

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. Pig
2. Blood
3. Carnivorous animals
4. Almost all reptiles and insects
5. The bodies of dead animals
6. Halal animals that 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.