

GUIDE TO UNDERSTANDING HALAL FOODS



INTRODUCTION TO HALAL FOODS



Canada, known for its vast cultural diversity, is enriched by individuals from diverse nations, backgrounds, and heritages. This guide offers details on foods that align with the dietary preferences of the Muslim community.

Muslims globally adhere to the religion of Islam, which encompasses various practices, including dietary laws derived from Islamic teachings. These laws delineate foods as either Halal, signifying lawful or permissible, or Haram, denoting prohibited or unlawful items. Muslims avoid food and beverages that are Haram, meaning not permitted.

Enhanced awareness regarding culturally appropriate foods improves our capacity to cater to the requirements of a diverse society. It's crucial to consider everyone's viewpoint regarding their cultural and religious practices.

The information presented in this guide will assist you in planning and offering meals, snacks, or refreshments suitable for the Muslim community.

Religious beliefs and cultural backgrounds influence food traditions and dietary practices. Inquire with the participants or group leader if anyone has specific dietary requirements.

Show the Halal certification symbol, food ingredient label, or Halal store receipt as verification.



Offer a vegetarian main course featuring legumes as a substitute for meat-based dishes.

Exercise diligence in reading and checking food labels consistently when buying food items, as ingredients may alter unexpectedly.

TIPS FOR PLANNING MEALS



HALAL FOODS (PERMITTED FOODS) VS. HARAM FOOD (NOT PERMITTED)

GRAIN PRODUCTS



Rice, pasta and any grain product, such as bread, breakfast cereal or baked goods prepared without Haram ingredients.



Any grain products prepared with Haram ingredients such as alcohol, animal shortening, lard or pure and artificial vanilla extract.

FRUITS & VEGETABLES



All vegetables and fruit: raw, dried, frozen, or canned. All vegetables and fruit cooked or served with water, butter, or vegetable oils and all juices.



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



Milk, yogurt, cheese and ice cream made with bacterial culture or microbial enzymes, e.g. microbial rennet.



Cheese, yogurt, ice cream, frozen tofu desserts made with animal rennet, gelatin, lipase, pepsin, pure or artificial vanilla extract or whey.

MEAT AND ALTERNATIVES



Meat and poultry slaughtered according to Islamic dietary law (Zabihah), seafood, eggs, nuts, seeds, peanut butter, tofu, Halal deli meats, dried beans, peas and lentils.



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.

COMBINATION FOOD



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.



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.

OTHER



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).



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)

GUIDELINES FOR SERVING HALAL FOODS



HALAL CERTIFIED FOOD

Numerous foods are easily identified as either Halal or Haram. However, certain foods pose challenges in classification due to their ingredients.

Check for Halal certification or read food labels. Ensure to check diligently each time you purchase food items, as manufacturers might modify ingredients without prior notice.

Meat and poultry must adhere to Islamic dietary laws (Zabihah) to be considered Halal. Offering suitable vegetarian or plant-based options is highly recommended.

The majority of foods are considered Halal except for 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 stearoyllactylate, L-cysteine.

ADDITIONAL RESOURCES

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

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	Alcohol	Alcoholic drinks, desserts, confections, packaged foods, combination foods
Animal Shortening	Pork, non-Zabihah* 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, yogurt
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 yogurt
Mono and diglycerides	Pork, non-Zabihah beef	Bread, baked products, processed foods, animal shortening and some margarines **
Pepsin	Pork	Cheese, yogurt
Rennet	Pork, non-Zabihah beef	Cheese, yogurt
Sodium stearoyl-lactylate	Pork, non-Zabihah beef	Bread
Vanilla extract ***	Pure or artificial vanilla extract	Baked products, confections, desserts, candies
Whey ****	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.