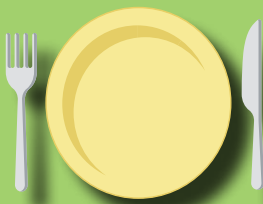


# Understanding HALAL Foods

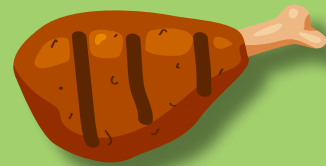


Toronto is a diverse city with people from many cultures, practicing various religions. Muslims practice the religion of Islam, which has dietary laws. Islam defines foods and beverages as halal (permitted) or haram (not permitted). The information in this guide will help you choose Halal foods.

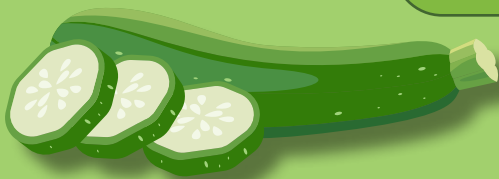
Food is halal as long as it doesn't come into contact with or include any haram ingredients.



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)

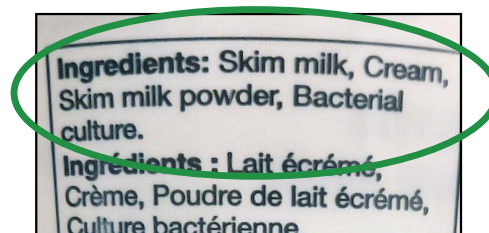
Haram Foods (not permitted)	Examples of haram foods/ingredients	Examples of foods that may have haram ingredients
Pork and any pork food products	Pork, ham, bacon  Lard Pepsin	Canned beans, deli meats, frozen dinners, processed foods, soups, Caesar salad, salad dressings  Bread, crackers, pies, baked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

## 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
- 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.



## For more information:

[Canada Gazette. Regulations amending the food and drug regulations \(Halal food\)](#)

[Eat Halal](#)

[HMA Canada](#)

[Islamic Food and Nutrition Council of Canada](#)

[Government of Canada. Method of production claims on food labels.](#)

May 2023