

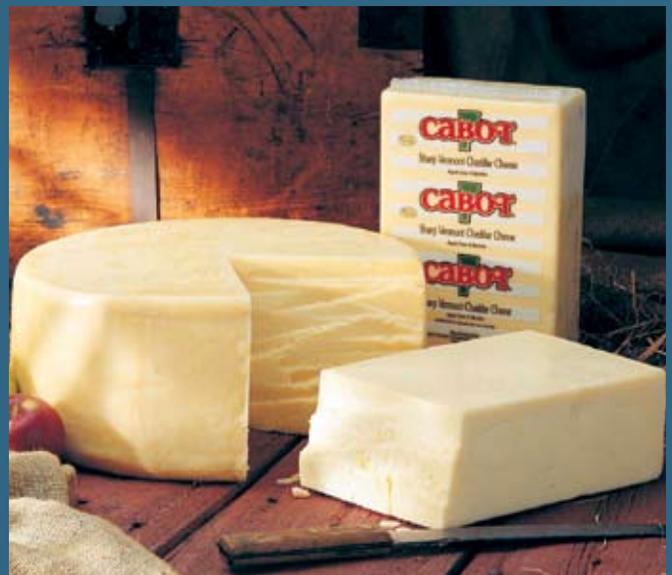
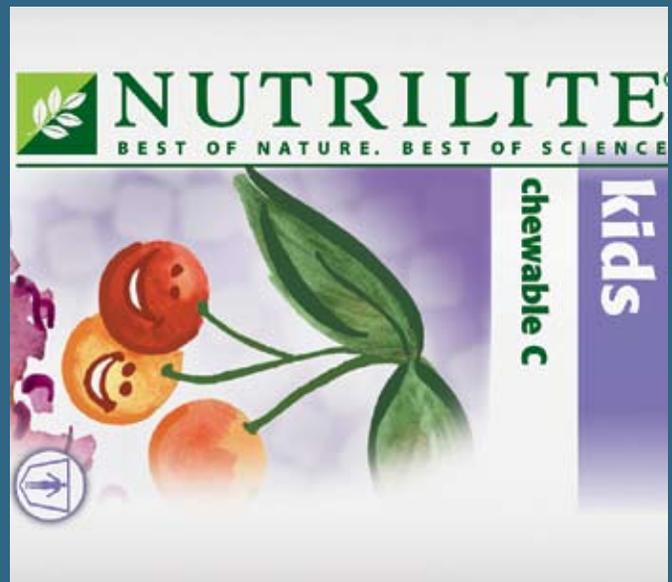
# Halal<sup>M</sup> Consumer

A Publication of the Islamic Food and Nutrition Council of America

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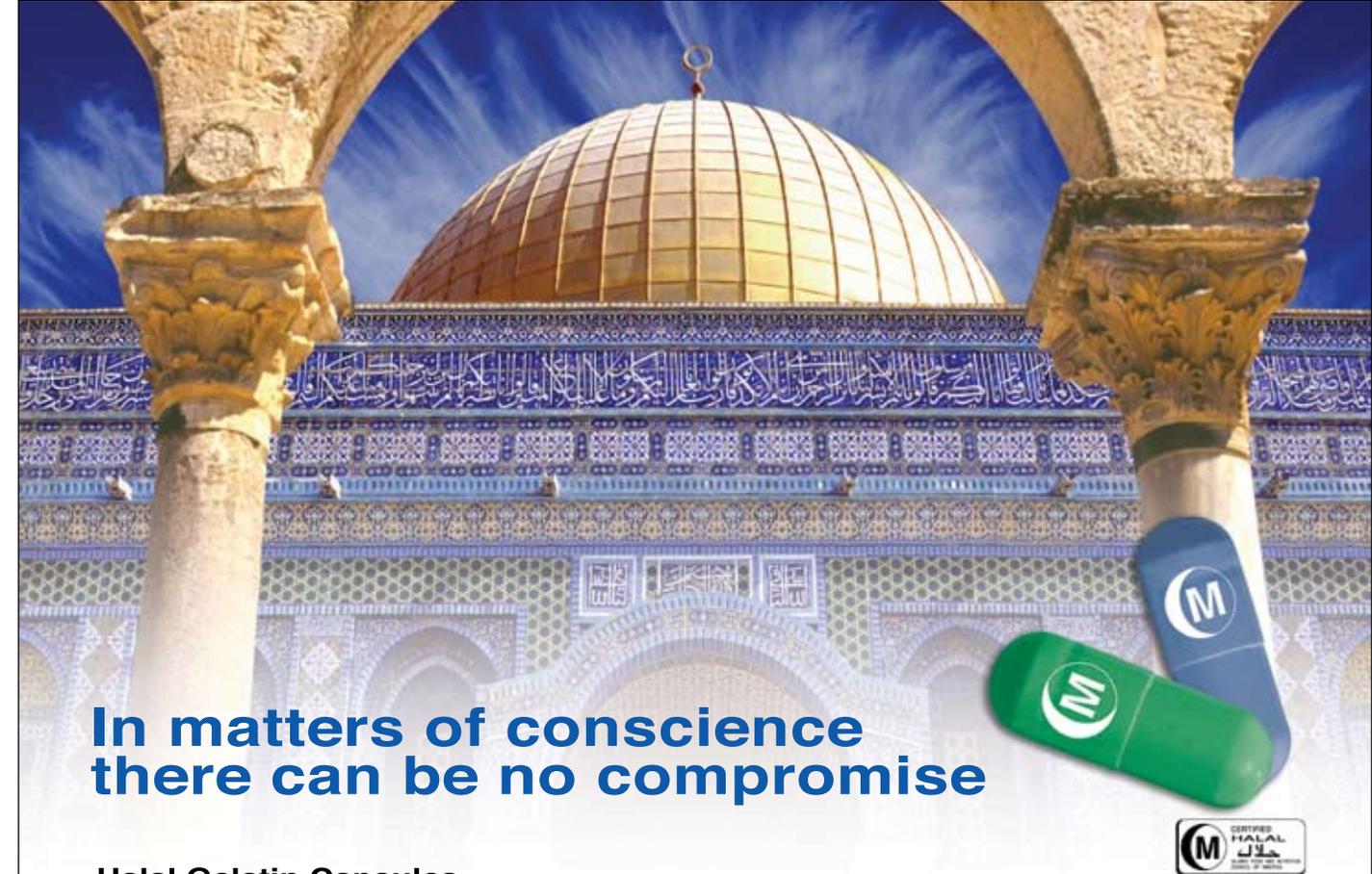
Spring 2007

*Zabiha Fast Food in the Frozen Food Aisle 🌿 Say Cheese...Cake!*



*Dairy Ingredients in the Islamic Diet 🌿 Restaurant Alert*

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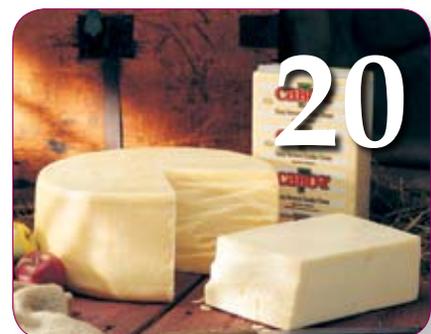
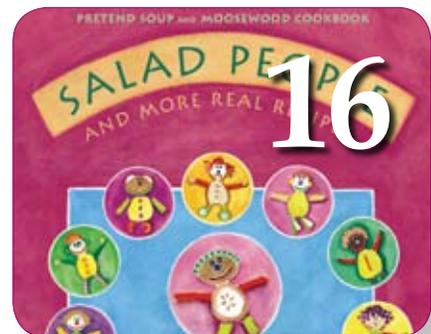
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## Asalamualaikum and Greetings of Peace!

This was an 'entertaining' issue to put together ...how often do you get to think about food, as part of your job description? Al Safa Halal, our cover story, was the pioneer when it came to venturing where no other company had gone before i.e. into the frozen food section with Halal convenience food, ranging from Halal pizza to beef burgers, hot dogs and more. Coming soon are Chapli kabab, cooked meat balls or *kofta*, and a smoked beef sausage.

Read what makes for healthy eating in "To Your Health" based on the USDA's food pyramid and "Go Nuts With Paramount Farms!" based on the Nurses' Health Study, amongst other studies. I find I come away having learned so much at the end of compiling an issue of the magazine, than when I start out and this time was no different. I discovered hard cheeses lose much of their calcium during the manufacturing process. Soft cheeses like ricotta or cottage cheese pack a better 'calcium punch'!

We also thought you'd like to know about Carole's Cheesecake, Big Train's low-carb, decadent Blended Ice Coffee mixes, Noni juice and Ricos Nachos, all of which are featured in this issue. Carole Ogus, who began Carole's Cheesecake, has a remarkable story of how she transformed a talent into a growing business. And if you want a change from your healthy beverage du jour, try Noni Juice which comes from a plant called Morinda Citrifolia and strengthens the immune system. Check it out at your local health food store.

With the weather changing, and the days becoming longer, there's no doubt we'll be outdoors a lot more. Perhaps, eating out more often too. Our 'Eating Out Alert For Halal Consumers' hopefully will guide you to more prudent choices. Take the 'Halal IQ Quiz' to see how your Halal IQ squares up! And while a vitamin a day isn't guaranteed to keep the doctor at bay, taking one a day is a wise choice, especially after a certain age like..ahem... yours truly here. Fortunately for us, Nutrilite offers Halal vitamin tablets and chews.

Happy Reading! Until later!

Naazish YarKhan  
Managing Editor

halalconsumer@ifanca.org

### ABOUT HALAL CONSUMER

Halal Consumer is a publication of the Islamic Food and Nutrition Council of America (IFANCA). IFANCA is a "not for profit" Islamic organization with the mission to promote Halal food and the institution of Halal. IFANCA objectives include making Halal foods conveniently available, introducing Halal to food companies and institutions, creating awareness of Halal among consumers and providing Halal solutions to consumer needs.

IFANCA is recognized as a certifying agency for Halal slaughter and Halal products by: the U.S. Department of Agriculture (USDA), the Food Safety Inspection Service, Rabitat Al-Alam Al-Islami (World Muslim League) Saudi Arabia, Majlis Ugama Islam Singapura (MUIS), the Islamic Affairs Department Malaysia, Majelis Ulama Indonesia (MUI), and several other organizations.

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## *Asalamualaikum*

There is no doubt that the Halal food industry has an impact on the way companies view their markets, especially in recent years. Halal products are poised to grow. Growth in this sector, according to Food Processing Magazine, "is one of the six hottest trends in the food industry this year."

According to Business Week, Jan. 2007, "59% of Muslim adults in the U.S. have a college degree, compared with only 28% of all American adults. Surveys show that median family income among America's Muslims exceeds the national figure of \$55,800." A 2004 Zogby International poll, reports that one in three Muslims earns more than \$75,000 annually. The figures reflect favorably as to the purchasing power of Muslims in America.

We had our own International Halal Food Conference and Meeting from April 21 - April 24. The theme was Opportunities in the World Halal Food Trade. And to think that this movement began only a few decades ago, with a few well-intentioned Muslims who were committed to eating Zabiha, Halal. Who could have imagined that, one day, companies would change the way they manufacture their products, in order to meet Halal standards? But we can't ask companies to make their products Halal, only you the consumer can. Halal certification will guarantee that items such as chips, cheese, nachos or your favorite pizza, are truly Halal.

On another note, there is no dearth of unscrupulous individuals willing to falsely claim their products as Halal. Illinois Halal Food Law, soon to be enforced, comes to our rescue. Its implementation would make it a misdemeanor in Illinois, to claim Halal status for products that aren't Halal.

As always, if you have a question as to what is Halal and what isn't, do drop us a line. We look forward to hearing from you.

Sincerely,

*Dr. Mohammad Munir Chaudry*

President, IFANCA

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Disclaimer: None of the health-related information contained here should be used without consulting a physician first. Halal Consumer magazine, its writers and editors, its parent organization IFANCA, IFANCA's board of directors, and its employees and consultants are not liable for any actions taken by individuals or groups based on the information or recipes presented here.

# Al Safa Halal

## *Zabiha Fast Food in the Frozen Food Aisle*

by Naazish YarKhan

**I**t all began with a special request, in 1992, from the Malaysian government for Halal beef. Malaysian officials were in Canada, meeting with several beef companies. The goal: finding a facility that would be willing to convert to Zabiha in order to supply Halal beef to their country. MGI Beef Packers, “a mid-sized plant that was owned and operated by a group of investors, including the Muller family,” was one of the companies approached. After several, lengthy discussions with leaders of the Islamic faith in Canada and a thorough understanding of Halal procedures, MGI agreed to convert its entire slaughter to Zabiha. The move opened doors to Halal markets for beef, not only in Malaysia but in Canada itself. And soon enough, MGI was receiving requests from Muslims across the border, in neighboring USA.

“There was no national supplier of authentic Halal, ready-to-eat food in the major supermarkets and the Halal stores. No burgers, no chicken nuggets,” says Mr. Steve Hahn. “As MGI Beef Packers (where Mr. Hahn had been Vice-President) we were supplying cuts of beef to the Muslim market. The owners of the butcher shops were continually requesting hotdogs, beef burgers and beef stew, so we knew it was a market that wasn’t being serviced.”

After purchasing some small scale equipment, MGI began to manufacture and sell these products under the label “Canada’s Finest Halal”. However, the costs of marketing a consumer branded product line were prohibitive.

---

“We also have a pizza line and we have carefully formulated our pizzas with the help of IFANCA to be Halal pizzas. Not too many Muslim consumers know that pizza’s are not halal. The cheese on our pizza is made using microbial enzymes instead of animal enzymes, and we use vegetable oil, not oil from animal sources.”

---

It was then in Sept. 1999, that David Muller and Steve Hahn launched Al Safa Halal, with the help of outside investment capital. Today, Al Safa Halal products are widely distributed to many grocery stores and food-service operations throughout North America. Their product line has grown to include chicken, turkey, beef, fish, pizza and falafel. It is the leading processed Halal food brand in major grocery stores including No Frills, Albertsons, Loblaws, Wal-Mart, Price Choppers Food Warehouse, Shop Rite, Food Basics and Pathmark, to name a few.

The first products were hamburgers followed by chicken patties, chicken strips and chicken nuggets. “Those

three have become our most popular products with Muslim families across North America. The children, especially, love our chicken nuggets,” says Mr. Hahn. Several new products are in the line for 2007. “We are currently working on cooked meat balls or *kofta*, a beef chapli kabab and a smoked beef sausage.”



Source: Al Safa Halal

With healthy eating no longer just a trend but a reality, it's something Al Safa Halal pays very close attention to. For instance, their veggie samosa's are trans fat free.

"We're now entering the food service sector and sell breaded chicken patties in bulk to universities, public



Source: Al Safa Halal

schools and prison systems," says Mr. Hahn. These include University of Toronto, Detroit Public School System and the New York Prison System.

"The single biggest reason for our success is that we don't take short cuts when it comes to Halal and IFANCA helps us maintain our strict standards. Chicken, beef, turkey are all hand-slaughtered by a Muslim. All the procedures and ingredients meet the standards of Halal. Cheese on our pizza is Halal cheese. In the industry today, all the meat is processed in meat plants where non-Halal meat is processed. Al Safa Halal has procedures and a monitoring system in place where there's never a chance of non-Halal meat being processed at the same time as Halal meat," says Mr. Hahn. Al Safa Halal meat is also HACCP regulated, a detailed quality control procedure. "The sources of meat never intersect," says Mr. Hahn.

"None of our cattle feed has animal by-product. Our cattle and our chickens are grain fed. Canadian chickens are not fed hormones. It's illegal in Canada to give hormones to poultry."

Furthermore, Al Safa Halal has an open door policy. Anyone can visit any facility at anytime, especially to witness the Zabiha. Over the years, many Islamic scholars, community leaders, distributors, customers and consumers have done so, and in every case Al Safa Halal has earned their approval.

"Another reason for our success is our customer base and the continued support of the Muslim community.

Our markets have grown every year. We listen very carefully to what they're asking for."

"One of the hurdles, however, is being part of a non-regulated Halal market," says Mr. Hahn. "Anyone can label meat as Halal, with no legal consequences. I'm in full support of strict laws that ensures the integrity of Halal. Anyone in the Halal meat business today will tell you that there is a great amount of cheating." Mr. Hahn advises consumers to lobby the government to put enforceable laws in place.

"It's also the responsibility of organizations such as IFANCA to improve the industry. The Muslim community isn't in agreement as to what is Halal and what isn't. We will never advertise our products as Halal if we used machine slaughter. How can you recite a blessing over each chicken, if 160 are slaughtered per minute? I see that as very troubling. For many organizations, Halal has become an opportunity for quick financial gain. We are a business and want financial gain too but not at the cost of someone's religion. We realize it's, first and foremost, about someone's religion. Al Safa Halal. will always be committed to hand slaughter, Zabiha Halal," concluded Mr. Hahn.



# Get to Know Us

## IFANCA'S Religious Advisors

### *Dr. Shaikh Jaafar Al-Quaderi*

Dr. Shaikh Jaafar Al-Quaderi has been a Religious Advisor to IFANCA since 1982. Dr. Quaderi is a graduate of Nizamia University Hyderabad, India and a recipient of a doctoral degree from Al-Azhar University, Egypt in 1970, where he conducted research at the Faculty of Shariah & Law, in Usul al-Fiqh: Resolutions and Permissions in Islam. His command of the Arabic language is outstanding, as evidenced by his 11 years as an announcer at Radio Cairo. Concurrently, he taught Arabic at the American University and conducted some classes at the Indian Embassy.

After graduating from Nizamia University, Dr. Quaderi worked at Osmania University, Hyderabad as an editor of Arabic manuscripts of historic significance. After immigrating to the USA in 1980, Dr. Quaderi settled in Chicago, where he taught Arabic for the next six years, first at North-Eastern University, then at the American Islamic College. Since 1986, he has been busy teaching Arabic and Islamic Studies and leading the congregation at two suburban Islamic Centers.

Dr. Quaderi is well versed in comparative knowledge of Islamic schools of thought. However he practices Islam, according to the Hanafi School. His command of languages is excellent, especially Urdu, Arabic and English.

### *Dr. Ahmad H. Sakr*

Dr. Ahmad H. Sakr was born in Beirut, Lebanon. He received his academic education at the American University in Beirut, and University of Illinois where he got his Ph.D. While in Lebanon, he got his Islamic education through tutoring from the late Grand Mufti of Lebanon as well as from a large number of Muslim scholars from neighboring countries. He served as Director of the Islamic Center of Beirut.

He was a founding member and president of the Muslim Students' Association of U.S.A and Canada, currently known as the Islamic Society of North America (ISNA). Dr. Sakr was also a founding member of the World Council of Mosques whose headquarters are in Makkah. He was the first director and representative of the Muslim World League to the U.N.

Currently, he is the president of the Foundation for Islamic Knowledge, Director of the Islamic Education Center in Walnut, California, a member of Operation Safe Community, a member of the Walnut Interfaith Council in California, and a board member of the Islamic food and Nutrition Council of America (IFANCA).

Dr. Sakr's approach is to build a bridge of understanding through commonalities amongst Muslims and non-Muslims, including via dialogue with Bishops, Cardinals and the Pope

### *Mufti Ebrahim Desai*

Besides being a Hafiz of the Quran, Mufti Ebrahim Desai has studied sacred Islamic knowledge in Dabhel for nine

years: commencing from the Arabic Language and comprising Usool-e-Fiqh, Hanafi Fiqh, Logic, Usool-e-Hadith, Hadith, Usool-e-Tafseer, and Tafseer. Having completed the Dars-e-Nizamiyyah, he then studied the principles of issuing Fatwas for two years in Dabhel under the guidance of Mufti Ahmad Khanpuri Saheb, a renowned and leading scholar in India, and another year under the tutelage of the the grand Mufti of India, Mufti Mahmoodul Hasan Saheb. He currently teaches Mishkat, Sahih Bukhari and Tirmidhi and answers fatwa inquiries received at Dar Ul Ifta at Madrasa In'aamiyah, Camperdown, South Africa. He has authored "Al Mahmood" Vol. I & II, a book for Hadith students: "Introduction to Hadith", and numerous articles on a wide spectrum of topics and issues relating to Islam.

### *Imam Muhammad Mardini*

Imam Mardini was born in Lebanon; he completed his Masters Degree in Islamic Studies from the Islamic University in Makkah, Saudi Arabia.

Imam Mardini has contributed tremendously to the Muslim community in and around his place of residence. The American Muslim Center, located in West Dearborn, was established in 2002 and is led by Imam Mohammad Mardini, who also teaches as a Chaplain at the State Correctional Institution in Dearborn. Imam Mardini preaches in English as well, and recites the Qur'an in both Arabic and English. A prominent presence in interfaith efforts, Imam Mardini was one of seven Imams to meet with Detroit Cardinal Adam J. Maida and Detroit Auxiliary Bishop Francis R. Reiss, in the wake of Pope Benedict's comments on Islam in 2006. He was also involved in interfaith efforts with Jewish leaders over tensions that escalated following last summer's violence in Palestine. An influential leader, Imam Mardini is often a speaker at various events, including those organized by the Michigan Humanities Council and the New Detroit Leadership Summit on Race.

### *Ustaz Abdullah Fahim*

Ustaz Fahim received his M.A. in Religious Studies from the National University of Malaysia. He served as the Chairman of the HALAL/ HARAM Committee in the Religious Affairs Department with the Prime Minister of Malaysia office's from 1991-1997. He was given the Best Officer Award in the Religious Affairs department by the Government of Malaysia. Ustaz Fahim has spoken in several conferences, both nationally & internationally. He has acted as religious consultant for his department while working under the Prime Minister of Malaysia. In 2002, he was appointed as Regional Director of IFANCA South East Asia which is based in Kuala Lumpur, Malaysia.

# Picture Perfect



Customers in the retail and food service industry are choosing McCain for more than just French fries. With more than 55 production facilities in 13 countries on five continents, the picture is clear; McCain is committed to providing **superior service, innovation** and consistent **quality.**



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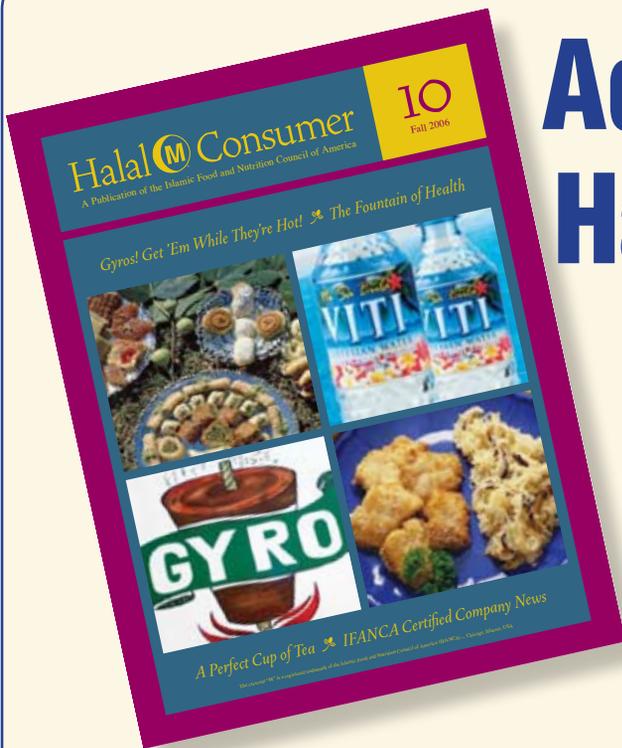
# Halal Happenings

## *Halal Law Being Made More Effective In Illinois*

The Department of Agriculture (DOA), State of Illinois, held a public hearing meeting on Wednesday, March 7, 2007 in DesPlaines, Illinois. Ms. Margaret Vandijk, General Counsel of DOA, and Dr. Colleen O'Keefe, Division Manager of DAO conducted the proceedings. More than sixty concerned Muslim Illinoisans participated in the meeting. An overwhelming majority of the participants testified in favor of implementing the Halal Food Law.

## *The World Halal Forum Returns*

The World Halal Forum is back for its second year. Last year, 730 delegates comprising the Halal industry's key figures and business leaders attended. This year's event is at the Kuala Lumpur Convention Center on 7th and 8th May. The Prime Minister of Malaysia has confirmed his attendance. WHF brings together top international and regional executives to discuss current issues, challenges and trends in the global Halal market. Check [www.worldhalalforum.org](http://www.worldhalalforum.org) for details.



# Advertise in the Halal Consumer Magazine<sup>®</sup>

**Halal Consumer Magazine** reaches 40,000 Muslim families and organizations in the US and abroad. According to a 2004 Zogby International poll, one in three Muslim Americans earns more than \$75,000 per year. Business Week magazine, (Jan. 2007) reports that "59% of Muslim adults in the U.S. have a college degree, compared with only 28% of all American adults. Surveys show that median family income among America's Muslims exceeds the national figure of \$55,800."

### **Deadline for Summer Issue: May 15, 2007**

Client supplied advertising art must be camera-ready, (300 dpi, high resolution PDF or Jpeg file) and in correct proportion to advertisement size ordered. For example, one column photos should be at least 1,000 pixels wide, full page photos must be 2,500 pixels x 3,300 pixels. Export your ad as CMYK or grayscale. All type should be converted to outlines.

Send final artwork to [s.audi@ifanca.org](mailto:s.audi@ifanca.org) with "HC Advertising" in your subject line.

### **Advertising rates for the Halal Consumer Magazine**

Inside Cover (no bleed)	7-3/8" x 9-7/8"	\$1500
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Full Page Internal	8-5/8" x 11-1/8"	\$1200
Half Page Horizontal	7-3/8" x 4-3/8"	\$ 700
Half Page Vertical	3-1/2" x 8-7/8"	\$ 700
Quarter Page	3-1/2" x 4-3/8"	\$ 400

## Test your Halal Know-How

By Suzann Audi

Match the list of ingredients with their sources:

### Ingredients

1. Stearic Acid
2. Carageenan
3. Gelatin
4. Vitamin D3
5. Locust Bean Gum
6. Cysteine

### Sources

- a. seaweed
- b. bones and hides of animals
- c. synthetic, duck feathers, or human hair
- d. carob seeds
- e. synthetic or sheep wool
- f. vegetable oils or animal fats

Answers 1f, 2a, 3b, 4e, 5d, 6c

### True or False:

1. If the package says 'halal', then it is certified zabiha halal.
2. Only meat needs to be halal certified.
3. If a food is kosher, then it is automatically halal.
4. Choosing halal foods is easy.

**1. False:** Currently, in the USA any Muslim or non-Muslim business can claim its product to be Halal, without providing proof. However this may change, because several states including New Jersey, Michigan, Illinois, California, Minnesota, Texas, and New York have passed halal laws, making it more difficult to falsify halal claims on food products. The Halal Food regulations in these states are at various stages of development, implementation and enforcement.

**2. False:** Many food products are made with small amounts of meat as flavor (ex. spaghetti sauce) or gelatin (ex. yoghurt and cream fillings in cakes) and many other ingredients from non-halal animal sources. One way to guarantee that the products are free from such questionable ingredients is to have them certified as halal by an independent, and knowledgeable certifying body.

**3. False:** While some aspects of kosher and halal are similar, not all rules are. Many foods, labeled as kosher, such as yogurt and desserts contain kosher gelatin or other Mashbooh ingredients. Kosher gelatin and kosher meat do not follow halal guidelines, and are not zabiha halal. Even wine and wine containing products are kosher but not halal.

**4. True!** Selecting halal foods is as easy as looking out for other areas of our health and spirituality, and is a valuable skill we can pass to our relatives, children, and brothers and sisters in Islam. You could look for Halal marks on the labels and/or familiarize yourself with the ingredients and choose your products with clean labels. Allah knows best of our intentions and actions.

To calculate your Halal-Quotient: Multiply your correct matches and responses by 10. If you answered all 10 correctly, your HQ is 100. You are a halal genius.

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# IFANCA Certified Company News

Source: Carole's Cheesecake



## *Carole's Cheesecake Looking for US Distributors* Say (Halal) Cheese... Cake!

Carole Ogus, 34 years ago was a full time school teacher. Her husband, Michael was an architect. Michael had a client who asked him if he knew someone who could make a cheesecake. Carole was an excellent baker, and that's how it started. Within 6 months of making cheesecakes for the first restaurant, she had 6 more restaurants as clients. The business grew, and after one year she quit teaching and opened a bakery.

Carole's Cheesecake now employs 35 people, produces over 160 products and ships coast to coast in Canada. She has exported to many different countries – the

USA, Hong Kong, Singapore, Australia, the UK, the Caribbean, South Africa and Russia. Interested distributors in the US, can contact the company for details.

Carole has won a number of National Awards for her products, has appeared numerous times on TV and has been a lecturer in Entrepreneurial business courses at York University and the University of Toronto. Many publications have carried articles on Carole's Cheesecake. She is now in the process of opening a new concept under the banner Carole's Cheesecake Café, which will serve Halal food.

## *IFANCA-Certified Halal Noni Juice, At Your Local Health Food Store*

IFANCA-certified Tahitian Noni International, Utah, are the makers of Noni juice, which comes from an ancient plant called *Morinda citrifolia*. The Noni tree is native to Tahiti and is around 2000 years old. All its parts are useful and beneficial for various health reasons.

The traditional Polynesians pick the noni before it is fully ripe and place it in a jar in direct sunlight. When fully ripe, the noni is mashed into a puree and the juice is extracted through a cloth.

### **Benefits of drinking Noni juice:**

1. Tahitian Noni juice supports the immune system, which strengthens the body's natural ability to fight disease and infection.
2. It supports proper digestion, which means you absorb more nutrients at the cellular level.
3. It helps give hair a healthy shine and lets skin glow.
4. It increases mental clarity, attention span and greater physical performance levels.

Noni fruit grows only in the wild and must be harvested in the wild. For people who are not used to the fruit, it has a slightly objectionable taste, that the processors were able to overcome using only natural fruit juices. It is necessary to harvest *Morinda* fruit at the correct stage of maturity in order to maintain the qual-

ity of the juice. The harvested fruit must be handled properly to preserve the maximum potency.

## *With a Vitamin a Day, Nutrilite Keeps the Doctor Away*

IFANCA-certified Nutrilite is a brand of vitamins, minerals and dietary supplements and is the official supplement for the Chinese Olympic Team for years 2000, 2004 and 2008.

It is currently manufactured by Access Business Group at its facilities in California.

Jamaican sprinter Asafa Powell, the current joint World Record holder in the 100-meter sprint, is their global brand spokesperson. Asafa credits Nutrilite supplements with helping him overcome low energy levels in 2005. He began taking the supplements three months before he broke the world record.

In the nutrient and health food category, Nutrilite won "Platinum" awards in Malaysia and "Gold Awards" in Taiwan, Thailand, and Asia overall in the 2006 Reader's Digest "Trusted Brands of Asia" survey

Nutrilite's vitamin and mineral products are distributed exclusively by Quixtar Affiliates known as Independent Business Owners (IBO) in over 92 countries worldwide. The products are also promoted by multi-level marketing companies such as Amway, which, like Access Business Group, are subsidiaries of Altacor. The Nutrilite brand is also known as Nutriway for its vitamin, mineral and dietary supplement brands in Denmark, Finland, Norway, Sweden, Turkey, Australia and New Zealand. Nutrilite claims to be the only global vitamin and mineral brand to grow, harvest and process plants on their own certified organic farms. Nutrilite farming techniques include soil solarization, an integrated pest management system and utilizes sustainable agricultural production systems.



Source: IFANCA



Source: Nutrilite



Source: Ricos

### Get Your Halal Nachos From Rico's!

Ricos, known as the “Originators of Concession Nachos”, offers IFANCA-certified products. Ricos fried tortillas with cheese and jalapenos were first introduced at a baseball game in Texas in 1977. Since their launch, Nachos have become a staple at sports games everywhere.

IFANCA-certified Round Nacho Chips (sold retail in Singapore in a 16 oz bag) and Hot N’ Easy Nacho Cheddar Sauce (sold for foodservice in Singapore in 4-110 oz bags) are sure to be crowd-pleasers. Ricos also offers marketing support in the form of posters and displays for foodservice customers, and their website, [www.ricos.com](http://www.ricos.com), is packed with recipes.

### Big Train Makes a Drink for All Seasons

Delicious Big Train drink mixes are IFANCA-certified! With a wide variety of Blended Ice Coffee mixes, as well as Hot Cocoa, and decadent low-carb favorites, there is a flavor for each season and every taste! Big Train Hot Cocoa is perfect for cold winter evenings. Also, try adding to water and swirl into drinks or drizzle over ice cream. For a cool buzz, Big Train’s Blended Ice Coffees are a quick and trendy alternative to your morning brew. Simply blend a few scoops with your choice of coffee, milk or water.

#### Traditional Blended Ice Coffee, 16 oz.

- Pour 5 oz. of chilled coffee, milk\* or water into blender.
- Add 2 scoops of IFANCA-certified Halal Big Train Blended Ice Coffee mix into blender.
- Add 12 oz. of ice into blender.
- Blend thoroughly until smooth.

\* Big Train recommends nonfat milk.

#### For an Extra Kick:

- For a strong coffee flavor, use 1 oz. of espresso and 4 oz. of milk or water.
- Add 1 scoop of hard-packed ice cream/frozen yogurt (or 3 to 4 oz. of soft-serve frozen yogurt), 3 oz. of milk, 2 scoops of IFANCA-certified Halal Big Train Blended Ice Coffee mix, and 16 oz. of ice for a great shake drink.



Source: Big Train

#### **Big Train Halal drink mixes are available for sale over the internet!**

- Visit [www.bigtrain.com](http://www.bigtrain.com) and click ‘Order’ for more information.
- Visit [www.ifanca.org/products/search/](http://www.ifanca.org/products/search/) and search for Big Train for a complete list of IFANCA-certified mixes.

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For more information, please contact: **Suzann Audi**

Tel: 847-993-0034 extention 212

Fax: 847-993-0038

Email: [HalalConf@gmail.com](mailto:HalalConf@gmail.com)

**Venue:**

**Holiday Inn – Skokie Banquet and Conference Center**

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Tel: 1-847-679-8900

**Dates:**

Saturday, April 21-Tuesday,  
April 24, 2007

**Int'l Delegates Meeting:**

April 21 (By Invitation Only)

**Banquet Dinner:**

April 22 (By Invitation Only)

**Halal Conference:**

April 23-24  
(Registration required)

**Registration Fees:**

Registration Category

**IFANCA Client Companies**

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**Students and Faculty**

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\* students require faculty signature

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# To Your Health

## *The USDA Gets Kids Going With New Guidelines on Food*

*By Suzann Audi*

**I**t can be difficult to separate fact from fiction when it comes to nutritious, healthy eating. Everyone has heard of the numerous fad diets, but do you know about the six food groups? And, how many servings of each food group should you consume each day?

Every five years the US releases new and updated dietary guidelines. Most recently, the six food groups within the Food Guide Pyramid were rearranged, and the importance of regular exercise was emphasized, to create MyPyramid. Instead of generalizing the needs of everyone into large groups, MyPyramid now takes into account your age and exercise level to create customized nutrition and lifestyle guides.

The interactive website [www.MyPyramid.gov](http://www.MyPyramid.gov) is where you can learn more about your food intake needs. A computer game on the website teaches kids about the nutritive value of the foods they can fuel up on, which helps them make healthy choices. It's interesting for adults, too! A wealth of information on portion sizes, whole grains, tips on reaching your food goals, and the health benefits of vitamins and minerals in different foods is available at your fingertips!

Healthy eating is easy, it will make you feel good about yourself, and it can be fun! Read on for tips to ensure your getting all the nutrients you need to stay healthy.

### *Whole Grains*

There has been a surge in whole grain foods lately. Whole grain pasta, bread, tortillas, and even cookies are scattered throughout the grocery shelves ripe for the picking! Just make sure that a whole grain is the first item noted in the list of ingredients. The further down the list it appears, the less its quantity, in the product. For breakfast try raisin bran cereal, a whole wheat muffin, or sweet bread made with whole grains. At least half of the grains you eat should be whole grains. That does not mean that you should double

the amount of grains you eat, though. Try replacing your white rice with brown rice, and use whole wheat flour in everyday foods like waffles and gravy.

### *Fruits and Veggies*

Your mother told you to eat your fruits and vegetables, and she was right! Brightly colored fruits and vegetables contain higher amounts of anthocyanins. Anthocyanins are powerful antioxidants that fight free radicals and keep you healthy. Each fruit and vegetable contains different amounts of vitamins and minerals, so it is important to eat a variety. Carrots, sweet potatoes, cantaloupe, and other orange fruits and vegetables provide vitamin A, which keeps your eyes healthy. We all know bananas are an excellent source of potassium, but so are peaches, oranges, and honey dew melons. Potassium works with calcium to increase bone strength. Juices are an easy way to get a serving of fruits, but the fiber gained from eating crunchy fruits and vegetables is not found in juices.

Stock your fridge with grab-and-go fruits and vegetables. Bags of baby carrots, broccoli, and cauliflower are all the craze. Toss a bag in your purse to have something to munch on while you do your errands. Apples and bananas are also quick and easy choices. To get more greens in your diet, add spinach or kale to lasagna, salads, soups, and pizza. Change things by making a variety of salads rather than plain lettuce. Try Waldorf salad made with apples, walnuts, raisins, and fat free, Halal mayonnaise. Broccoli and cauliflower florets topped with ranch dressing and green onions are another quick option. And if you're craving a sweet dessert, indulge in fruit pizza! Spread fat free cream cheese on a cookie and top it with kiwi, strawberry, apple, and banana slices.

### *Calcium*

Everyone knows we should drink milk for strong bones and teeth. Milk is also an important product if you're trying to lose weight. You will lose more weight

by drinking low fat milk and consuming milk products while you diet than if you didn't. In addition, you will stay healthier!

Unfortunately, drinking milk is not as common as it used to be. Many people are turning to cheese, yogurt, and fortified juices for their calcium needs. Choose soft cheeses like cottage cheese and ricotta that pack a better calcium punch, rather than hard cheese like parmesan. During the manufacture of hard cheeses, a lot of calcium is lost or made unavailable. Yogurt is a good choice, but to reduce your sugar intake choose plain yogurt rather than flavored yogurt, and add your own fresh or frozen fruits and granola for a crunchy, sweet breakfast.

### Protein

Most Americans do not have trouble getting enough protein into their diet. However, our protein choices are not always smart. Hamburgers and processed meats can be high in fat. To gain the most health benefits, your protein sources should be varied. Zabiha halal lean beef, poultry, fish, nuts, eggs, and soy are good options.

Fish is a good source of lean protein, and it is high in omega-3 fatty acids, which reduce the risk of heart attack. The best sources of omega-3 fatty acids are cold water fish like salmon and sardines. To gain all the health benefits of fish, eat a variety twice a week. If you are wary of a fishy smell filling your house, tilapia with a splash of lemon is a good choice.

Nuts are excellent for snacking. Tree nuts like almonds and walnuts are your best bet, rather than peanuts, because they are high in vitamin E and monounsaturated fatty acids, which keep your heart healthy.

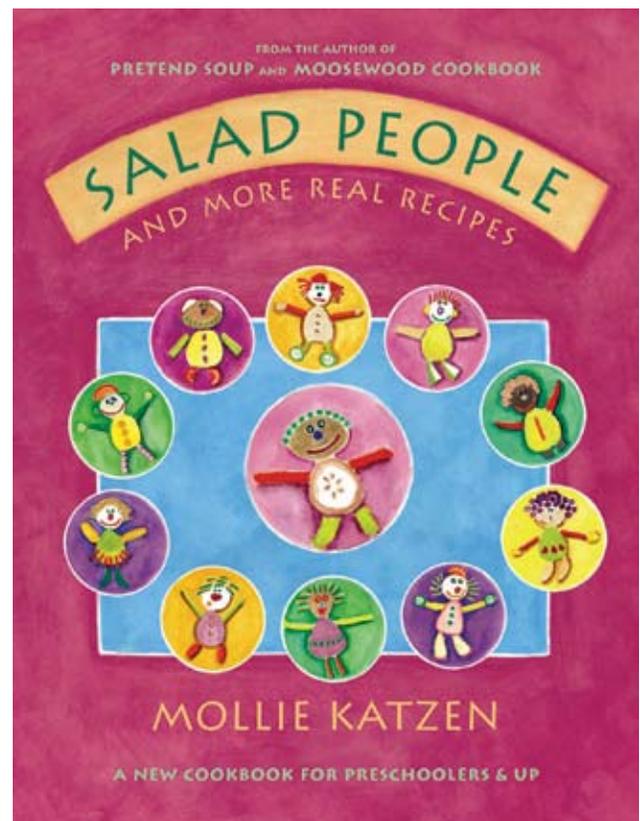
Did you know that eggs are the cheapest source of protein? You can safely eat one egg a day and still keep your cholesterol low. Eggs are an excellent choice for breakfast. Their protein will keep you energized and full throughout the morning. An egg omelet filled with peppers and tomatoes is a good way to get your morning dose of protein and veggies in one shot. If you find you are always running too late for breakfast, boil a couple of eggs on Sunday evening and leave them in the refrigerator for a grab-and-go breakfast or lunch. Leave the shells on to keep them fresh longer.

Protein from soy is also easy to incorporate into your diet. Use firm, low sodium tofu in stir fry, or slice it like carrot sticks for a side dish. Soy protein is also used to make a wide array of foods from burgers to

“chicken” nuggets. These can be a quick, easy option rather than regular hamburgers, and there is less worry about Salmonella or other bacteria.

The following are some healthy, IFANCA halal certified foods, and their manufacturers, that were mentioned in this article.

- Paramount Farms, Inc. produces almonds and pistachios under the Sunkist, Golden Orchards, West Hills, and Paramount Farms brands.
- Cabot Creamery provides a array of Cabot brand cheeses.
- Lawash brand wheat, tomato, and spinach bread is available in the US by American Bakery Products.
- Fruitfull® fruitbars, along with other fruit filled products, are available from Happy and Healthy Products, Inc.
- There is a wide variety of fruit juices produced by New Sevegap Ltd. under the Cyprina, Fontana, and Ligo brands.



Bestselling Kids Cookbook author, Mollie Katzen, recommends carrying a cooler packed with plastic baggies containing nuts, chopped fruits and veggies such as carrot sticks in your car, on days when you're hustling your kids between activities. "That's one way to keep out of the unhealthy, fast food lane when your children get hungry," she says.

# Go Nuts With Paramount Farms, Halal Certified Almonds and Pistachios

By Zeshan Sadek

**T**he Iowa Women's Health Study, the Nurses' Health Study, and the Adventist Health Study, all link the consumption of nuts with lowering the risk of heart disease. Studies show that people eating nuts daily had up to 60% lower risk of heart attacks, than those who ate nuts less than once per month.

In addition to benefits to the heart, nuts also lower the risk of having a stroke, of developing type 2 Diabetes, of developing dementia, of advanced macular degeneration and of gallstones. Studies have found that nut eaters gain an extra 5-6 years of life free of coronary diseases, and regular nut eating prolongs longevity by about 2 years.

Studies suggest that 1-2 ounces of nuts should be consumed daily to gain maximum health benefits. Nuts are obviously fatty foods and the risk of weight gain is eminent. However, studies have proven that nuts do not play a major role in weight increase. Nuts reduce hunger, because they reduce the consumption of other foods. Nuts contain low levels of saturated fats, and high levels of unsaturated fat. Studies have shown that nuts consumption lowers blood cholesterol levels, and subsequently lowers the risk of heart disease.

Walnuts and almonds are at the top of the list of nuts that reduce the risk of coronary heart disease. However, the best advice is to eat a variety of nuts for a healthy heart. Nuts are good sources of fiber, vitamin E, folic acid, copper, magnesium and essential amino acids that play a role in preventing heart disease. Nuts are also good dietary sources of manganese and contain plant sterols, which help to reduce cholesterol adsorption from food. Nuts could be added to recipes that include bread, cakes, soups, sauces, stuffing, salads and deserts. Nut butters are delicious, like peanut and hazelnut butters.

However, surveys have found that one in one hundred people may be allergic to one or more types of nuts. The symptoms, most commonly include, skin rashes and hoarseness in the throat. Regular nut consumption is recommended as a replacement for consumption of red or processed meats, and to lead a better, healthier lifestyle.

## Pistachio Cake Recipe

- 1 box yellow cake mix
- 4 eggs
- 2 boxes instant pistachio pudding
- ¼ cup vegetable oil
- 1 cup baking soda
- 1 lb white pistachio nuts (shelled), lightly toasted and crushed
- 1-1/2 cup milk
- 1 tablespoon powdered whipping cream

Directions: Mix in bowl the cake mix, eggs, baking soda, 1 box of pudding, oil and ½ cup of nuts. Mix well and bake in a greased and floured bundt or cake pan for 45 minutes at 325F. Cake is done when a long toothpick comes out clean. Cool in pan on a rack for 10 minutes. When cool, place cake on serving plate and cover with the icing below.

Icing: Mix 1-1/2 cups of milk, with instant whipped topping, and 1 box of instant pistachio pudding. Mix on low to combine and then on high for 4-5 minutes. Fold in nuts and spread on cooled cake.



**PARAMOUNT FARMS**

**IFANCA HALAL CERTIFIED COMPANY  
FOR NUT PRODUCTS:**

*Paramount Farms, Inc.-USA  
Products: Almond And Pistachio Nuts*

# Eating Out Alert For Halal Consumers

By Suzann Audi

**E**ating out at a restaurant can be a fun treat. But, for a Muslim it can also be a pain! It is difficult enough to decipher product labels at the grocery store, but what do we do when we only have a menu?

There may be times when you have to go to a restaurant, whether it is with colleagues, for a friend's party, or for a job interview. Unfortunately, Halal restaurants are not found everywhere. You can be prepared, though, with an idea of safe foods choices, and foods to avoid. As you read on you will gain tips to take along the next time you go to a restaurant.

Think about the ingredients in the dish you are ordering. Imagine you are at the grocery store looking at the label of the product you are about to order. What types of questionable (mashbooh) or haram ingredients might you find? It may be useful to carry a list of questionable ingredients and dishes with you when you go to a restaurant.

- Sauces and soups may contain animal fat or meat based flavors. Pasta and pizza sauces may contain beef or chicken fat as a flavoring, and even vegetable soups may be made with chicken or beef stock.
- Ask if wine is used in preparing your meal, especially if you are ordering fish, or a dish with a sauce. The server may reply that all the alcohol evaporates during cooking. In truth, alcohol will not completely evaporate during cooking, even if boiled. Simply choose another dish.
- If ordering a fried food, see what other fried foods are offered. All fried foods are probably cooked in the same oil, whether a vegetarian sampler, seafood, or meat. Additionally, french fries and other battered foods may contain meat flavors in the batter.
- Salads containing different types of lettuce, a variety of veggies, and topped with boiled eggs are a nutritious option that can be turned into a meal. Choose your dressing wisely, though; Low fat dressings may contain gelatin. If available, ask for olive oil and a lemon on the side.

- Check to ensure pork is not present. Bacon and ham are sometimes used in vegetable dishes such as potato salad and as a topping for salads.

## Restaurant Type

The type of restaurant is also a factor. Buffets can be a Muslims worst nightmare. How often do you think people switch the serving spoons between meat and vegetables? In addition, how do you know what is really in that dumpling? Is it pork, beef, or vegetarian? There are a variety of stylish soup and sandwich cafés that cater to vegetarians or vegans. Servers at these restaurants are often helpful with finding information about dishes. On the other hand, small diners usually use one large griddle for everything from sausage patties to vegetarian omelets. Many chains, from fast food to set-down restaurants, are now posting nutrition information online. This allows consumers to check the menu and ingredients ahead of time.

What other dishes are served at the restaurant? Is there pork or alcohol served? How comfortable are you with utensils touching your dish, and a non-halal dish? Chinese, Mexican, and other ethnic restaurants may be largely off limits. Chicken stock in the egg drop soup, pork lard in the refried beans, and meat mixed in with the rice. There are not many vegetarian options left.

## Choose Halal

Of course, your best option is to choose a halal restaurant. If you are trying a new restaurant, ask if all the food is zabiha halal, or only certain dishes. Ask to see proof from the containers or bills. You may need to talk to a manager or owner, so consider calling ahead of time for arrangements. Finally, just because you are dining at a halal restaurant, do not blindly eat anything on the menu. Just because someone owns or manages a restaurant does not mean that they know all the Islamic food laws, or that they are aware of the all the ingredients in the food they are serving. We alone are responsible for the food we eat, and the food we provide to our families.

# Halal Dairy Ingredients Now Available for Muslim Food

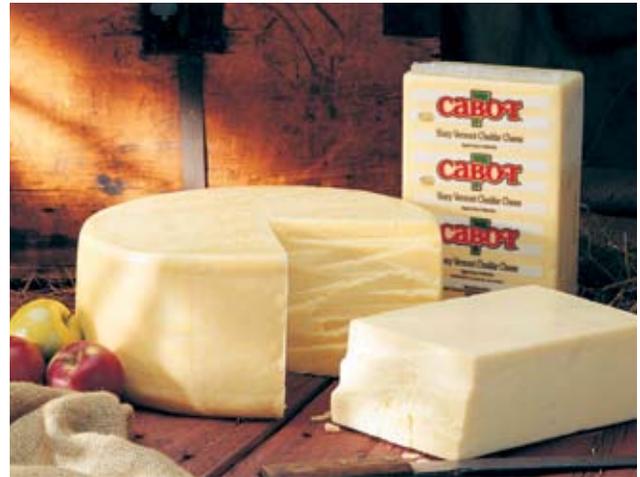
By Haider Z. Khattak

**D**airy ingredients are used as components of various food products all over the world. With the growing Muslim population in western countries, Muslim consumers are worried about the various food ingredients, including dairy ingredients used in processed foods. Most of the ingredients are new to the consumers and there is less information available to the public.

Dairy ingredients are very vital in today's food industry. These ingredients contribute to the flavor, color, appearance, body, and texture of sauces, dressings, and puddings. In some products, such as cheese sauce or dips, dairy ingredients are the primary ingredients in the base of the product. In others, such as salad dressings, they may be used in smaller amounts for flavor or appearance. Dairy ingredients can either be used in consumer products or as a part of flavors used in food products. These ingredients could be found in the bread you eat at breakfast or a quick snack at lunch time. Most of vending machines carry non-Halal products.

Dairy ingredients are used in several snack items. The primary application of dairy-based ingredients in snack foods is for seasonings, because they enhance the flavor and appearance of the snacks. Cheese powder and dairy-based preparations of many formulations are used as seasonings.

Dairy ingredients can be used as functional ingredients in the manufacture of processed meat, poultry, and seafoods. Lactose and milk proteins are generally used. Lactose increases the ionic strength of the brine mixture and masks the bitter aftertaste associated with salt and phosphate. Lactose-containing products like whey and nonfat dry milk are functionally not as good because of their calcium content, which interferes with the binding properties of meat proteins. Milk protein contributes to the stability of the processed meat emulsion. Sodium caseinate competes favorably with meat proteins for absorption at the oil-water interface to stabilize fat in the emulsion. Other functional properties of sodium caseinate that are important in meat systems are that they do not gel with heat; the denatured form improves functionality; and they can contribute to the development of viscosity (Chandan 1997).



Source: Cabot Cheese

IFANCA-certified cheese

Their contributions consist of unique flavor, desirable texture, excellent nutritive value, and a widely accepted "natural" image. Thus, dairy ingredients provide a consumer-friendly label on packaged foods. Dairy ingredients contribute a number of characteristics critical to a food product. These include the emulsifying and stabilizing ability of caseinates, the gelling properties of whey protein concentrates (WPC) and whey protein isolates (WPI), the water-absorption capacity of high-heat nonfat dry milk, and the browning of "lactose" during heat processing. Furthermore, the crystallization characteristics of lactose and the hydrolytic activity of the enzyme lactase are important in confectionery and frozen products. In addition, butter flavor carryover can be achieved with enzyme-modified butterfat and various cheese flavors imparted by enzyme-modified cheeses. An understanding of the functional properties of dairy ingredients allows food scientists to utilize their potential contribution to product characteristics to meet consumer expectations.

## *Dairy-based Ingredients:*

There are numerous dairy ingredients used in various food products, however, few common ingredients have been selected and discussed below. Most of these ingredients below fall into the category of Mashbooh (doubtful).



**J&M®** halal certified meals use only wholesome ingredients and have **NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS.** Six varieties are gluten-free. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

**LAMB & BARLEY STEW:** Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions, create a true culinary delight! A scrumptious meal with a variety of textures, it is deliciously seasoned with herbs and spices of the Middle East.

**CHICKEN MEDITERRANEAN:** A hearty chicken meal with the flavors of the Mediterranean. Chunks of light and dark chicken with tomatoes, potatoes, chick peas and black olives in a tangy sauce.

**CHICKEN & NOODLES:** Chunks of light and dark chicken with Kluski noodles, peas, corn and carrots in a light sauce. A winning combination!

**BEEF STEW:** This satisfying stew is absolutely delicious. It has chunks of beef with chunks of potatoes, sweet peppers, tomatoes, cabbage, zucchini, chick peas and carrots in a flavorful sauce.

**CHEESE TORTELLINI:** Cheese-filled tortellini in a well-seasoned tomato sauce with the added protein of pinto beans. Excellent texture and flavor!

**VEGETARIAN STEW:** A meal perfect for vegetarian and hearty eaters alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

**LAMB & LENTIL STEW:** Tender lamb joins a medley of tomatoes, lentils, onions, chickpeas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

**MY KIND OF CHICKEN:** A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

**CHICKEN & BLACK BEANS:** A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out its full flavor.

**OLD WORLD STEW:** Chunks of beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

**FLORENTINE LASAGNA:** This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence.

**PASTA WITH GARDEN VEGETABLES:** This delicious and robust meal has rotini pasta with a pepper, mushroom, zucchini and tomato medley. It's perfectly flavored with traditional Italian seasonings.

DHABIHA HALAL حلال



Halal certification is by the Islamic Food & Nutrition Council of America (IFANCA)

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**Whey:** The watery liquid remaining after the curd is formed in the manufacture of cheese and fermented or acidified dairy products. Whey can be used in either in compound ingredients or in finished products. It is Halal only if not modified with enzymes. The addition of enzymes into whey makes it doubtful (mashbooh) from an Islamic dietary stand point. The sources of enzymes could be animal, microbial or plant. The latter two sources are accepted by most Halal certifying organizations. Rennet is an extract from the stomach of a calf, kid, or lamb, and used in the coagulation of milk during cheesemaking (Chandan 1997). The majority of whey now produced is Halal because about 80% of whey, in the US, is from milk curdled with microbial rennet.

**Whey Protein Concentrates (WPC):** WPCs are products derived from whey by removal of minerals and lactose. On a dry basis, the protein concentrate contains a minimum of 25% protein. Whey protein isolate (WPI) contains at least 92% protein.

A WPC of 34% protein is commonly used as a stabilizer in yogurt, bakery mixes, dietetic foods, infant foods, and confections. Its water-binding ability, fat-like mouthfeel, and gelation property are particularly useful in these products.

A WPC of 50 or 80% protein is especially suited for use in nutritional drinks, soups, bakery products, meat, dietary foods, and economical egg-white replacement in food formulation. Again, WPC might contain enzymes, hence fall into Mashbooh classification.

**Lactose:** Lactose is commonly known as milk sugar. It is composed of glucose and galactose. Applications include infant formula, health foods, dietetic formulations, dry mixes, confections, drinks, candy, fermentation substrate, and dairy beverages. Lactose as a sugar is characterized by low solubility and low sweetness. It imparts a desirable brown color to bakery items and enhances flavor in beverages. It is a useful carrier of intense sweeteners and pharmaceutical preparations. So far, lactose seems Halal but that is not always true. The reason for this statement is because lactose might contain enzymes which makes it Mashbooh.

**Casein and Caseinates:** These ingredients furnish emulsification, whipping, and texture-modifying attributes. Sodium caseinate aids in the formation of a stable emulsion by locating itself at the interface of oil and water. Casein is the major protein in milk. It is used in the manufacture of most cheeses. It may be Halal or haram, depending upon the enzyme used to produce it (<http://www.ifanca.org/glossary/>).

Compounds derived by the interaction of alkali with casein (the major milk protein). Caseinates are used as additives in many complex ingredients and products. Generally, this type of ingredient is Halal, if not mixed with any non-Halal ingredients.

## Conclusion:

Dairy ingredients are being used on a large scale in the food industry. Dairy ingredient companies have become familiar with the term "Halal", which has a tremendous importance in the western countries. More than 95% certified-Halal dairy ingredients are going to Muslim countries, such as those in Southeast Asia and the Middle East. Some major companies like Danisco, Glanbia, Chr. Hansen, Foremost Farms, Grande Cheese Company, Proliant, Saputo Cheese Canada, and WestFarms Foods are under the supervision of IFANCA. These companies are experts in manufacturing dairy ingredients and are well-known suppliers on a global level.

Halal-certified companies keep IFANCA up-to-date about any new developments in the manufacturing process and cooperate with IFANCA's policy of Halal Certification. IFANCA does Halal audits regularly to make sure that all the procedures are being followed religiously. Currently, very few consumer products made with dairy ingredients are Halal certified.

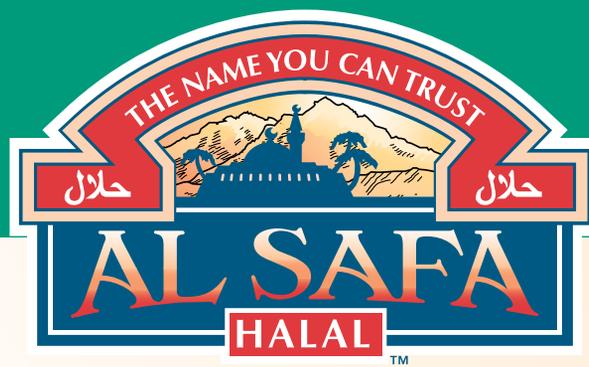
The product labels do not lead Muslim consumers to full disclosure. Therefore, it is the consumer's responsibility to ask the manufacturers directly for further information as to the source of status of dairy ingredients.

*References: Chandan, R. 1997. Dairy-Based Ingredients. Eagan Press Handbook Series, St. Paul, Minnesota, USA*



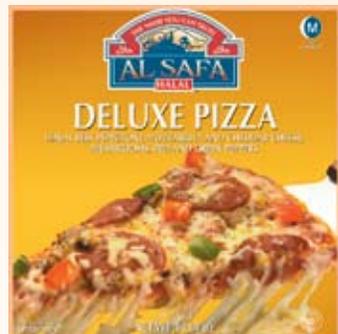
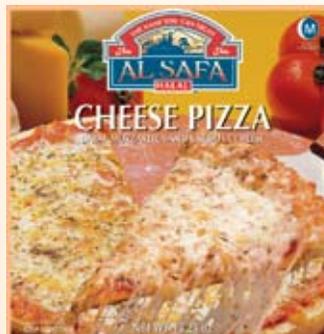
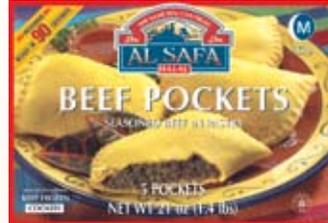
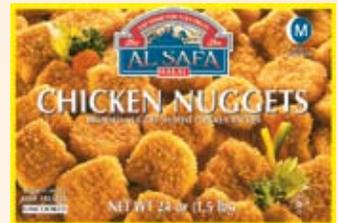
Source: Cabot Cheese

*Check the IFANCA Halal Product Directory at [www.ifanca.org](http://www.ifanca.org) for Halal certified manufacturers of dairy ingredients and products.*



**Hand Slaughtered by a Muslim**

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## Frequently Asked Questions

**1. What is machine slaughtered?**

*Chickens which are routinely slaughtered at a very high speed by a rotating blade, as many as 150 chickens per minute or more.*

**2. Why is this done?**

*Because it is very cost effective and is standard practice in today's modern chicken plants.*

**3. Why do companies label chicken as Halal, when in fact they have been slaughtered by a machine?**

*We share your concern - AL SAFA does not endorse machine slaughter.*

**4. How do I know if the chicken I am buying for my family is Zabiha - hand slaughtered by a Muslim, or in the alternative - slaughtered by a machine?**

*We recommend that you phone the company and ask. Furthermore, request to see their slaughter procedure with your own eyes.*



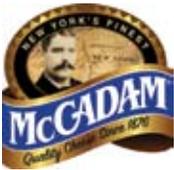
**1-800-268-8174**  
**www.alsafahalal.com**

*AL SAFA guarantees that every single chicken is hand slaughtered by a Muslim. You are welcome to visit at any time to personally witness our Zabiha and meet with our slaughtermen.*



# HALAL CERTIFIED LEADERS

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www.ifanca.org



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