



Dietary Laws



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- ▶ Define foods that are Halal – lawful and permitted
 - ▶ Muslims avoid food and beverages that are Haram – not permitted



Halal

Haram

Grain Products

Pasta
Rice
Any grain product, such as bread, cereal, baked goods prepared without Haram ingredients

Any grain products prepared with Haram ingredients such as alcohol, animal shortening, lard or pure and artificial vanilla extract

Vegetables & Fruit

All vegetables and fruit: raw, frozen, canned, cooked, served in water, butter or vegetable oils
All juices

Any vegetables and fruit prepared with alcohol, animal shortening, bacon, gelatin, lard, or some margarines which contain fats from animal sources



Halal

Haram

Milk Products

Milk
Yogurt, cheese and ice cream made with bacterial culture or microbial enzymes

Cheese, yogurt, ice cream, frozen tofu desserts made with animal rennet (enzyme inside of a mammals stomach – causes milk to separate into solid and liquids), gelatin (animal by-product), pure or artificial vanilla extract

Meat & Alternatives

Meat and poultry slaughtered according to Islamic dietary law
Seafood
Nuts, seeds
Tofu
Dried beans, peas, lentils
Eggs
Peanut butter
Halal deli meats

Pork and pork products (bacon, deli meats, ham and sausage)
Meat and poultry not slaughtered according to Islamic dietary law
Canned beans, peas, and lentils containing pork
Any meat dishes prepared with alcohol, pork products and animal fats



Halal

Haram

Other

Beverages: carbonated drinks, fruit juice, cocktails, tea and coffee

Fats and oils: butter, margarine, mayonnaise, vegetable oils and some salad dressing

Sweeteners: honey, sugar, syrup

Beverages: beer, wine, alcohol, liqueur

Fats and oils: animal fats, lard

Candies with alcohol, vanilla extract, or gelatin

Foods containing blood

