

Guide to Understanding Halal Foods



Introduction to Halal Foods

As the world's most culturally diverse city, Toronto is enriched by people from many countries, backgrounds and traditions. This guide provides information about foods acceptable to the Muslim community.

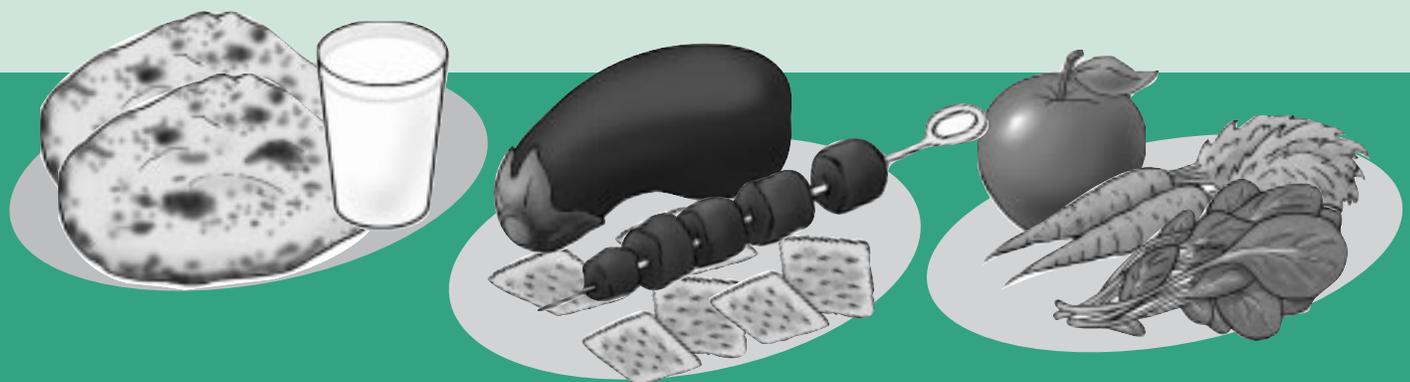
Muslims around the world practice the religion of Islam. The practice of Islam includes observing dietary laws which come from Islamic teachings. Islamic dietary laws define foods that are Halal, meaning lawful or permitted. Muslims avoid food and beverages that are Haram, meaning not permitted.

Increased awareness of culturally acceptable foods improves our ability to meet the needs of a diverse society. It is important to take into consideration each individual's perspective on his/her cultural and religious practice.

The information provided in this guide will assist you when planning and serving meals, snacks or refreshments for the Muslim community.

Tips for Planning Meals/Snacks/Refreshments

1. Food traditions and dietary habits are affected by religion and culture. Ask the participants or group leader if anyone has special dietary needs.
2. Display the Halal certification symbol, food ingredient label or Halal store cash receipt.
3. Provide a vegetarian entrée using legumes as an alternative to meat dishes.
4. Read food labels carefully and regularly when purchasing food, as ingredients can change without notice.



Halal Foods (Permitted Foods)	Haram Foods (Not Permitted)
Grain Products	
<ul style="list-style-type: none"> ✓ Rice ✓ Pasta ✓ Any grain product, such as bread, breakfast cereal or baked goods prepared without Haram ingredients 	<ul style="list-style-type: none"> ✗ Any grain products prepared with Haram ingredients such as alcohol, animal shortening, lard or pure and artificial vanilla extract (see page 4)
Vegetables and Fruit	
<ul style="list-style-type: none"> ✓ All vegetables and fruit: raw, dried, frozen or canned. ✓ All vegetables and fruit cooked or served with water, butter, or vegetable oils ✓ All juices 	<ul style="list-style-type: none"> ✗ Any vegetables and fruit prepared with alcohol, animal shortening, bacon, gelatin, lard or some margarines which contain monoglycerides or diglycerides from an animal source
Milk and Milk Products	
<ul style="list-style-type: none"> ✓ Milk ✓ Yogourt, cheese and ice cream made with bacterial culture or microbial enzymes, e.g. microbial rennet 	<ul style="list-style-type: none"> ✗ Cheese, yogourt, ice cream, frozen tofu desserts made with animal rennet, gelatin, lipase, pepsin, pure or artificial vanilla extract or whey
Meat and Alternatives	
<ul style="list-style-type: none"> ✓ Meat and poultry slaughtered according to Islamic dietary law (Zabihah) ✓ Seafood ✓ Nuts, seeds ✓ Tofu ✓ Dried beans, peas and lentils 	<ul style="list-style-type: none"> ✗ Pork and pork products, e.g. bacon, deli meats, ham and sausage ✗ Meat and poultry not slaughtered according to Islamic dietary law ✗ Canned beans, peas and lentils containing pork ✗ Any meat and meat alternative dish prepared with alcohol, pork products or animal shortening
Other	
<ul style="list-style-type: none"> ✓ Beverages: carbonated drinks, fruit juice, punch, cocktails, tea and coffee ✓ Fats and oils: butter, margarine, mayonnaise, vegetable oils and some salad dressings ✓ Miscellaneous: chutneys, coconut milk, jam, pickles, spices ✓ Desserts made with agar and/or carrageenan base only ✓ Sweeteners: honey, sugar, syrup, chocolate liquor (roasted ground cocoa bean syrup) 	<ul style="list-style-type: none"> ✗ Beverages: beer, wine, alcohol, liqueur ✗ Fats and oils: animal shortening, lard ✗ Miscellaneous: chocolates/candies made with alcohol or pure or artificial vanilla extract ✗ Desserts made with gelatin ✗ Sweeteners: chocolate liqueur (made from alcohol)
Combination Food	
<ul style="list-style-type: none"> ✓ Main dish entrées: any Zabihah meat or alternative dish, pizza, pasta or rice prepared without Haram foods and ingredients ✓ Soups/sauces: any made without Haram foods and ingredients ✓ Desserts and sweets: any made without alcohol, or without pure or artificial vanilla extract or any other Haram ingredient 	<ul style="list-style-type: none"> ✗ Main dish entrées: any combination foods prepared with Haram foods and ingredients ✗ Soups/sauces: any prepared with Haram foods and ingredients ✗ Desserts and sweets: any prepared with alcohol, pure or artificial vanilla extract or any other Haram ingredient

Guidelines for Serving Halal Foods

Halal Certified Food

Many foods are clearly Halal or clearly Haram. However, certain foods are difficult to classify because of the ingredients they contain. Check for Halal certification or read food labels. Check carefully each time you buy food products, as manufacturers may change ingredients without notice.

For meat and poultry to be Halal, it must be slaughtered according to Islamic dietary laws (Zabihah). Serving appropriate vegetarian or plant-based foods is encouraged. For more information and food choices, please see the Halal Foods (Permitted Foods) listed on page 2. Most foods are considered Halal except the following:

Haram Foods (Not Permitted)

- Pork and its by-products e.g. gelatin, lipase, pepsin
- Meat from animals not slaughtered according to the Islamic dietary law
- Alcohol and foods prepared with alcohol e.g. candies and cakes that include alcohol such as rum cake
- Foods made with pure or artificial vanilla extract (vanilla is prepared with alcohol)
- Foods containing blood and blood by-products e.g. blood pudding
- Foods made with any of the following: whey prepared with non-microbial enzyme, rennet, animal shortening, monoglycerides and diglycerides from an animal source, sodium stearoyl-lactylate, L-cysteine.

Halal Web Site Information

To investigate further specific foods or ingredients, call the manufacturer of the product or refer to these Web sites:*

- www.eat-halal.com
- www.isnacanada.com.
- www.ifanca.org
- www.emro.who.int/publications/index.htm

*These Web sites contain third-party information provided through links to other Internet sites. Toronto Public Health is not responsible for the content of these sites and does not necessarily endorse the information presented there.



Ingredients to Avoid

No chart can list every possible food which may contain Haram ingredients.
Please check labels carefully and regularly.

Ingredients to Avoid	Sources	May be Found in:
Alcohol	Wine, beer or spirits	Alcoholic drinks, desserts, confections, packaged foods, combination foods
Animal Shortening	Pork, non-Zabihah ¹ beef	Combination foods, baked products, desserts
Broth	Pork, non-Zabihah beef and chicken	Soups, sauces, other combination foods
Gelatin	Pork, non-Zabihah beef	Some desserts, candy, baked goods, ice cream, molded puddings, yogourt
Ham, bacon	Pork	Canned beans, deli meats, frozen dinners, processed foods, soups, Caesar salad, salad dressings
Lard	Pork	Bread, crackers, pies, baked products
L-cysteine	Pork, non-Zabihah beef	Dough, flour
Lipase	Pork	Cheese, processed cheese, products containing cheese or yogourt
Mono and diglycerides	Pork, non-Zabihah beef	Bread, baked products, processed foods, animal shortening and some margarines ²
Pepsin	Pork	Cheese, yogourt
Rennet	Pork, non-Zabihah beef	Cheese, yogourt
Sodium stearoyl-lactylate	Pork, non-Zabihah beef	Bread
Vanilla extract ³	Pure or artificial vanilla extract	Baked products, confections, desserts, candies
Whey ⁴	Milk	Cheese, crackers, combination foods

- Zabihah** means slaughtered according to Islamic dietary laws.
- Some margarines** may contain monoglycerides and diglycerides from animal sources.
- Vanilla** in powdered form can be used.
- Whey** is Haram if prepared with non-microbial enzyme.

Guide to Understanding Halal Foods is produced by Toronto Public Health.

2004

For more information, call 416-338-7600 or visit www.toronto.ca/health.

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