

A Guide to Halal

Food Selection

By HALAL FOUNDATION

(Islamic Food and Nutrition Council of America. P.O. Box 425, Bedford Park, IL 60499)

Instructions

For a product to be Halal(lawful) for Muslim consumption all its ingredients should be Halal. Follow the following list:

1. Read the ingredients on label carefully. Ingredients are listed according to the amounts present. The first ingredient listed is present in the largest amount.
2. Identify the Halal/Haram/Mushbooh status of each ingredient using this guide.
3. Search the ingredient name in the list and its status will be next to it.
4. If all ingredients of a product are Halal, the product is fit for Muslim consumption.
5. If any of the ingredient is Haram, the product should not be consumed.
6. If any ingredient falls under Mushbooh category avoid this product, as the Prophet has advised us to avoid doubtful matters. This ingredient could come from a Haram source. To find out the status of this ingredient you should write or call the manufacturer of the product

Glossary:

Halal: Halal is a Quranic term which means allowed or lawful. Halal foods and drinks are permitted for consumption by Allah-the Supreme Law Giver. Eating Halal is obligatory on every Muslim.

Haram: Haram is a Quranic term which means prohibited or unlawful. Haram foods and drinks are absolutely prohibited by Allah. Eating Haram is forbidden for every Muslim.

Mushbooh: Mushbooh is an Arabic term which means suspected. If one does not know the Halal or Harm status of a particular food or drink, such a food or drink is doubtful. A practicing Muslims prevents himself from consuming doubtful things.

<u>Ingredient</u>	<u>Status</u>
Acetic Acid	Halal
Alcohol	Haram

Ammonium Sulfate	Halal
Ammonium Chloride	Halal
Animal Fat	Haram
Animal Shortening	Haram
Ascorbic Acid	Halal
Aspartame	Halal
Bacon (Pork)	Haram
Benzoate/Benzoic Acid	Halal
BHA	Halal
BHT	Halal
Calcium Carbonate	Halal
Calcium Sulfate	Halal
Carrageenan	Halal
Cholesterol	Mushbooh
Citric Acid	Halal
Cocoa Butter	Halal
Collagen (Pork)	Haram
Corn Meal / Corn Starch	Halal
Corn Syrup	Halal
Dextrin / Dextrose	Halal
Dicalcium Phosphate	Halal
Diglyceride	Mushbooh
Diglyceride (plant)	Halal
EDTA	Halal
Enzyme	Mushbooh
Ergocalciferol	Halal
Ergosterol	Halal
Ethoxylated Mono-/Di Glyceride	Mushbooh
Fatty Acid	Mushbooh
Ferrous Sulfate	Halal
Fructose	Halal
Fungal Protease Enzyme	Halal
Gelatin / Kosher Gelatin	Haram
Glucose	Halal

Glyceride	Mushbooh
Glycerol / Glycerin	Mushbooh
Glycerol Stearate	Mushbooh
Glycogen	Mushbooh
Gum Acacia	Halal
Hormones	Mushbooh
Hydrogenated Oil	Halal
Hydrolyzed Animal Protein	Mushbooh
Hydrolyzed Vegetable Protein	Halal
Lard	Haram
Leavenings	Halal
Lecithin (commercial)	Halal
Malt	Halal
Malto Dextrin	Halal
Molases	Halal
Monocalcium Phosphate	Halal
Mono Saccharides	Halal
Monoglycerides	Mushbooh
MSG (Monosodium Glutamate)	Halal
Nitrates / Nitrites	Halal
Nonfat Dry Milk	Halal
Oxalic Acid	Halal
PABA	Halal
Vegetable Oil	Halal
Partially Hydrogenated Vegetable Oil	Halal
Pectic Materials	Halal
Pectin	Halal
Pepsin	Mushbooh
Phospholipid	Mushbooh
Phosphoric Acid	Halal
Pork	Haram
Potassium Benzoate	Halal
Potassium Bromate	Halal
Potassium Citrate	Halal

Propionate	Halal
Propionic Acid	Halal
Renin / Rennet	Mushbooh
Saccharine	Halal
Salt	Halal
Shortening	Mushbooh
Soy Protein	Halal
Soybean Oil	Halal
Sucrose	Halal
Tapioca	Halal
Tricalcium Phosphate	Halal
Vinegar	Halal
Whey	Mushbooh
Yeast	Halal