

Could You Pass the Conversion Test - Section #1 - Weekday Living:

Section #1 - Weekday Living - Class #14 Brachos (Blessings) - Part 7 - Multiple Foods

MULTIPLE FOODS:

Primary & Secondary Foods – Part 1 - “Ikar” & “Tafel”:

1. Whenever two foods are eaten in combination, one of the foods is defined as the ***ikar*** -- the primary food, and the other as the ***tafel*** -- the secondary food.
2. The rule is: **The bracha on the *ikar* food covers the *tafel* food as well, on which no separate bracha is said.**
3. For example: The bracha on fruit-filled yogurt is Shehakol. Although this yogurt contains strawberries (whose bracha is Ha'adama), since the strawberries are *tafel* -- secondary -- to the yogurt, it is covered by the Shehakol on the yogurt. This is because even when enjoying that strawberry flavor, you look at it as an act of "eating yogurt," not as an act of "eating strawberries."
4. The *ikar* food is defined as the ingredient which is the "logical" reason for eating this food-mixture. This is subjective, as determined by you the eater. Sometimes the *ikar* is the ingredient that you **most desire**, sometimes it is the **majority ingredient**, and sometimes it is based on the **function** that particular ingredient serves in this mixture.
5. The *tafel* (secondary food) enhances the *ikar* because it only adds taste, texture, volume, etc. to the main ingredient, and it is **not the primary reason** for eating the food. However, if this ingredient is **desired for itself, apart from the main ingredient, then it is **also** considered an *ikar*, and requires its own bracha.**
6. **Food Enhancers:** One category of *ikar v'tafel* is when you are interested in eating two different foods, but one food is being used primarily to **enhance the taste** of the other. The determining factor is: **What food do you specifically desire?** For example, the bracha on a cracker with peanut butter spread on top is Mezonos. Even though you are enjoying the taste of two separate foods that normally require separate brachot; however, since the peanut butter serves to enhance the other, the bracha on the crackers (the *ikar*) covers the enhancer (the *tafel*).
7. The above rule applies even if the *tafel* ingredient constitutes the majority.
8. Note: that the bracha on the *ikar* **only** covers the *tafel* when actually **eaten in combination**. In other words, if you would eat a separate spoonful of peanut butter, it does not have the status of *tafel*, and a new bracha would be required.
9. If you have some *tafel* left over after finishing the *ikar*, no bracha is made on the remaining *tafel*. For example, when making a bracha of Mezonos when eating Cheerios and Milk, no bracha is made on the remaining milk that is drunk after the Cheerios are finished.
10. If you are having a (non-bread) sandwich of two foods together, the rules are: If one food is an "enhancer" for the other, then it is *tafel*. If you are interested in each food separately, then two brachos are required. For example: if you're eating tuna on a rice cake. The proper bracha depends on how you view each of the foods:
 - If your primary intention is to eat a rice cake, and you are simply using the tuna as a "spread" to enhance its taste, then the bracha on the rice cake covers the tuna.

- If you really want the tuna and are simply using the rice cake as an enhancer (or as a way of "holding" the tuna), then the bracha on the tuna covers the rice cake.
 - If you look at both the rice cake and the tuna as fully significant, then two separate brachos are required.
11. **Mixed Together:** When separate foods requiring different brachot are mixed together in a way that the ingredients are combined into **one mass**, or when they are cut into small pieces and eaten together, even though you desire each of the ingredients and neither is there to merely enhance the other, nevertheless only **one bracha** is recited, since the mixture is defined as "**one food**."
 12. In this type of *ikar v'tafel*, the correct bracha is **usually determined by the majority ingredient**.
 13. For example: a broccoli quiche made of eggs and broccoli baked together. Since the egg-broccoli mixture is now one dish, only one bracha should be said. And the "majority rules": If the majority is broccoli, then the bracha is Ha'adama; if the majority ingredient is egg, the bracha is Shehakol.
 14. This rule applies even when the items are not cooked/baked together, but are merely mixed -- for example a fruit cocktail which contains small pieces of bananas, pineapples, pears and apples. Although each piece of fruit remains separate within the mixture, nevertheless only **one bracha** should be said, since they are eaten together. To determine which bracha to say on the fruit cocktail, you need to know whether the majority of ingredients are Ha'aitz (apples and pears) or Ha'adama (bananas and pineapple).
 15. For example: If the fruit cocktail has a majority of apples and pears, you say the bracha Ha'aitz. If after a few bites, you dig in for another spoonful and by chance you get **only** pieces of bananas and pineapple, you would not have to say a bracha Ha'adama.
 16. A mixture is only considered "one food" if the pieces are small enough to be eaten together in one spoonful (or fork-full). So if you are eating steak together with potatoes, although they are on the same plate and part of the same meal -- and even if they were cooked together -- each food requires its own bracha, since each is its own separate entity.
 17. If you are unable to determine which food is the majority, then you should:
 - Add more of one ingredient to make it the majority.
 - Alternatively, say brachos on other foods that require the same brachos, having in mind to cover the other foods.
 - If neither of these is feasible, then separate a piece of each food and say two separate brachot.
 18. When eating an *ikar v'tafel* combination, you should be careful that the **first bite** after the bracha includes some of the *ikar* food, and not the *tafel* alone.
 19. The first bite does **not** need to include some of the *tafel* food, as long as you are intending to eat the *tafel* food, too.
 20. If for some reason you eat only the *tafel* food first, then it cannot be regarded as "*tafel*," and you would need to say the bracha that is appropriate for that food.
 21. What is the brocha on chocolate-covered raisins? If you have a clear preference for either the chocolate or the raisins, then you would say that bracha. Unfortunately, it's often hard to decide which you really desire. And since neither the chocolate nor the raisins can be considered *tafel*, you should say two brachot -- Ha'aitz on the raisins and Shehakol on the chocolate. You should first say

Ha'aitz on a regular raisin, and then Shehakol on the chocolate. If this option does not exist, you should simply say Shehakol on the chocolate, followed by Ha'aitz on the raisin.]

Primary & Secondary Foods – Part 2 - Mezonos Foods:

1. **Rule #1: A mezonos food** (foods of the five grains wheat, barley, spelt, oats and rye – but not rice) **receives its own bracha even when it is the *tafel*.**
2. For example, soup nuts which are added to soup simply to enhance its taste should not require a bracha, since they are *tafel*. However, since the bracha on soup nuts is Mezonot, they do receive a bracha. You should first say Mezonot on the soup nuts, and then recite a separate bracha on the soup (which is the *ikar*).
3. If you add a lot of soup nuts, then the Mezonot becomes the *ikar* and no other bracha is said.
4. **Rule #2: When mixed with other ingredients and made into one food, a mezonot ingredient is always considered the *ikar*, even though it is not the majority.**
5. For example, a cake that contains flour, sugar, spices, eggs, yeast and water. In this case, all the ingredients are secondary (*tafel*) to the flour, and the bracha is therefore Mezonot, even if the flour is the minority ingredient.
6. Cheese cake, made mainly of cheese, with a relatively **thick crust** on the bottom, since the whole cake is **baked together**, is considered as one food. And although the crust is clearly not the majority, it does add flavor, and is considered the *ikar* -- even though you eat the cake primarily for its cheese component. So the bracha on cheese cake is Mezonot.
7. A cake topped with creme frosting, if the frosting is minimal, then it is *tafel* and a bracha is said only on the cake. However if the frosting is a thick layer, and you desire it for its own sake, then the frosting requires its own bracha of Shehakol. (If you are in doubt, you should say Shehakol on another shehakol-food, and have in mind to cover the frosting.)
8. Both of the above rules pertaining to mezonot foods are applicable only when the mezonot ingredient is adding either **flavor or sustenance**.
9. **Exception #1:** However, **When the mezonot ingredient is insignificant, the rules will change.**
10. **Example #1:** Flour is often added to meat balls in order **to give them a thicker texture**. If this is the **only reason** that the flour is being added (not for taste or sustenance), then it does not become *ikar* and the bracha on the meatballs is Shehakol. The same is true of gefilte fish.
11. **Example #2:** If cheese cake was baked with a **thin crust** whose sole purpose is to **hold the cake together**, then its bracha would not be Mezonot, but rather Shehakol.
12. **Example #3:** Licorice candy is made primarily of flour, but **the purpose is only as a binding agent**. The flour is not being added for either taste or sustenance, and as such the bracha on licorice is Shehakol.
13. **Exception #2:** When the mezonos (or even bread) is being eaten for the **sole purpose** of accompanying the other food.
14. **Example #1:** You want to eat a very salty piece of fish. This fish is practically inedible by itself, because it is so salty. In order to make the fish palatable, you eat it with a piece of bread. Since you are not interested in eating the bread per se, and it is only being used to temper the salty taste of the fish, the fish is

considered the *ikar* and the bread is *tafel*. In this case, only Shehakol, the bracha on the fish, is recited.

15. **Example #2:** Someone drinks a shot of whiskey, and when reciting the blessing has the intention to afterwards eat a small piece of cake to soothe the burning sensation of the drink.
16. However, If you are **also** interested in eating the *tafel* (the bread or the cake), then they do require their own separate bracha. The status of *tafel* applies only in a case where the food is being eaten exclusively because of another food or drink.
17. Fried fish or chicken cutlets which are coated in breadcrumbs will depend on how significant the breadcrumbs are in terms of the whole food.
 - A thin coating of breadcrumbs is generally regarded as a spice, and does not add enough to be considered *ikar*. Therefore the bracha is Shehakol.
 - If, however, the coating is thick or adds significantly to the taste of the cutlets, then Mezonot is required on the breadcrumbs. [However, it is best to say Mezonot on the coating, and Shehakol on some other food, having the chicken in mind. If this is not possible, then you should separate a bit of chicken from the coating, and say two separate brachot.]



Cereals & their Brachos

Updated January 2017

Barbara's Bakery (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Cinnamon Tuffins	Pareve	Shehakel	Borai Nefashos
Honey Rice	Pareve	Mezonos	Borai Nefashos
Puffins (Original, Peanut Butter)	Pareve	Shehakel	Borai Nefashos
Shredded Spoonful	Pareve	Mezonos	Al Hamichya

Cascadian Farms (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Chocolate O's	Pareve	Mezonos	Al Hamichya
Mult Grain Squares	Pareve	Mezonos	Al Hamichya
Multi-Gran	Pareve	Shehakel	Borai Nefashos
Purely O's	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya

General Mills (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Basic 4	Dairy*	Mezonos	Al Hamichya
Cinnamon (Original, Apple Cinnamon, Chocolate, Frostad, Fruity, Honey Nut, Multigrain, Oat Cluster Crunch)	Pareve	Mezonos	Al Hamichya
Cheerios (Banana Nut, Cinnamon Buns, Protein Cinnamon Almond)	Pareve	Shehakel	Borai Nefashos
Cheerios + Ancient Grains	Dairy Equipment	Mezonos	Al Hamichya
Cheerios - Yogurt Burst	Dairy*	Mezonos	Al Hamichya
Cheer - Wheat	Pareve	Mezonos	Al Hamichya
Cheer - Chocolate, Rice	Pareve	Mezonos	Borai Nefashos
Cheer - Cinnamon	Dairy*	Mezonos	Borai Nefashos
Chex - Cinnamon, Honey Nut	Pareve	Shehakel	Borai Nefashos
Chocolate Toast Crunch	Pareve	Mezonos	Al Hamich
Cinnamon Toast Crunch, All	Dairy Equipment	Mezonos	Al Hamichya
Cocoa Puffs	Pareve	Shehakel	Borai Nefashos
Cookie Crisp	Pareve	Shehakel	Borai Nefashos
Don't the Explorer Cereal	Pareve	Shehakel	Borai Nefashos
Fiber One (Original)	Pareve	Mezonos	Al Hamichya
French Toast, Crunch	Pareve	Shehakel	Borai Nefashos
Golden Grahams	Dairy*	Mezonos	Al Hamichya
Honey Nut Clusters	Dairy Equip.	Mezonos	Al Hamichya
Kit (Original, Berry Rany, Honey)	Pareve	Shehakel	Borai Nefashos
Oatmeal Crisp, All	Dairy*	Mezonos	Al Hamichya
Raisin Nu Bran	Dairy*	Mezonos	Al Hamichya
Reese's Puffs	Pareve	Shehakel	Borai Nefashos
Total (All)	Dairy*	Mezonos	Al Hamichya
Trix	Pareve	Shehakel	Borai Nefashos
Wheaties	Dairy*	Mezonos	Al Hamichya

Kashi (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos
7 Whole Grain Flakes	Pareve	Al Hamichya	Al Hamichya
7 Whole Grain Nuggets	Pareve	Mezonos	Al Hamichya
Autumn Wheat	Pareve	Mezonos	Al Hamichya
Go Lean (Original)	Pareve	Hoadama	Borai Nefashos
Go Lean Crisp	Pareve	Mezonos	Al Hamichya
Go Lean Crunch	Pareve	Mezonos	Al Hamichya
Good Friends	Pareve	Hoadama	Borai Nefashos
Heart to Heart (All)	Pareve	Mezonos	Al Hamichya
Breakaway Fields	Pareve	Mezonos	Al Hamichya

Kellogg's (when bearing K)

Cereal Name	Status	Brocha	Brocha Achrena
All Bran - Bran Beds	Dairy Equipment	Shehakel	Borai Nefashos
All Bran - Original	Pareve	Shehakel	Borai Nefashos
All Bran Complete Oat Bran Flakes	Pareve	Mezonos	Al Hamichya
All Bran Complete Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya
Apple Jacks	Pareve	Mezonos	Al Hamichya
Cinnamon Crunchy Cinnamon Cereal	Dairy Equipment	Mezonos	Al Hamichya
Cocoa Krispies	Pareve	Mezonos	Borai Nefashos
Com Flakes	Pareve	Hoadama	Borai Nefashos
Corn Pops (U.S.)	Pareve	Hoadama	Borai Nefashos
Crackin' Oat Bran	Dairy*	Mezonos	Al Hamichya
Crispix - All	Pareve	Mezonos AND Hoadama**	Borai Nefashos
Crunchy Nut - Golden Honey Nut Flakes	Pareve	Hoadama	Borai Nefashos
Crunchy Nut - Roasted Nut & Honey O's	Pareve	Shehakel	Borai Nefashos
Frost Loops	Pareve	Mezonos	Al Hamichya
Frosted Flakes	Pareve	Hoadama	Borai Nefashos
Fruit Harvest - Strawberry, Blueberry	Pareve	Mezonos	Al Hamichya
Honey Smacks	Pareve	Mezonos or Hoadama**	Borai Nefashos

Kellogg's (when bearing K)

Cereal Name	Status	Brocha	Brocha Achrena
Lowfat Granola with Raisins	Dairy*	Mezonos or Hoadama**	Borai Nefashos
Lowfat Granola without Raisins	Pareve	Mezonos	Al Hamichya
Muesli	Pareve	Mezonos	Al Hamichya
Product 19	Pareve	Mezonos	Al Hamichya
Raisin Bran (Regular, Crunch)	Pareve	Mezonos	Al Hamichya
Rice Krispies	Pareve	Mezonos	Borai Nefashos
Smart Start	Pareve	Mezonos	Al Hamichya
Special K (Original)	Dairy*	Mezonos	Borai Nefashos
Special K (Chocolatey Delight, Fruit & Yogurt)	Dairy*	Mezonos	Al Hamichya
Special K (Cinnamon Pecan, Multigrain, Oats & Honey)	Pareve	Mezonos	Al Hamichya

Kemach

(when bearing the Symbol of Rabbi N.N. Horowitz and DK)

Cereal Name	Status	Brocha	Brocha Achrena
Bran Flakes	Pareve	Mezonos	Al Hamichya
Bunch -O- Kunch	Pareve	Shehakel	Borai Nefashos
Cocoa Munchies	Pareve	Shehakel	Borai Nefashos
Corn Flakes	Pareve	Shehakel	Borai Nefashos
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Fruit Whiles	Pareve	Mezonos	Al Hamichya
Honey Frosted Crunch	Pareve	Mezonos	Al Hamichya
Honey Nut Toasted Oats	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Sugar Frosted Flakes	Pareve	Shehakel	Borai Nefashos
Oguz Puffed Wheat	Pareve	Mezonos or Hoadama	Borai Nefashos
Toasted Oats	Pareve	Mezonos	Al Hamichya
Whole Wheat Flakes	Pareve	Mezonos	Al Hamichya

Malt-O-Meal (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Apple Zings	Pareve	Mezonos	Al Hamichya
Blueberry Muffin Toppings	Dairy*	Mezonos	Al Hamichya
Colossal Crunch	Pareve	Shehakel	Borai Nefashos
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Dyn-Rites (Cocoa, Fruity)	Pareve	Mezonos	Borai Nefashos
Honey Nut Scooters	Pareve	Mezonos	Al Hamichya
Nash Bran	Pareve	Mezonos	Al Hamichya
Toasty O's (All)	Pareve	Mezonos	Al Hamichya
Trotle Fruities	Pareve	Mezonos	Al Hamichya

Post (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Alpha Bits	Pareve	Mezonos	Al Hamichya
Banana Nut Crunch	Dairy*	Mezonos	Al Hamichya
Bran Flakes	Pareve	Mezonos	Al Hamichya
Cocoa Pebbles	Pareve	Mezonos	Borai Nefashos
Fruity Pebbles	Pareve	Mezonos	Borai Nefashos
Golden Crisp	Pareve	Mezonos or Hoadama**	Borai Nefashos
Great Grains (Cranberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans)	Dairy*	Mezonos	Al Hamichya
Grape Nuts	Pareve	Mezonos	Al Hamichya
Honey Bunches of Oats (Honey Roasted, Raisin Medley, With Almonds, With Peaches, With Strawberries, With Vanilla Zucchini, With Cinnamon Bunches, With Pecan Bunches)	Dairy*	Mezonos	Al Hamichya
Honeycomb	Pareve	Shehakel	Borai Nefashos
Honeycomb-Cocoa-Graham	Pareve	Shehakel	Borai Nefashos
Maple Pecan Crunch	Dairy*	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Shredded Wheat Honey Nut, Original, Original Spoon Size, Wheat 'N Bran	Pareve	Mezonos	Al Hamichya
Waffle Crisp	Pareve	Mezonos	Al Hamichya

Quaker (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Cap 'N Crunch	Dairy Equipment	Shehakel	Borai Nefashos
Cap 'N Crunch Crunch Berries	Dairy*	Shehakel	Borai Nefashos
Cap 'N Crunch - Peanut Butter	Dairy*	Shehakel	Borai Nefashos
Crisp Rice	Pareve	Mezonos	Borai Nefashos
Crunchy Corn Bran	Dairy Equipment	Shehakel	Borai Nefashos
Life (Original)	Pareve	Mezonos	Al Hamichya
Oatmeal Squares	Dairy Equipment	Mezonos	Al Hamichya
Puffed Rice	Pareve	Mezonos	Borai Nefashos