

HALAL FOOD & CERTIFICATION

HALAL FOOD

Food and drink have direct effects on our physical and spiritual state. Islam has prohibited certain types of food and drink. The prohibition of these things is due to their impurity and harmfulness.

Halal, Haram and Mushbooh:

- 1- **Halal:** Halal is an Arabic word/Islamic term which means “permissible” or “lawful.”
- 2- **Haram:** The opposite of Halal is “Haram” which means “unlawful” or “prohibited.
- 3- **Mushbooh / Doubtful** (Source unknown) - These are food and ingredients which are likely made from non-Halal sources unless one is sure about the origin.

It is an obligation upon Muslims to eat only Halal food. They must avoid Haram and Mushbooh food and drinks.

Dietary Regulations in Islam:

The dietary regulations in Islam can be summarised as follows:

1. All things that Allah has created for humankind are permissible except what He has prohibited by an authentic and explicit text of the Qur'an and *Hadith* (saying of the Prophet Muhammad, peace be upon him.) Accordingly, the sphere of prohibited things is very limited in Islam.
2. Basically, four types of food have been deemed *Haram* "unlawful" for Muslims in the Qur'an. These are:
 - i) The flesh of a dead animal (carrion).
 - ii) Blood.
 - iii) Pig meat.
 - iv) Meat from any animal on which the name of someone other than Allah was invoked when it was slaughtered.
3. Intoxicants of any kind (alcohol, drugs etc.) are prohibited for Muslims to consume, even in small quantities. Alcohol should not form part of the ingredients of any food prepared for Muslims.
4. By implication, any product derived from the above prohibited food and drinks or any food containing ingredients from them will also be unlawful (*Haram*.)
5. Animals permitted for human consumption under Islamic law include: cattle, sheep, goats, camels, deer, poultry etc. Carnivorous animals and birds of prey are not permitted. Animals permitted for human consumption must be slaughtered in a certain manner.
6. Fish and sea food are *Halal* for Muslims.

7. All vegetables are *Halal* and therefore, vegetarian food is acceptable to Muslims if it is free from alcohol and other *Haram* ingredients.

Rule of the Thumb:

In Islam, everything is permitted (*Halal*) to consume except “ABCD IS” which are prohibited (*Haram*). These are:

- A: Alcohol and drugs
- B: Blood (Flowing or congealed)
- C: Carnivorous animals and birds of prey
- D: Dead animals / birds (that died of itself or died before slaughter.)
- I: Immolated food (sacrificed in the name other than that of Allah.)
- S: Swine and its by-products.

Quick Guide:

Bacon	Beer
Pork	Gin
Gammon Steaks	Rum
Rashers	Scotch
Lard	Vodka
Animal Fat	Whiskey
Animal Shortening	Wine

Mashbooh / Doubtful (Source unknown)

Hydrolyzed Animal Proteins	Sausages
Shortening	Margarine
Fat	

Critical Materials:

Critical materials are food substances and ingredients that are likely to be *Haram* unless checked and proven otherwise. Critical materials include:

1- Meat:

Meat of *Halal* animals (permitted for Muslims to eat their meat) could become *Haram* if the animal is not slaughtered according to Islamic law.

2- Animal Derivatives:

Animal derivatives are *Halal* if they are derived from *Halal* animals slaughtered according to Islamic law, not derived from blood and not contaminated with *Haram* and impure materials. The following are examples of animal derivatives (that are critical):

1. Fat
2. Protein
3. Gelatine
4. Collagen
5. Fatty Acid and its derivatives (E430 - E436)
6. Salts or esters of fatty acid (E470-E495)
7. Glycerol/glycerin (422)
8. Amino acid (e.g. cysteine, phenylalanine, etc.)
9. Edible bone phosphate (E521)
10. Blood plasma
11. Globulin concentrate
12. Fibrinogen
13. Microbe growth media (example : blood agar)
14. Hormone (example : insulin)
15. Enzyme from pig/cow pancreas (amylase, lipase, pepsin, tripsin)
16. Taurine
17. Placenta
18. Milk products and their derivatives and their by products which are processed by enzyme (e.g. cheese, whey, lactose, caseine/caseinate)
19. Several vitamins (e.g. A, B6, D, E)
20. Activated Carbon

3- Vegetable Products:

Materials derived from vegetable are basically Halal but if processed with additives and/or processing aids that are non-Halal, they become non-Halal. Therefore it is necessary to know the production process, the additives and the processing aids used in the making of vegetable products.

Following are examples of vegetable materials that might have critical points:

1. Wheat flour could be enriched by vitamins, among them B1, B2 and pholate acid.
2. Oleoresin (Chili, spices, etc) may contain emulsifiers (e.g. polysorbate & glycerol monooleat that might be derived from animals.)
3. Soybean lecithin could be produced by using phospholipase in the production process to improve its function.
4. Hydrolyzed Vegetable Protein (HVP) could be produced by using enzyme in hydrolysis process.

4- By-products of alcoholic drink industry and their derivatives:

By products of alcoholic drink industry and their derivatives are Haram if they are only physically separated from the product but if they are chemically reacted to be a new

compound they become Halal. Example of by products of alcoholic drink industry and their derivatives are:

1. Cognac oil (by product of cognac/brandy distillation.)
2. Fusel oil (by product of distilled beverages and their derivatives, such as isoamyl alcohol, isobutyl alcohol and propyl alcohol, acetaldehyde, 2.3 butanadiol, acetone, diacetyl, etc.)
3. Brewer yeast (by-product of beer industry.)
4. Tartaric acid (by product of wine industry.)

5- Microbial Product:

Status of microbial product could be Haram if it belongs to the following categories:

1. Alcoholic drinks and their by products.
2. Microbial products grown on media containing Haram materials such as blood, peptone from Haram source or produced by using enzyme from Haram source.
3. Microbial products produced by using Haram additives or processing aids in their production such as antifoams derived from lard, glycerol or other similar substances.
4. Microbial recombinants genes derived from Haram materials. Examples areas follows :
 - i. a-amylase enzymes and protease resulting from *Saccharomyces cereviceae* recombinants with genes from animal tissues.
 - ii. Insulin hormones resulting from E-coli recombinants and genes from pig pancreas tissues.
 - iii. Human growth hormones resulting from E-coli recombinants.

6- Other Derivatives

The following are examples of questionable additives:

1. Aspartame (made of amino acid fenilalanin and aspartic acid)
2. Natural colourings.
3. Flavours.
4. Seasonings.
5. Vitamin coatings.
6. Emulsifiers and stabilizers.
7. Antifoams.