

SHOPPER'S GUIDE

With the compliments of
**THE ISLAMIC FOOD AND
NUTRITION COUNCIL OF
AMERICA**



HARAM / AVOID

Animal Shortening	Ethyl alcohol
Bacon	Beer
Bacon bits	Gin
Gelatin	Malt liquor
Ham	Rum
Hydrolyzed animal protein	Scotch
Hydrolyzed porcine collagen	Vodka
Lard	Whiskey
Pork	Wine
Shortening	Wine coolers

INVESTIGATE FURTHER

Some Questionable Ingredients

Artificial & natural colorings
Artificial & natural flavorings
Calcium stearoyl lactylate
Enzymes
Fatty acids
Glycerin
Glycerol stearate
Gum base
Hydrolyzed bovine collagen
Lactylated fatty acid esters
Magnesium stearate
Mono & Di-glycerides
Phospholipids
Polysorbates
Potassium stearate
Propylene glycol monostearate
Sodium lauryl sulfate
Sodium stearate
Sorbitan monostearate
Stearic acid
Stearoyl lactylate
Tallow
Whey

INVESTIGATE FURTHER

Some Questionable Ingredients

E-304	E-445	E-479
E-322	E-470a, b	E-481
E-422	E-471	E-482
E-431	E-472a, b, c,	E-483
E-432	d, e, f	E-491
E-433	E-473	E-492
E-434	E-474	E-493
E-435	E-475	E-494
E-436	E-476	E-495
E-442	E-477	E-570

This guide is intended to help Halal consumers select acceptable food products in the supermarket. Products contain many ingredients in varying quantities, including trace amounts of haram or questionable ingredients. This list includes some of the more common ingredients that must be avoided or investigated before consuming them. **It is not a comprehensive list.** In the listing, we have specified ingredients as:

HARAM / AVOID: These are unquestionably haram and are found in large percentages within a product. Examples are lard, which is 100% pork fat, or gin, which is hard liquor (alcoholic beverage). Muslims should not even buy these products.

INVESTIGATE FURTHER: These are used in small quantities and can contain components that mainly come from haram animals, alcohol, or Halal animals slaughtered by non-Muslims. Examples are whey, a dairy product, which is the liquid left after making cheese. The cheese may be made with enzymes from pork, calf, goat or microorganisms.

Muslims are required to eat pure (Halal) foods. With the complexity of food manufacturing it is difficult for the Muslim consumer to determine the appropriateness of many food products. We hope this guide will serve as a handy and easy way of verifying the acceptability of food products. For more information, please visit our Web site at www.IFANCA.org, call us at (773) 283-3708 or contact the manufacturer of the food product to find the source of the ingredient. Of course, there is no substitute for authentic, certified Halal products.

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Concerns About Eating Out

1. Source of meat and poultry.
2. Use of haram/questionable ingredients.
3. Use of common grills/ovens for pork and other products.
4. Use and presence of alcohol within the establishment.
5. Contamination by servers/cooks touching haram and Halal foods.

Other info

Eggs/pancakes cooked on same grill as bacon.

Beef/fish grilled on same grill as pork.

Soup containing meat or meat broth.

Steaks wrapped with bacon.

Always ask for Halal certified products.