

Ingredient	Status
Antioxidant Stabilises fatty acids	Mushbooh
Alcohol	<b>Haram</b>
Animal Fat	<b>Haram</b>
Animal Shortening	<b>Haram</b>
Bacon (Pork)	<b>Haram</b>
Cholesterol	Mushbooh
Collagen (Pork)	<b>Haram</b>
Diglyceride	Mushbooh
Enzyme	Mushbooh
Ethoxylated Mono-/Di Glyceride	Mushbooh
Fatty Acid	Mushbooh
Gelatin/Kosher Gelatin	<b>Haram</b>
Glyceride	Mushbooh
Glycerol/Glycerin	Mushbooh
Glycerol Stearate	Mushbooh
Propylene glycol alginate Emulsifier	Mashbooh
Propylene glycol Emulsifier	Mashbooh
Glycogen	Mushbooh
Hormones	Mushbooh
Hydrolyzed Animal Protein	Mushbooh
Lard	<b>Haram</b>
Monoglycerides	Mushbooh
Pepsin	Mushbooh
Phospholipid	Mushbooh
Pork	<b>Haram</b>
Renin/Rennet	Mushbooh
Shortening	Mushbooh
Whey	Mushbooh
Vanillin Flavouring agent	Mushbooh
Vanilla Flavouring agent	Mushbooh
Sodium stearate Conditioning agent	Mushbooh
Sodium lauryl sulphate Whipping agent	Mushbooh
Code number of <b>Haram</b> food additives	
E120 Cochineal (Carmine of Cochineal Carminicigo, C.I.75490, derived from the insect.	
E160 Alfa-Carotene, Beta-Carotene, Gamma-Carotene.	
E441 Gelatine: derived from the bones/hides of cattle/pigs.	
E542 Edible Bone Phosphate: an extract from animal bones.	
E631 Inesine (Disodium Phospate, Sodium and Inosinate). The Disodium Salt of Inosinate Acid which can be prepared from insect or fish extract.	
E904 Shellac: a resin from the lac insect.	

**Halal:** Halal is a Qur'anic term which means allowed or lawful. Halal foods and drinks are permitted for consumption by Allah ﷻ, the Supreme Law Giver. Eating Halal is obligatory on every Muslim.

For a product to be Halal (lawful) for Muslim consumption all its ingredients should be **Halal** follow the list:

Acetic Acid	PABA
Ammonium Sulfate	Vegetable Oil
Ammonium Chloride	Partially Hydrogenated Vegetable Oil
Ascorbic Acid	Pectic Materials
Agar Gelling agent; retards sugar crystallisation	Propylene glycol Emulsifying agent; solvent
Aspartame	Pectin
Benzoate/Benzoic Acid	Phosphoric Acid
BHA	Potassium Benzoate
BHT	Potassium Bromate
Calcium Carbonate	Potassium Citrate
Calcium Sulfate	Propionate
Carrageenan	Propionic Acid
Citric Acid	Saccharine
Cocoa Butter	Salt
Corn Meal / Corn Starch	Soy Protein
Corn Syrup	Soybean Oil
Dextrin / Dextrose	Sucrose
Dicalcium Phosphate	Tapioca
Diglyceride (plant)	Tricalcium Phosphate
EDTA	Vinegar
Ergocalciferol	Yeast
Ergosterol	Oxalic Acid
Ferrous Sulfate	Monocalcium Phosphate
Fructose	Mono Saccharides
Fungal Protease Enzyme	MSG (Monosodium Glutamate)
Glucose	Nitrates / Nitrites
Gum Acacia	Malt
Hydrogenated Oil	Malto Dextrin
Hydrolyzed Vegetable Protein	Molases
Leavenings	Monocalcium Phosphate
Lecithin (commercial)	Zein Coating agent

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O Allah ﷻ! Guard our actions. O Allah ﷻ! Forgive us our sins against You and ease the hearts of those we have harmed so that they too will forgive us. "Aameen"



*and*



يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ

حَلَالًا طَيِّبًا

"O Mankind! Eat of what is lawful and clean on the earth" (Surah Baqarah: 168)



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﴿ إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَلَحْمَ  
الْخِنْزِيرِ وَمَا أُهْلَ بِهِ لِغَيْرِ اللَّهِ فَمَنْ اضْطُرَّ  
غَيْرَ بَاغٍ وَلَا عَادٍ فَلَا إِثْمَ عَلَيْهِ ط إِنَّ اللَّهَ  
غَفُورٌ رَّحِيمٌ ﴿١٤٣﴾ ﴾

"He has Haram (forbidden) you to eat dead meat, blood, the flesh of swine, and that on which any name other than Allah ﷻ has been invoked; but if someone is compelled by absolute necessity, intending neither to sin nor to transgress, he shall incur no sin. Surely Allah ﷻ is Oft-Forgiving Most Merciful." (Surah Baqarah: 173)

﴿ حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ  
الْخِنْزِيرِ وَمَا أُهْلَ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ  
وَالْمَوْقُوذَةُ وَالْمُتَرَدِّبَةُ وَالنَّطِيحَةُ وَمَا  
أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمْ فَمَنْ ذَبَحَ  
عَلَى النُّصَبِ وَأَنْ تَسْتَقْسِمُوا بِأَلَا زُ لَا مِ ط  
ذَلِكُمْ فَسُقُطٌ ﴾

"You are forbidden to eat the meat of any animal

that dies by itself (dead body), blood, the flesh of swine (pork) and that on which any name other than Allah ﷻ has been invoked; also that which is strangled to death, killed by a violent blow, killed by a headlong fall and of those beaten or gored to death; and that which has been partly eaten by a wild animal unless you are able to slaughter it before its death; also that which is sacrificed on altars or is divided by raffling of arrows. All these are sinful acts". (Surah Al-Ma'idah: 03)

Evil penetrates that flesh and blood which is nourished by Haram and as a result does not allow the consumer of such Haram to perform good and decent acts.

Rasulullah ﷺ has therefore mentioned that the body which has been nourished through Haram will not enter Jannah.

It is therefore imperative that one should always consume only that which is Halal.

These brief notes cannot cover all the aspects of Halal and Haram. Therefore when in doubt or unaware with regards to the status of any commodity, query from your local 'Ulamaa.

### Permissible and forbidden items of meat

- 1- It is not permissible to consume the flesh or milk of those animals and birds that hunt their prey.
- 2- To buy or eat meat or meat products sold by Non-Muslims is not permissible.
- 3- The flowing blood of animals is impure (najis) and the consumption of it is Haram (forbidden).

- 4- All animals which die of natural causes are Haram (forbidden).
- 5- All animals and poultry not slaughtered according to Islamic rites (Zabah) are Haram.
- 6- Haram also are animals slaughtered without Bismillah.
- 7- All types of fish are Halal (permissible). However a fish that dies naturally in water and floats on the surface of the water is not permissible.
- 8- The following animals and birds are Halal. Cows, all poultry, duck, turkey, pigeon and doves, Ostrich, goats, sheep, camel, deer, antelope, rabbit, buffalo, quails, partridge and sparrows.
- 9- Haram (forbidden) also are the following animals.
  - Pigs or hogs, hawks, owls, falcons, lizards, snakes, rats and rodents, monkeys and apes, dogs, cats, elephants, donkeys or mules, lions and tigers, jackals worms and insects.

**Haram:** Haram is a Qur'anic term which means prohibited or unlawful. Haram foods and drinks are absolutely prohibited by Allah ﷻ. Eating Haram is forbidden for every Muslim.

**Mushbooh:** Mushbooh is an Arabic term which means suspected. If one does not know the Halal or Harm status of a particular food or drink, such a food or drink is doubtful. A practicing Muslims prevents himself from consuming doubtful things.