Understanding HALAL Foods



Toronto is a diverse city with people from many cultures, practicing various religions. Muslims practice the religion of Islam, which has dietary laws. Islam defines foods and beverages as halal (permitted) or haram (not permitted). The information in this guide will help you choose Halal foods.

Food is halal as long as it doesn't come into contact with or include any haram ingredients.

All meat must be zabihah. Zabihah is a process of slaughtering animals according to Islamic dietary laws.



How do you know if a food is halal?



Plant-based foods are generally halal.

All food that claims to be halal must

include the name of the certifying organization on the package, not just a halal symbol.



If you are unsure, contact the company which makes the food product about the source of any ingredients. You may also contact a halal certifying organization.

Haram Foods (not permitted by Islam) **Haram Foods Examples of haram** Examples of foods that may have foods/ingredients (not permitted) haram ingredients Pork and any pork Pork, ham, bacon Canned beans, deli meats, frozen dinners, processed foods, soups, Caesar salad, salad food products dressings Bread, crackers, pies, baked products Lard Pepsin Cheese, vogurt Non-zabihah meat Meat that is not certified as Prepared dishes containing meat halal Other foods/ Tallow, broth, rennet Savoury dishes, baked products, soups, ingredients from pork sauces, cheese or non-zabihah meat Gelatin (except for gelatin Desserts, candy, marshmallows, baked from fish) products, ice cream, pudding, yogurt Alcohol (ethanol) All alcoholic beverages, e.g. Desserts, some packaged foods and foods containing wine, beer, spirits

These ingredients may also be haram:

- Artificial/natural flavours from alcohol/animal sources
- L-cysteine from human hair
- Lipase, mono and diglycerides, and sodium stearoyl-lactylate from an animal source

Pure or artificial vanilla extract

(except for powdered vanilla)

• Whey if it's made using rennet

Read the ingredient list

All packaged foods have an ingredient list. It is important to check the ingredient list for ingredients that may be haram. If any of the ingredients come from alcohol or a non-zabihah animal, the product is haram. If the source of any ingredients cannot be confirmed, the food may not be halal.

Ingredients: Skim milk, Cream, Skim milk powder, Bacterial culture. Ingrédients: Lait écrémé, Crème, Poudre de lait écrémé, Culture bactérienne.

For more information:

<u>Canada Gazette.</u> Regulations amending the food and drug regulations (Halal food)

Eat Halal

alcohol

HMA Canada

<u>Islamic Food and Nutrition Council of Canada</u> <u>Government of Canada. Method of production</u> <u>claims on food labels.</u>

Baked products, desserts, candy, yogurt

May 2023