals



**BUT**  
**NO**  
**SNACKS!**

**ABSTINENCE** is  
No Meat No Poultry



Fish is okay!



**ASH WEDNESDAY**  
& **GOOD FRIDAY**  
are Days of Fasting  
AND  
Abstinence



**ALL FRIDAYS**  
**IN LENT**  
are Days of  
Abstinence

**CATHOLICS 14+** are obliged to practice **ABSTINENCE**  
**CATHOLICS 18 – 58** are required to **FAST**

Those outside the age limits, as well as pregnant and nursing women, manual laborers, diabetics, and the ill are excused from the requirements of fasting and abstinence, and vegetarians and vegans are excused from abstinence.

ALL these are encouraged to take up some other act of penitence or work of piety or charity.