



Basic Food Guidelines for Muslims



It is requested that my child **not** be fed food products containing any of the ingredients listed below:

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| 1. Alcohol | 10. Lard |
| 2. Animal Shortening | 11. Lipase* |
| 3. Bacon | 12. Pepsin |
| 4. Enzymes* | 13. Rennet* |
| 5. Ethanol | 14. Rum |
| 6. Ethyl Alcohol | 15. Wine |
| 7. Gelatin | 16. Tallow |
| 8. Gin | 17. Vanilla Extract |
| 9. Ham | 18. Whey** |

* Could be from either animal or non-animal origin. If from animal origin or if source is unknown, please avoid.

** Should be avoided only if animal rennet used in its production. If unsure, please avoid.

Islam has special requirements for meat, so please don't feed any meat products to my child.

Please note that pork is **not** acceptable under any circumstances.

Special attention should be paid to cheeses, as many cheeses contain animal rennet and/or pepsin.

Information on Canadian pizza and fast food outlets may be found by clicking on 'Eating Out' at <http://www.eat-halal.com> .

For more detailed information on dietary guidelines for Muslims, please visit <http://www.eat-halal.com> .

Thank you!