

Zabihah of the Ahlul-Kitaab is permissible and the latter says, 'Do not eat unless Allah's name has been taken', in the light of both these verses, it is understood that the Zabihah of the Ahlul-Kitaab is permissible only if the name of Allah is taken at the time of slaughtering.

The Ahlul-Kitaab used to take Allah's name when slaughtering an animal, therefore, their Zabihah was also Halal for Muslims. It is for this same reason that an animal slaughtered by the Mushrikeen (polytheists), etc. is not permissible. The Ahlul-kitaab of today are recognized by name, less faith. There is no guarantee that they take the name of Allah/God when slaughtering an animal. Furthermore, they cannot be anymore trusted in matters pertaining to Halal/Haram.

Since there is uncertainty in the above slaughter manner, the Jurists are unanimous that it is not permissible to consume meat which is doubtful. Unless there is certainty that the Ahlul-kitaab read the 'Tasmiyah' i.e. take the name of God when slaughtering an animal then only will the meat be permissible. We suggest that the Muslims in the U.S.A. and U.K. slaughter the animals themselves. A committee be appointed and look into ways to facilitate for Halal meat slaughtered by Muslims. This will make them independent from Christian/Jewish sources.

Another proposition may be that the meat sold on the market are packed, sealed and stamped by a Muslim organization consisting of reliable scholars and Ulama who have proper Islamic knowledge of the principles pertaining to Halal/Haram of the Shari'ah (Islamic Law).

and Allah Ta'ala Knows Best

The content under "Why...?" is courtesy of Mufti Ebrahim Desai, Madrassah In'aamiyyah, Camperdown, South Africa, and Ask-Imam.com .

## FAQ



**Q.** Can we eat fish burgers from Burger King, McDonalds or Harvey's (in Canada)?

**A.** In Canada, the fish burgers at Burger King and Harvey's should be avoided because the oil in which the fish is cooked could be contaminated with non-Zabihah meat. To the best of our knowledge, the fish burgers at McDonald's may be consumed, but without the cheese (order without cheese).

**Q.** I have been trying to find a list of Halal food products sold in Canada. Could you please tell me where to obtain such a list?

**A.** We have not compiled a list of Halal products in Canada because the market is ever-changing and manufacturers are always changing the ingredients in their products. That is why, when required, we go on a product to product basis. We are not aware of any such list for Canada.

**Q.** Is Kosher gelatin Halal or not?

**A.** Gelatin is considered Kosher by many Jews regardless of its source of origin. For Muslims, if gelatin is prepared from swine or from a non-Zabihah animal, it is Haram. For this reason, Kosher gelatin should be avoided.

## About eat-halal.com



eat-halal.com is a non-profit web site run by volunteers devoted to helping Muslims eat according to Islamic dietary laws. eat-halal.com features weekly updates regarding the Halal/Haram status of various food products, updated ingredients information, monthly articles and polls, a forum, a Q & A section, Halal finder, and much more. Please visit <http://www.eat-halal.com> and please spread the word about this web site. For further information, please e-mail your questions to [questions@eat-halal.com](mailto:questions@eat-halal.com) .

*Please note that the information in this brochure is deemed to be correct at the time of publication (May 2002) and may become outdated at any time. Please visit eat-halal.com for the latest information.*

# eat-halal.com

trying to help muslims eat halal

## A BRIEF LOOK AT DIETARY LAWS FOR MUSLIMS

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[contact@eat-halal.com](mailto:contact@eat-halal.com)

## What is Halal?

حلال

The Arabic word **Halal** means lawful. In the Holy Quran, Allah commands Muslims and all of mankind to eat of the Halal things. Among the many verses of the Quran that convey this message, here are a few:

**O mankind! Eat of that which is lawful and wholesome in the earth, and follow not the footsteps of the devil. Lo! He is an open enemy for you. (2:168)**

**O ye who believe! Eat of the good things wherewith We have provided you, and render thanks to Allah if it is (indeed) He Whom ye worship. (2:172)**

**Eat of that which Allah hath bestowed on you as food lawful and good, and keep your duty to Allah in Whom ye are believers. (5:88)**

The following products are definitely Halal:

1. Milk (from cows, sheep, camels, and goats)
2. Honey
3. Fish
4. Plants (which are not intoxicant)
5. Fresh or naturally frozen vegetables
6. Fresh or dried fruits
7. Legumes and nuts like peanuts, cashew nuts, hazelnuts, walnuts, etc.
8. Grains such as wheat, rice, rye, barley, oat, etc.

### Meat

Animals such as cows, sheep, goats, deer, moose, chickens, ducks, game birds, etc., are also Halal, but they must be **Zabihah** (slaughtered according to Islamic Law) in order for their meat to be suitable for consumption. Zabihah will be discussed later on in this brochure.

## What is Haram?

حرام

The Arabic word **Haram** means unlawful. The following items have been categorically spelled out as being Haram by jurists in light of the Holy Quran and the Sunnah (traditions) of the Prophet Mohammad (peace be upon him):

1. Pigs
2. Blood
3. Carnivorous animals
4. Almost all reptiles and insects
5. The bodies of dead animals
6. Halal animals which are not slaughtered according to the Islamic Law
7. Wine, Ethyl Alcohol, and Spirits.

The above mentioned items are Haram and must be avoided by all Muslims.

### Ingredients

The following ingredients\*\* should be avoided by all Muslims:

1. Alcohol
2. Animal Shortening \*
3. Animal Fat \*
4. Bacon
5. Broth \* (from animals)
6. Enzymes \*: Microbial Enzymes are okay.
7. Ethanol
8. Ethyl alcohol
9. Gelatin \*
10. Gin
11. Ham
12. L-cysteine (if from human hair)
13. Lard
14. Lipase \*: Only animal lipase need be avoided.
15. Pepsin
16. Rennet \*: All forms should be avoided except for plant/microbial/synthetic.
17. Rum
18. Stock \*
19. Wine
20. Tallow \*
21. Vanilla Extract/Flavour
22. Whey: Should be avoided unless the rennet used in its production is plant/microbial/synthetic.

Look out for these ingredients when you shop. Always remember to read the ingredients before you buy any food product.

\* May be consumed if from Halal, Zabihah, animals. \*\*For details on these ingredients, please visit the 'Ingredients' section at eat-halal.com. Please note that the information regarding ingredients is deemed to be correct and complete at the time of publication (May 2002). Additions may be made at any time. For the most up-to-date information, please visit eat-halal.com.

## Zabihah



The procedure for **Zabihah** is as follows: the animal must be slaughtered by a Muslim. The animal should be put down on the ground (or held if it is small) and its throat should be slit with a very sharp knife to make sure that the three main blood vessels are cut. While cutting the throat of the animal (without severing it), the slaughterer must pronounce the name of Allah or recite a blessing which contains the name of Allah, such as "Bismillah Allah-u-Akbar".

**Why does the animal have to be slaughtered by a Muslim? Can't we eat the meat of animals slaughtered by the People of the Book (Jews and Christians)?**

Allah Taāla says in the Noble Qurān:

'Today I have made permissible for you pure things and the food of those who were given the Book (Ahlul-Kitaab) is also Halal for you'. (Qurān 5:4)

Overtly the above Aayat reads that the Zabihah of the Ahlul-Kitaab (People of the Book) is permissible, but the fundamental principle must be understood in order to understand the Quran i.e. 'One part of the Quran explains the other'. Therefore, this verse should be understood in the light of another verse relating to the same matter: 'Do not eat unless Allah's name has been taken and this (not taking Allah's name) practice is transgression'. (Quran 6:121)

While the former verse explicitly states that the