

**A Guide To
“WHAT INGREDIENTS TO AVOID & HOW TO SELECT A HALAL FOOD PRODUCT”**

There are **three ways** of identifying Halal ingredients:

1. The word "Vegetable" is mentioned before or in parenthesis for fat based ingredients statement of a food product; for example vegetable Mono and Diglyceride.
2. If a Halal symbol such as "H" in triangle or kosher symbol such as U, UD, V, CRC, KMH, COR, K or KD appear on the package (without wine, alcohol, all types of gelatin, L-Cysteine from human hair), it means that the fat based ingredient is obtained from vegetable fat.
3. Inquiry with the food manufacturer is another way of identifying them. The purpose is to verify that the ingredients are Halal or kosher certified and also to inquire about any haram processing aid ingredients which are not mentioned in the ingredients list. Some times manufacturer uses Halal or kosher certified ingredients without finished product being Halal or kosher certified, breads and buns are the best example. Some manufacturer have Halal or kosher certified products but prefer not to have Halal or kosher symbol on their products.

FRUIT JUICE

May contain beta carotene or gelatin used during processing.

HALAL

Presence of K or U symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

COOKIES, CRACKERS, BISCUITS, AND BREADS

May contain Lard, Whey, Mono & Diglyceride, enzyme modified milk products, caseinates.

HALAL

Presence of K or U symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

PEANUT BUTTER

May contain Mono & Diglyceride.

HALAL

Presence of K or U symbols. Absence of Mono & Diglycerides. Or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

NON DAIRY CREAMER / DRIED MILK PRODUCT

May contain Vitamins from Pork source. Milk solid from Whey Caseinate and Lactose with use of Pork rennet

HALAL

Presence of K or U symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

CEREAL

May contain Vitamins, Glycerin, Gelatin, and Marshmallows from Pork source.

HALAL

Presence of K or U symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

CANDIES, GUMS, & CHOCOLATE BARS.

May contain Mono & Diglycerides, Gelatin, Whey, Lactose, Gum base, Gum softener, and Stearate from Pork source.

HALAL

Gum: Absence of these ingredients or inquiry with the manufacturers.

Candies & Chocolate bars: Presence of K or U symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

BAKERY PRODUCTS

May contain Lard, Emulsifiers like mono & diglycerides, Polysorbate 60/80, dough conditioner like stearoyl 2-lactylate, Whey, Geletin, Case, Sorbatin, Monostearate, Rum flavor from Pork source.

HALAL

Presence of U or D or KD symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

ICE CREAM

May contain Lard, Emulsifiers like mono & diglycerides, Polysorbate, Stearate, Whey, Geletin, Sorbatin, Rum flavor and liquor from Pork source.

HALAL

Presence of U or D or K symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

SNACKS

POPATO CHIPS, SAUCES, MAYONNAISE, SALAD DRESSING, CAKE MIX, SEASONING, BREAD CRUMBS AMD COATING.

May contain Mono and Diglyceride, Polysorbate 60/80 ,Whey, Stearate, Lard, Propylglycol and cheese in snacks from Pork source.

HALAL

Presence of K or U symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

MACARONI & CHEESE / SIDE DINNERS

May contain Whey, Caseinate, Lactose, cheese, milk, or other Dairy products through Pork Rennet.

HALAL

Presence of UD or KD symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

DAIRY PRODUCTS

MARGARINE, CHEESE, YOGURT, SOUR CREAM, COTTAGE CHEESE, PUDDINGS

May contain Emulsifiers like mono & diglycerides, Polysorbate 60/80, Gelatin, Caseinate, Milk solids, lactose, Beta carotene, Rennet from Pork source.

HALAL

Presence of U or UD or KD symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

FISH PRODUCTS

May contain Mono & diglycerides, Whey, lactose, Rennet from Pork source.

HALAL

Presence of KD symbols. Absence of these ingredients or inquiry with the manufacturers.

NON-HALAL

Absence of these symbols.

[For more information Please Click Here](#)