

# M Halal Consumer Magazine

Magazine

A Publication of the Islamic Food and Nutrition Council of America



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## In matters of conscience there can be no compromise



### Halal Gelatin Capsules

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**Assalamu Alaikum**

The year has come to an end and, as always, there has been lots going on. The Institute of Food Technologists (IFT) Food Expo was held July 28 – Aug. 1, 2007 in Chicago. This issue, we'll take you on an insider's journey and visit some of our clients' booths at the IFT Expo. It's truly a revelation to learn of all the components that go into creating that slice of toast or bowl of oatmeal you had this morning – think Lego or a jigsaw puzzle. As for our regular feature on select IFANCA certified companies – yum as usual! Be prepared to be surprised as to who we've got covered!

For our cover story, we've featured the Rolls Royce of Flatbreads – IFANCA halal-certified Kontos, and we know you'll never look at pita bread the same way again. This issue, we have the honor of introducing you to the team at IFANCA who work behind the scenes to keep things humming. And to all the manufacturers of halal goods, we'd like you to meet Don Tymchuck, of Med-Diet Inc., a distributor interested in doing business.

On page 20, Food Scientist, Suzann Audi has provided you with all the information you need to make an informed choice when it comes to fresh, frozen or canned fruits and veggies. To add some more sizzle to your next party menu, we have festive recipes from kitchens around the Muslim world.

Finally, giving thanks is never far from our mind, and we assume yours too, so we take this opportunity to thank all those who made the AMAL and Sabeel Food Pantry Thanksgiving Turkey Drive a success late last year and wish to welcome all those who have returned from the Hajj.

Sincerely,

*Naazish Yar Khan*

Managing Editor



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The year 2007 has seen a lot of activity worldwide as conferences and trade shows were held all around the globe from Brunei to Dubai to America and as far as South Africa. Malaysia, the pulse of halal, continues to make strides towards becoming the halal hub of the world. Now the Malaysian government is putting financial muscle behind those "halal hub" slogans by creating "business parks" for producers interested in starting halal manufacturing facilities. Halal is certainly becoming a buzzword not just in the food and nutritional supplement business but chants can be heard in the hospitality industry too. Excitement in the Middle East is evident when ideas of 'halal tourism', 'halal airline' and even 'women-only hotels' are being tossed around. Some of the ideas may seem and sound a bit too stretched, but one thing is certain, "halal is a Muslim's identity" and we must preserve it proudly in every walk of life. Halal is wholesome, halal is pure, halal is quality and halal is healthy. Tens of media reports and news stories appearing in the USA this year offer testimonials to these facts, highlighting the growth of halal food trade.

Just ten years ago we were so excited to certify bagels produced for the American market that we wanted to buy them and give them away just to show our logo. Ten years later we have hundreds if not thousands of products displaying the Crescent-M halal logo in North America, ranging from frozen meat entrees to flat breads, gyros, desserts, pizzas, condiments, cheese cakes, snacks, juice drinks, bottled water, canned vegetables, fruit bars, cheese, to personal care products, nutritional supplements and cosmetics. The next ten years will, God willing, see the exponential growth in products with halal markings. IFANCA's trade marked logo Crescent-M will, God willing, become as common a sight in USA as it is in countries like Singapore, Malaysia and Indonesia.

There are many small to mid-size North American companies that are realizing the purchasing power of 10 million Muslims who call North America 'home'. Our Crescent-M logo appears on products manufactured by Al Safa Halal, Carole's Cheese Cake, Cabot Cheese, Super-Pufft snacks, Kontos bread and many others, and will expand to national brands. We will see those numbers swell in the next few years. As the number of certified products increase and more products appear with halal logos, general awareness about halal, too, will increase. Indeed, the Crescent-M logo is a stamp of authenticity when it comes to claims of being halal. It is our design to "Take the Doubt Out".

Wishing you a very successful, blessed and happy new year!

Sincerely,

*Muhammad Munir Chaudry*

President, IFANCA

Disclaimer: None of the health-related information contained here should be used in lieu of medical advice nor should it 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.

# Is Kontos on your Plate?

*Authentic Halal Mediterranean Flatbreads and Desserts in Your Grocery Store*

By Suzann Audi

Walk down a busy Manhattan street and you're sure to pass a gyro cart advertising that they use only



Source:Kontos/Avid Productions

the best quality flatbread: Kontos®. But you don't have to go to New York City to experience the authentic flavor of the Mediterranean. Just stop by your local grocery store, Sam's Club, Costco or international market and indulge in Kontos (www.kontos.com) naans, flatbreads and desserts.

## The First Family of Fillo

Evripides (Evriss) Kontos (president and founder of Kontos Foods)

began his career at a bakery in Cyprus, where he worked after school. This bakery made hand-stretched fillo dough and fillo products. He first thought of mass producing fillo when he noticed that bakery orders during the holiday season were hard to fulfill. At the age of 16, he left school and his job and with a loan from his uncle, he started his own business producing fillo for bakeries. Soon he was shipping to bakeries all over the island of Cyprus.

In 1949, Evris sold the fillo business and left Nicosia, Cyprus for the US. Kontos Foods, Inc. grew from the hard work that came from striving for the American dream. Using his own design for the first ever mass-production fillo machine, Evris delighted American taste buds by making fillo dough available in supermarkets across the US. In 1987, Evris established Kontos Foods, Inc.

## A Step Into the Great Unknown: Halal

Kontos started with a line of Pocket-Less Pita in traditional white and whole wheat, which was sold to gyro vendors, grocery stores, and club stores. They soon looked to identify unique varieties of flatbread and venture into new markets, which is when halal came into the picture.

Kontos also manufactures halal gyro (pronounced "yi-ro") cones for the food service industry. The meat in this Greek fast-food is 100 % ground beef and authentic spices on a cone base. The cone rotates and cooks rotisserie style at the restaurant, and fresh, cooked gyros are sliced off as needed.

Why did Kontos choose to pursue IFANCA halal certification for their flatbread, desserts and gyro cones for the food service industry? Chef Demetrios Haralambatos, Corporate Executive Chef for Kontos, explains: "First, a desire to enter into new markets with credibility. What I mean by credibility in the halal market is with a certifying agency that is widely accepted. Second, customers had requested that if the product was halal it would help them, our dis-



tributors. So it was two-fold, a desire to expand our market and consumer requests." Kontos took acceptance by consumers, distributors, and international issues into consideration when choosing IFANCA as their halal certifier. The IFANCA logo, a crescent-M, can be found on the label of all halal certified Kontos breads. According to Chef Demetrios, Kontos sales are soaring in Canada, Singapore, Japan, and the Caribbean due to halal certification, and they are looking to expand to Cambodia and Laos.

## The Rolls Royce of Flatbread

Today, Kontos manufactures 24 varieties of breads - all of them a hundred percent vegetarian, dozens of pastries, pizza crust, gyro bread, fillo dough and high quality Mediterranean hors d'oeuvres. For a new twist on dessert, try rich, creamy kataif made from vermi-

celli-like threaded pastry, filled with soft, creamy, mahlab scented cheese, and baked golden brown.

"Many people in the industry have referred to us as the Rolls Royce of Flatbread", explains Chef Demetrios. Not only do Kontos breads carry a distinct taste, but their preparation is also appealing. "I would say the reason is all the flatbreads we manufacture are authentic, handmade, and using all our own recipes. We've brought flatbread to today's standards using modern food technology."

## Hand Stretched for Fluffiness™

The products that most often come to mind when you think of Kontos may be the assortment of hand stretched breads. These are no typical breads by any means. Kontos manufactures naans to satisfy the Asian market, as well as the tastes of Palestine, Morocco, and Italy. Imagine the flavors of the Mediterranean, and Greek-inspired Olive Bread, with chopped Kalamata olives, onions, and spearmint and soon you'll be rushing to your grocery store. Smooth, zesty Hummus Flatbread with Crushed Red Pepper tempts the taste buds. Made with chickpea flour, cumin, coriander and crushed red pepper, there is just enough tang in this flatbread to make it a regular in your bread box. The complex, distinctive flavors of Kontos bread will give your meals that something extra you've been looking for.

Chef Demetrios breaths excitement as he explains the complexity of flavor in his favorite, Massala Naan. "Although it is not overpoweringly hot, it has a nice clean overall flavor while not being spicy. If I were to eat something with the bread, like chicken, the bread wouldn't overpower it," he says.

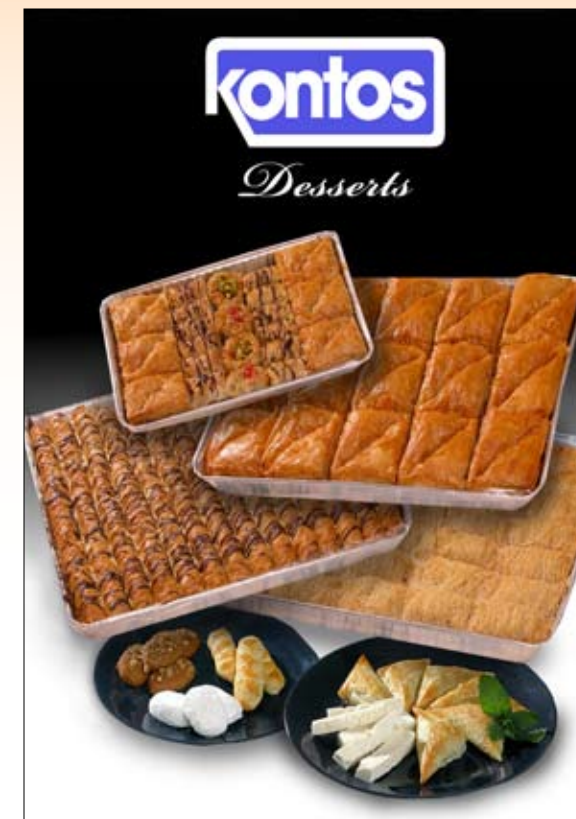
Amongst all the variety, health conscious customers can reach for a pack of Kontos Multi-Grain Flatbread, a

very flavorful, trans fat free, cholesterol free, Pocket-Less Pita, made with seven grains and seeds. Another alternative for those watching their waist lines is the Kontos SmartCarb Pita which has fewer carbohydrates than traditional Pocket-Less Pita.

## Halal Gyro Cones—An Untapped Market

Kontos started selling gyros cones in 2006, so it's a relatively new move for the company. The product was introduced last year to six intermediate sized distributors, who dealt with ethnic populations, and 44 restaurants. They sold 350,000 lbs of halal gyro meat last year alone.

Kontos chose to expand into offering halal gyro cones for the food service industry because, "[it was an] untapped market and that's why we went into selling gyros cones. There was a need and someone had to fill the need," says Chef Demetrios. "Kontos has been known to produce high quality products whether we make it or have someone make it for us. Kontos inspects the plants and ensures they're using proper GMPs and HACCPs and makes sure they're doing it correctly and that the end product is wholesome and pure. One of our specifications is that IFANCA is the certifier of the gyros cones. [We] first came out with bread for the South Central Asian and Mediterranean markets because there was a need for it. This (gyro meat) was the accompanying product. Gyros are a processed product, and this is something we can have control over as not many people are doing this." If a distributor or res-



Source:Kontos/Avid Productions

taurant is interested in Kontos gyros cones, they can contact Kontos customer service.

## Tempt your Taste Buds

Chef Demetrios' favorite pastry is Mediterranean Nut Rolls or Saraagli-Flogeres. "The classic name is Saraagli. We call this the Nut Roll in the American market. To describe it, it is the classic Baklava, but instead of layers of tissue thin dough, buttered with walnuts and saturated in honey, it is rolled on a stick and baked with honey. I enjoy it primarily because it is a different shape. But is also something you can eat and serve at a Vietnamese table as well as in a [formal setting]. A regular baklava is clumsy in an elegant situation. With Saraagli, you can impress." A perfect fit for dinner, lunch or your next gathering! (M)



Source:Kontos/Avid Productions

# Foodservice Distributors and the Halal Industry

By Naazish YarKhan

The supply and demand chain of the foodservice industry is made up of manufacturers, distributors, meal providers, and final consumers. When it comes to the halal industry however, there sometimes seems to be a snag between producers and distributors. Manufacturers of halal goods, especially if they are small, may not be aware of how they can get stocked in a foodservice company's warehouse, while distributors who can get them into restaurants, schools and nursing homes may not even know of the existence of a halal product or its manufacturers.



Don Tymchuck, President of Med-Diet, Inc., a specialty foodservice distributor, can attest to that. "There's very little currently being offered through the broadline national and regional foodservice distributors. Based on the need for halal foods presented at the last IFANCA conference, Med-Diet is pushing

hard to change that by finding halal manufacturers," he says.

Mr. Tymchuck has been involved in the medical food business for over 30 years. For 27 years his company, has provided products and services to those on special, medical diets. Mr. Tymchuck holds several patents in the food industry. He is an author of the National Dysphagia Diet: Standardization of Optimal Care, published by the American Dietetic Association's National Dysphagia Task Force. This publication sets down standards for the textures of foods provided to people with swallowing problems caused by traumas, such as stroke and cancer. Using his expertise in food texture, Mr. Tymchuck also designed a meal plan to help people get used to their new egg-sized "mini-stomach" after gastric bypass surgery.

He attended the IFANCA 9th International Conference in April, because several of his clients indicated their interest in serving religious meals. Mary Anne Jackson, President of J&M Foods, was one of the presenters at the conference and Mr. Tymchuck began buying her halal-certified ready-to-eat, shelf stable meals. "In the last month, we've placed re-orders with J&M Foods twice. It

shows there's definitely a demand and, using the IFANCA supplier directory, we're currently working with six other manufacturers to get their products into our system," he says.

"People like variety. What's great about IFANCA is that they are working with the industry to get more products into the marketplace. As distributors, we can rely on the Crescent M symbol on packaging to identify a product as halal."

Mr. Tymchuck also saw references to Halal Consumer magazine online and picked up past issues to learn more about this potential market. Those manufacturers listed by IFANCA that Med-Diet couldn't work with were suppliers of products that had short shelf lives or needed refrigeration. "It's a question of economics. Would the consumer be willing to pay what it would cost to ship something perishable?"

## Expansion into the Halal Market

His company, which specializes in small order, direct-to-user shipping, is now looking to add more products and more clients, including universities, school systems, health-care, and at-home users. "What we do as a company is meet the specifics of our

customers' needs. But the demand for halal products must come from the consumers, including parents if it's a university or school. That's how administrators learn that there's a void that needs filling."

## Restaurants Losing Business

Halal is an emerging market that many foodservice distributors haven't recognized. And if manufacturers don't certify their products as halal, the distributors don't know where to get them, when requested by a potential customer. So their salesmen don't sell restaurants any halal products, according to Mr. Tymchuck. Alternatively, the restaurant may know there's a demand for halal but not know where to get a halal supplier. In the end, both lose business without knowing it. "We're going to fill that niche," says Mr. Tymchuck.

## Nursing Homes

Med-Diet works with thousands of hospitals and nursing homes. According to Mr. Tymchuck, those that don't provide a religious meal may not even know that they've lost a potential client because their menu doesn't cater to all. "Again, it comes to demand. Are residents and patients asking for halal meals or halal vitamins or supplements in a hospital or


a nursing home? In a nursing home, an appropriate meal is one of the few comforts so it is vital to provide those."

"We'd be willing to work with IFANCA-certified halal companies because we know what its certification implies. We don't need to check on the authenticity of that halal claim if a product is certified by IFANCA." IFANCA does certify several vitamins, supplements and health drinks and these would fit the bill of the kinds of products distributed by Med-Diet.

## Retail Stores

Having halal jello, halal marshmallows and halal crispy treats in every mainstream grocery would be a dream come true for many a Muslim child. Would Med-Diet be willing to work with retail stores as a supplier of such halal goods?

"Definitely! As long as a grocery store is willing to get it by FedEx drop-ship. Most retail stores purchase only items that meet a certain turn around. They're looking for the maximum sales. Our small order size requirements are just what they need to meet their customer's demands while minimizing storage needs." Med-Diet would also be willing to supply to individual stores or specialty stores, in areas where there is a large Muslim population. So what's left to do? Muslim shoppers need to ask their stores and restaurants for halal products and inform them of distributors such as Med-Diet.

Med-Diet can be reached toll-free at 1-800-MED-DIET (633-3438) or online at [www.Med-Diet.com](http://www.Med-Diet.com). 

# Get to Know Us

## IFANCA Staff



### Roger Othman

Mr. Roger Othman graduated from the University of Michigan with degrees in Chemical and Aerospace Engineering, and has had a diverse career. He spent much of his career in the oil industry in domestic and foreign assignments in process design, process operations, technical services, total quality management and strategic planning. Roger also spent time as a trader on the IMM. Roger has

served on the Board of Directors of the Mosque Foundation and its Executive Committee. He has also served on the IFANCA Board of Directors and worked in a number of areas, including publications, inspections and Halal supervision. Roger served as the first Managing Director of IFANCA and as editor of the Islamic Perspectives newsletter, Halal Consumer magazine and Halal Digest Newsletter. He currently serves as the IFANCA Webmaster.



### Mimin Sembiring

Ms. Mimin Sembiring joined IFANCA in 1999. She heads the Certification Department, which issues certificates to client companies. She also works with the Accounting Department to prepare invoices for annual and shipment certification fees. Mimin is originally from Indonesia and speaks English and Indonesian. She received her Bachelor's degree in Hotel Management from Indonesia.



### Grace Tjahjono

Ms. Grace Tjahjono joined IFANCA in 2001. She is an assistant to Dr. Muhammad Chaudry and handles all aspects of setting up certification for new clients, including the application process, producing contracts and invoicing, and she schedules yearly inspections. Grace also organizes the IFANCA annual International Halal Food Conferences. She speaks English and Indonesian, and is proficient in Dutch.



### Sameena Rahim

Ms. Sameena Rahim has worked at IFANCA since 2004. Sameena heads the Accounting Department where she handles IFANCA accounts payable and accounts receivable, IFCE and IFANCA Canada accounts, payroll, and all related financial matters. Sameena is originally from Pakistan and speaks Urdu and English.

# IFANCA-Halal Certified Company News

## IFANCA HALAL Certified Splenda® for Your Recipes



With the new year's focus on weight loss, it is a good time to replace sugar in your recipes with IFANCA certified Splenda No Calorie Sweetener.

Splenda offers a low calorie option to sugar while closely matching the sweetness and taste of sugar in reci-

pes such as in pie fillings, cheesecakes, sweet sauces, marinades and glazes. Recipes can be found at: <http://splenda.allrecipes.com/default.aspx>.

As for questions about its safety, more than 100 scientific studies on sucralose, the sweetening ingredient in all Splenda sweetener products, conducted over a 20-year period support that it is safe for human consumption. The data from these studies were independently evaluated by the FDA and international experts

### Banana Cream Tart

- Ingredients:**
- 1 (15 ounce) refrigerated piecrust
  - 3/4 cup SLENDA No Calorie Sweetener, Granulated
  - 1/4 cup cornstarch
  - 2 cups 2% reduced-fat milk
  - 1/3 cup egg substitute
  - 2 teaspoons imitation vanilla extract
  - 1/8 teaspoon salt
  - 1 tablespoon butter
  - 1 teaspoon alcohol-free banana extract
  - 1 1/2 cups sliced bananas

Garnish: Halal fat-free whipped topping and finely chopped walnuts Source: Adapted from Splenda.com

in a variety of scientific disciplines, to establish its safety. Moreover the safety of sucralose has also been confirmed by years of both domestic and international use.

## California Garden® for a Halal Treat

California Garden ([www.californiagarden.com](http://www.californiagarden.com)), a Dubai based company, began with sales of three products: canned peaches, canned fruit cocktails and canned corn. Over the next 25 years, their markets expanded throughout the Middle East and Asia. Fava beans, canned in sauces suited to local tastes, became their lead product. Gulf Food Industries, the parent company of California Garden, received IFANCA halal certification for many of its products in 2004, to capture the growing trend of halal as a wholesome and healthy choice. Today, California Garden products are sold in over 20 countries. The company manufactures its own cans coated with white lacquer, to ensure long lasting flavor and to keep their cans rust free.

Here is a sample recipe for your next gathering!

### Mediterranean 7-Layer Bean Dip

- Ingredients:**
- 2 (15oz) cans black beans, drained
  - 1 (9oz) can Foul Medammas Beans
  - 1 (9oz) can Hommos Tahina and Strained Foul Medammas Beans
  - 1 (2 1/4oz) can sliced ripe olives, drained
  - 4 green onions, sliced
  - 1/2 cup nonfat, halal sour cream
  - 1/2 cup prepared guacamole
  - 1 cup prepared salsa
  - 1 (7oz) bag baked tortilla chips
- In an 8 inch round pyrex or other dish, cover bottom of dish with black beans. Layer all remaining ingredients except tortilla chips over black beans in the order listed above. Serve immediately with tortilla chips or cover and refrigerate for use later.



Look for the Crescent-M logo on your California Garden products.

## Authentic Tasting Halal Bases And Sauces From Custom Culinary™

IFANCA halal-certified Custom Culinary products aim to whet appetites with authentic flavors and quality ingredients. Created by expert chefs and supplied to food service professionals, their bases and sauces could very well be the ingredients in your favorite entrée at your local restaurant. Their IFANCA halal-certified product line includes:

Custom Culinary Gold Label Bases use real meat, poultry, seafood and vegetables to give signature dishes their authentic flavor. Only Custom Culinary offers the widest range of made-from-scratch flavors that give culinary professionals a wide range of menu possibilities. Custom Culinary also offers an array of healthy offerings including low sodium, no added MSG, vegan and vegetarian products.

Master's Touch® Hollandaise Sauce & Demi-Glace Concentrates, also from Custom



Source: Custom Culinary

"Custom Culinary™ Master's Touch® Concentrates Hollandaise Sauce delicately drizzled over an artful presentation of Salmon, King Crab Meat and Asparagus Spears"

Culinary, are culinary flavor systems you can rely on to deliver the most authentic taste to enhance your signature dishes. These highest-quality sauces will enable you to create a memorable dining experience in practically no time at all. Crafted by our team of culinary professionals, these authentic, cooked-from-scratch Mother Sauces use only the finest, freshest, highest quality ingredients available.

Visit [www.ifanca.org](http://www.ifanca.org) to learn more about certified Custom Culinary products.



Source: D'Andrea Brothers

## Army Shares Sweet, Halal Secret With Civilians Worldwide

New York Post called it "the biggest military advancement to hit the mainstream since the Hummer." According to Fox News, "If it can give a welcome surge of energy to a U.S. soldier in the Iraqi desert, then it should do the trick for a runner, a hiker, a third-shift worker or even

an on-the-go mom." What's everyone talking about? It's Soldier Fuel, previously known as HOOAH! energy bars.

D'Andrea Brothers, LLC licensed the federally registered trademark Soldier Fuel from the Army as manufacturers/sellers of Soldier Fuel sweet, crunchy energy bars. A sweet respite from their jobs, the bars give U.S. soldiers that extra boost in energy and fight against fatigue. In fact, Soldier Fuel Chocolate Crisp was named "Most Loved Product" on Amazon.com's 'Health & Personal Care' store.

Soldier Fuel Energy Bar Apple Cinnamon, Soldier Fuel Energy Bar Chocolate Crisp and Soldier Fuel Peanut Butter Bar all make the IFANCA halal grade and can be purchased on [www.amazon.com](http://www.amazon.com), [www.drugstore.com](http://www.drugstore.com) and [www.navyseals.com](http://www.navyseals.com) amongst several other outlets, all of which are listed on the Soldier Fuel website ([www.soldierfuel.com](http://www.soldierfuel.com)).

D'Andrea Brothers, LLC have donated Soldier Fuel energy bars to many worthy causes, including care packages for soldiers, tsunami survivors in Sri Lanka, hurricane Katrina refugees in Louisiana, and earthquake survivors in Pakistan.

### Super Taste With IFANCA Halal-Certified Super-Pufft

IFANCA halal-certified Super-Pufft is the store brand manufacturer of choice for potato chips for North America's largest retailers. Their secret to such great quality chips? The potatoes are processed the very day they are received. Super-Pufft is also the largest manufacturer of store brand popcorn in Canada. Whether its cheddar cheese popcorn, white butter flavored popcorn, or caramel corn in tubs or bags, you can be sure that Super-Pufft produces the very best. Serve these with Citrus Farms Apple Juice, or Citrus Punch and you've got yourself the beginnings of a party!

For a complete listing of Super-Pufft products certified by IFANCA, go to [www.ifanca.org](http://www.ifanca.org) and click on product search.

### IFANCA Certifies Fruta Vida as Halal

#### Brazilian Berry Destroys Cancer Cells In Lab Study

Juice bars did brisk business when wheat grass, blueberries and pomegranates promised health and goodness. Now, in health food stores and promoted on Oprah, are juices from the Brazilian berry, Acai. One of the companies bringing Acai, in juice form, to the U.S. is Fruta Vida International and it's on sale at [www.frutavidabiz.com](http://www.frutavidabiz.com). IFANCA halal-certified Fruta Vida is a unique blend of açai, cupuaçu and yerba mate.



This little berry is one of the most nutritious and powerful foods in the world, say researchers at the University of Florida. Published in the Journal of Agricultural and Food Chemistry, their 2002 study showed that extracts from acai (ah-SAH'-ee) berries triggered a self-destruct response in up to 86 % of leukemia cells tested. Stephen Talcott, an assistant professor with University of Florida's Institute of Food and Agricultural Sciences, was excited about the results, but cautioned that the study was not intended to show whether compounds found in acai berries could prevent leukemia in people. Other fruits, including grapes, guavas and mangoes contain antioxidants shown to kill cancer cells in similar studies, he said. (M)

## Advertise in Halal Consumer Magazine



**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 Spring Issue: March 15, 2008**

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 [g.tjahjono@ifanca.org](mailto:g.tjahjono@ifanca.org) with "HC Advertising" in your subject line.

### Advertising Rates for Halal Consumer Magazine

Inside Cover (no bleed)	7-3/8" x 9-7/8"	\$1500
Inside Cover	8-5/8" x 11-1/8"	\$1500
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



**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) microwavable 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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# Halal Happenings

## 156 IFANCA Clients at IFT Expo 2007

Think of your kitchen and all the ingredients that go into creating a dish. Now swap red pepper, salt, ginger, garlic and so on with mouthfuls such as erythritol, propylene glycol alginate, inulin, locust bean gum, or carrageenan. Yes, you guessed right. It's the stuff on all those food labels and there are reasons for them being in there. These could vary from making sure that canned soup has the texture of soup instead of water, to ensuring that frozen potatoes stay firm even when you pull them out of your freezer, unlike the mush your own cooked potatoes turn to when you thaw them out. Put on your seat belts and let's go for a ride on the insider's track. Our destination: The Institute of Food Technologists (IFT) Food Expo, July 28 – August 1, 2007.



Suzann Audi and Dr. Masood (center) field questions about halal certification at the IFT Expo.

Besides the IFANCA booth, there were 156 IFANCA clients amongst the other vendors in attendance. We spoke to IFANCA clients Tic Gums, Cargill, Grande Cheese and Fortitech to learn what they'd brought to the

expo for show-and-tell and below we bring this information to you. However, it is only to further an awareness as to goings on in the industry, and does not imply certification by IFANCA, unless specified.

### TIC Gums Launches New Gum Blend For Fiber-fortified Breads & Soups

With more studies showing the importance of fiber in one's diet, and the less-than-recommended daily intake of most Americans, food processors are looking beyond bread and bakery items to other types of foods, literally from soup to nuts. TIC Gums now offers Nutriloid® 7000, another fiber-enhanced product development. The hydrocolloid is designed to boost the soluble dietary fiber level in a variety of soup recipes without increasing the viscosity that can cause formulation problems. "Nutriloid 7000 is part of the solution to finding ways to add soluble dietary fiber in everyday favorite foods. The fact that it helps maintain a consistent stability is another bonus for the manufacturer," commented Dr. Nieto.

For a list of specific IFANCA certified Tic Gums products, contact us through [www.IFANCA.org](http://www.IFANCA.org).



From the soup side of fiber-enhanced product development, TIC Gums now offers Nutriloid® 7000. IFANCA certifies thousands of products for TIC Gums.

## Cargill Showcases Development and Functional Ingredient Portfolio

Responding to consumer demand for health-oriented, great-tasting and convenient food and beverage products, Cargill showcased a broad array of application development and functional ingredient capabilities at the IFT Expo.

Visitors to Cargill's booth learned about and sampled 13 food and beverage prototypes that address everything from health issues such as weight management, energy management and heart health to satisfying consumer cravings for pure indulgence. The booth was organized by category with prototypes for sampling in each area. In the bakery section were decadent breads in chocolate hazelnut and mango peach varieties and delectable, zero grams trans-fat doughnuts. Amongst beverages were samples of custom combinations of inulin and calcium in raspberry-flavored and unflavored drinks, an iced latte with a sweetener that provides lasting energy and organic blueberry green tea with blueberry juice. Prototypes of confections included sugar-free mint patties, sugar-free sour gummy candy and organic chocolate-raspberry truffles. IFANCA certifies several thousand ingredients for Cargill, many of which could go into creating such products.



Cargill prototypes of confections included organic chocolate raspberry truffles. IFANCA certifies several thousand ingredients for Cargill.



These prototype jelly beans boost energy and are intended for the kid in every tired adult! IFANCA certifies several ingredients that go into products such as jelly beans.

### Fortitech Unveils Energy and Wellness Premixes

IFANCA halal-certified Fortitech, Inc., the world leader in custom nutrient premixes, focused on increased energy and weight control at IFT this year. While weight management is an exponentially growing issue worldwide, consumers and new product developers are struggling

to find great-tasting, cost effective products to satisfy hunger, add energy and improve cardio health. Fortitech has custom formulated several new premix samples designed to target those issues specifically. During the IFT Food Expo, Fortitech offered:

- **Weight-Management Popcorn** – A truly unique functional application, Fortitech's popcorn premix contains nutrients that can help with weight management for weight-conscious consumers. This specific blend contains niacin, pantothenic acid, chromium, L-carnitine, CLA, green tea extract, calcium and potassium.
- **Energy-Fortified Lollipops** – Packed with 16 different nutrients, these energy-boosting lollipops for adults are designed for people taking long trips in the car or anyone who is looking for a boost of energy. The lollipops contain elevated levels of folic acid, biotin, niacin, pantothenic acid, iodine, zinc choline and vitamins A, C, D3, E, and a complete B-vitamin complex.
- **Energy-Fortified Jellybeans** – Another innovative application idea is energy-boosting jellybeans for adults. With 12 vitamins and nutraceuticals, Fortitech's jelly-bean premix can be used to create a powerful energy-boost in a convenient confectionery application. The energy jelly beans are loaded with vitamins B12, B6, CoQ10, pantothenic acid, niacin, folic acid, biotin, taurine, D-Glucoronolactone and D-Ribose.



## Grande Cheese all the Whey

Blending specially selected cultures and using the time honored techniques of their skilled cheese artisans, Grande Cheese's IFANCA halal-certified whole milk mozzarella cheese and skim milk mozzarella cheese are all natural cheeses without additives, fillers or preservatives to ensure optimum flavor, performance and consistency. Besides those products, IFANCA also certifies Grande whey products for the food industry.

Stephen Dott, who was present at the Expo, spoke to us about Grande Custom Ingredient Group's newest prototype – a patented meat alternative produced from whey protein. It combines excellent nutrition with the taste and texture of meat. This high protein, low fat offering is aimed at markets catering to health and nutrition, vegetarian and alternative foods, sports and body building industries. Grande textured whey protein contains 70% whey protein with a complete amino acid composition and the highest biological value compared to plant proteins. It is low in total fat (0.70%), saturated fat (0.25%) and trans fat (0.02%).

### Halal Certification Management Dialogue organized by JAKIM

In conjunction with the International Al-Quran Reciters Assembly, Jabatan Kemajuan Islam Malaysia or the Malaysian Department of Islamic Development, commonly known as JAKIM, conducted a dialogue on Halal Certification Management, on August 22-23, 2007. Two dozen representatives from 14 halal certifying organizations in 10 countries participated.

The two day meeting was designed to cover the Malaysian protocol for the production of halal meat. Tuan

Hj. Zainal Abidin Jaffar, Director of Halal Hub Division, the lead speaker, made a comprehensive presentation about the theme of the meeting. A wide range of topics were discussed, including the slaughter and stunning of animals, segregation during production and transport, GMO foods, gelatin, animal feed, as well as medicine and vaccines. The meeting was conducted in an open forum style, giving the attendees ample opportunity to participate in the dialogue. The organizers kept the discussions focused and in line with the practices from the perspectives of Shariah (Islamic law).

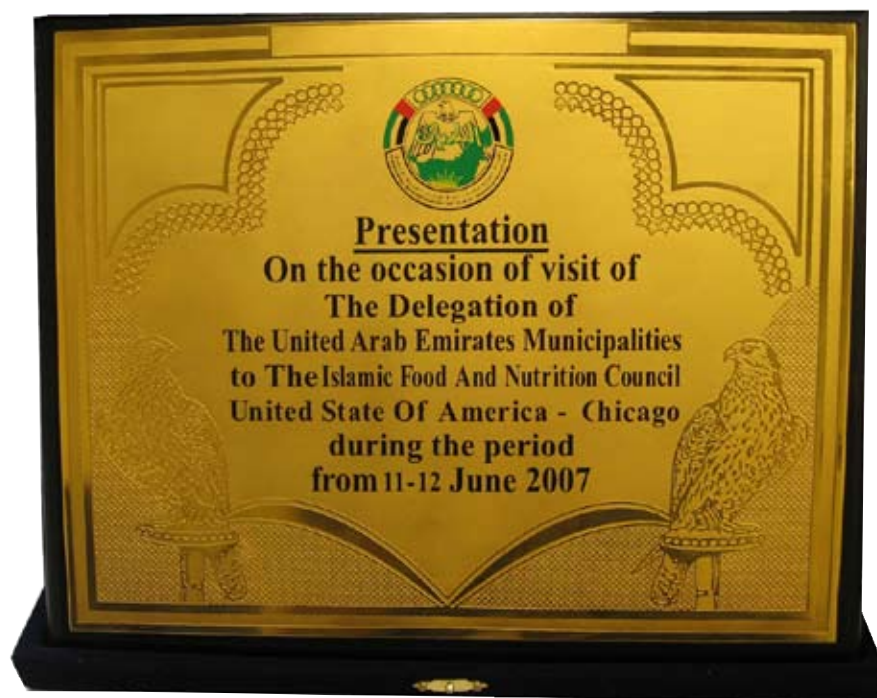
Director Tuan Hj. Zainal Abidin Jaffar announced that JAKIM will be the permanent secretariat for future dialogues, with some of the actual meetings held in other countries. In his closing remarks, representing the Honorable Minister Dato' Dr. Abdullah Md. Zin, the Director General of JAKIM, Honorable Dato' Wan Muhamed Aziz, reiterated the

Malaysian government's support of global halal initiatives and issues leading towards making Malaysia a truly halal hub.

The attendees to the dialogue also witnessed an awards ceremony for the reciters of the Quran at the International Al-Quran Reciters Assembly, where reciters from over 40 Muslim and non-Muslim countries participated in the Quran recitation competition.

### IFANCA Receives Approval from U.A.E

IFANCA is pleased to announce that The Secretary General of the Municipalities, U.A.E has approved IFANCA, Chicago and Toronto, to supervise halal slaughtering in the USA and Canada, respectively. IFANCA will also be issuing certificates for U.A.E. We look forward to doing business together and building a mutually beneficial relationship.



IFANCA was presented with a plaque to mark the visit by delegates of the Department of Secretary of Municipalities of Dubai

### IFANCA Co-sponsors International Goat Symposium, Canada, Sept 18-20, 2007

IFANCA was one of the many co-sponsors at the International Goat Symposium in Canada this September. The theme was "Profit through Genetics". A day and a half of presentations, concurrent sessions and demonstrations addressed various aspects of goat genetics such as genetic improvement in Canada and around the world; using on-farm records for daily decision making; the use of artificial insemination and embryo transfer and discussions for those interested in entering the dairy or meat goat business.

### IFANCA at Flavor University at Fona International

Flavor University at FONA International held a seminar on quality assurance at their beautiful facility in Geneva, Illinois, a suburb of Chicago. Besides USA, attendees from Canada and Europe participated in the seminar. Dr. Muhammad Chaudry presented an overview of the halal guidelines for the flavor industry.

Dr. Thomas Vollmuth, Staff Director at Wrigley & Company, made a presentation about the global stature of company and how it implements halal in its production facilities around the world. Both FONA and Wrigley are IFANCA certified companies. The seminar was organized and moderated by Ramesh Shah, vice president of technical services at FONA International.

"FONA has implemented one of the strictest quality assurance programs in the flavor industry, based on pharmaceutical industry standards, which has helped FONA growth way above the industry average", said Mr. Shah.

### IFANCA Canada Participates at CIFST 19th Annual Table Top Suppliers' Exhibition 2007, Mississauga, Ontario


IFANCA Canada participated by setting up a booth at the 19th Annual Table Top Suppliers' Exhibition 2007, on November 13, 2007. Various leading food manufacturers participated in the event. The number of exhibitors were over 210 and more than 1400 people attended this annual exhibition. It was a great opportunity to network and find out what is new. Exhibitors used the tabletops to display literatures, samples and gift items, etc. IFANCA Canada displayed its official publication, Halal Consumer. This magazine has a circulation of 40,000 and is being distributed among Muslim consumers and food industry professionals across North America and internationally. IFANCA's mission is to educate Muslim consumers about the halal industry.



According to Bob Crane, Chairman, CIFST Toronto Section, this event has always been one of the most cost effective trade shows around and this year they have enhanced the value even further. Canadian Institute of Food Science and Technology (CIFST) was founded in 1951 and is the national association for food industry professionals.

"I was so glad to see people from the food industry showing so much interest in learning about Halal certification" says Haider Khattak, IFANCA Canada Halal Auditor.

### Masterfoods UK Does a Turn-around

Masterfoods UK, makers of Mars, Galaxy, Snickers, Milky Way and Maltesers chocolates, decided to abort plans to replace vegetable based enzymes with animal rennet, as an ingredient in their chocolates sold in the U.K. The decision came following 6,000 complaints by irate consumers, within the week of the announcement. Forty Ministers of Parliament, too, were signatories to a petition protesting the move, indicating the power of consumers to affect business decisions. Had it come to fruition, Masterfoods' decision to use animal enzymes would have affected chocolate bars sold in the U.K. alone. 

## IFANCA in the News

IFANCA-halal-certified Carol's Cheesecake based in Canada was profiled in a laudatory article about the halal market in Canada, in Toronto Star, the nation's leading newspaper. According to the report, "... Carole, after whom the company is named, admits that initially she didn't even know the meaning of halal ...But she says there is "no question" that the halal-certified cakes have increased her business."

"We have repeat customers, and ladies who are thrilled to find a halal bakery," she said.

Carole's Cheesecake isn't the only one to go halal according to the report. "Many mainstream companies are exploring the same terrain. Halal is no longer restricted to Muslim-run butcher shops dotting the Greater Toronto Area," reports Rakhshande Italia.



### Did You Know?

Mono and di-glycerides are fatty substances that are used as emulsifiers. Emulsifiers are compounds used to keep oils or fats and water dispersed in one phase (i.e., they prevent oil and water from separating). Mono and di-glycerides can be derived from animal or vegetable sources. When derived from vegetable sources, they are halal. When derived from animal sources, they are almost always derived from fat of animals that have not been slaughtered in a halal manner. Very few products list the source of mono di-glycerides on the label. Hence they are questionable and consumers should contact the company to determine the source. Alternatively, look for products which have halal symbol. Mono- and diglycerides are used in a wide variety of products, including baked goods, peanut butter, margarine, shortening, and other products.

*And ALLAH, Subhanahu wa ta'ala, knows best.*

## IFANCA Mail Bag

**Q:** Is Halal certification beneficial and/or necessary for a fruit packing facility?

- C. Masse, Food Safety Technician, OKTF

**A:** Greetings and peace. Halal certification removes any doubts about the product. Certainly if you have a request from halal consumers, halal certification would be beneficial for your sales. If you are marketing to a region of the world that requires halal certification, then it is not just beneficial but necessary. In other areas, it does remove doubts about the products and enhances its perception of being a higher quality product. There are companies like 'Paramount Farms' Sunkist [brand] whose almonds and pistachios are certified as halal. Some other major companies are looking into it too. People usually think nuts are just nuts, but they are processed with the use of other ingredients. IFANCA checks every major and minor ingredient and each processing aid used in the production of nuts.

Sincerely,  
Roger M. Othman  
IFANCA

# 600 Turkeys Delivered During Thanksgiving 2007 Turkey Drive!

## Thanksgiving 2008 Turkey Drive Underway Already!

Six hundred turkeys were donated by the Chicago Muslim community to needy families in Chicago for Thanksgiving, in 2007. The organizers of this drive were American Muslims for Activism and Learning (AMAL) and Sabeel Food Pantry. Thanks to the generosity of sponsors and the hard work of many volunteers, Emmett Till Academy did not have to turn away any of its families, for the first time in the history of the drive. In fact, because of the Muslim community's amazing response, the drive was expanded outside of Emmett Till – another first. Co-sponsors, the Inner-city Muslim Action Network (IMAN), helped identify and deliver 100 turkeys to needy families in the Marquette Park community. Overall, Chicago Muslims helped feed more than twice the number of families this year, compared to Thanksgiving in 2006.

### Thank You to all the Supporters, Co-sponsors and Donors!

#### A number of institutions contributed financially and/ or rallied support for the cause:

Islamic Food and Nutrition Council of America ( IFANCA) negotiated prices for the turkeys resulting in savings of thousands in comparison to the 2006 pricing, Community Builders, Comet Press, Mohammed Webb Foundation, IQRA, The American Islamic Association Frankfort (AIA), Muslim Community Center(MCC), Chicago Islamic Center, Downtown Islamic Center (DIC), Muslims for a Safe America, Maghreb Association of North America ( MANA), Islamic Arab Voice of Chicago Community (IAVCC), Al-Offak Newspaper, The Muslim Journal Newspaper, The Future Newspaper, Chicago Muslims For Peace, Muslim American Society (MAS-Chicago), Muslim American Society Youth (MAS-Youth), Orland Park Prayer Center, Universal School, Al Aqsa School & Islamic Foundation (IF).

#### We also acknowledge key individuals for their efforts:

Dr. Azher Quader, Dr. Munir Chaudry, Ayesha Mustafa, Dr. Afzal Ahmad, Khalid Mozaffar, Sadiya Khan, Sh. Nazir Chahin, Kareem Irfan, Kamran Memon, Nikia Bilal, Tabinda and Tarek Azam, Nida Shakir, Asma Shakir, Salman Chaudry, Sofia Shakir, Rifat Sivos-

glu, Tamim Chowdhury, Zeshan Sadek, Quader Latifi, Rafi Peterson, Amani Ghouleh, Mansour Tadros, Dr. Ahmed Sakr, Yousif Marei, Dr. Zaher Sahloul, and last but not the least, Anam El-Jabali. Ms. El-Jabali volunteered countless hours over the six months prior to Thanksgiving, gathering most of the endorsements personally, soliciting donations at Muslim institutions, distributing thousands of flyers, and getting the Turkey Drive publicized across the country. We cannot express our gratitude enough.

#### Further, the drive wouldn't have been as great a success without its individual donors.

#### Turkey Platinum List (\$250+)

Islamic Food and Nutrition Council of America  
Jihad Shoshara and Sofia Shakir  
Munir Chaudry and Ejaz Rahim  
Nejd and Fauzia Alsikafi  
Pediatric Health Associates, Ltd.  
Tahan Thraya and Amany Jondy  
Rany Jazayerli and Belsam Kashlan  
Moeen Saleem and Saera Arain  
Anonymous (1)

#### Turkey Gold List (\$100-\$249)

Suha Ahmed  
AIA Masjid  
The Future Newspaper  
Carol Rahim  
Ghulam and Mehrunnisa Panawala  
Yousuf and Dilara Sayeed  
Samir Gouda  
Mohammad and Ruhi Shariff  
Salman Chaudry  
Eric and Samina Waggoner  
Marcia Hermansen  
Adil Pediatrics, Inc.  
Rummana Hussain  
Sami Khalid  
Mohammed and Shamim Moinuddin  
Rashaad Balbale  
Sara Sultan  
Sameer Afsar  
Hassan and Dema Alzein

Ashraf Hasan and Madiha Syed  
Shakoor Wali  
Mahmood and Soffiya Siddiqui  
Zaher and Suzanne Sahloul  
Edward and Pamela Caulfield  
Nikia Bilal

#### Turkey Silver List (\$50-\$99)

Iltifat and Maihlaqa Alavi  
Tarannum Qureishi  
Eiman Abdelmoniem and Asma Akhras  
Tamim Chowdhury  
Naazish YarKhan  
Bill and Martha Strening  
Mohammad and Catherine Iqbal  
Bushra Munif  
Andrew Pigott  
Rizwan Merchant  
Syed Majid  
Talath and A. Wajid Ahmed  
Adam Rimawi  
Monsur Hossain  
Ruqia Shamsi  
Viqar and Saima Ahmed  
LaDale and Donna George  
Mohammed and Shazia Khan  
Scott and Karen Whitsitt  
Orville and Patricia Borrowdale  
Paul and Heidi Tanzillo  
Rauf and Amana Yousuf  
Affan and Kiran Arain  
Muslims for a Safe America  
Arab Womens Association  
Anam El-Jabali

#### Many, many more donated between \$10 and \$50.

#### Future Plans: Thanksgiving Turkey Drive 2008

We are planning to add an Islamic school and Islamic centers to receive halal turkeys during 2008, in addition to the two locations we served during 2007. Donations can be sent year round to AMAL P.O. BOX 2187, Chicago, IL 60690 or online using PayPal at [www.sabeelpantry.org](http://www.sabeelpantry.org).

# Fresh, Frozen or Canned – What's Best?

*The Case for Fruits and Vegetables*

By Suzann Audi

juice we drink as we're running out the door isn't cutting it. Seniors are the most likely to get their full serving of fruits and veggies each day.

But what exactly qualifies as fruits and veggies? You'd be surprised to find out.

## **American Fruit and Vegetables: French Fries, Tomato Paste, and Wine?**

Americans consume an average 445 pounds of vegetables and 282 pounds of fruit and tree nuts a year.

It sounds like we're healthy, right? Think again. Most of the increase resulted from eating more French fries. Tomatoes total 1/5th of our fruit intake (yes, tomatoes are a fruit), with 80% of the tomatoes we eat being in the form of tomato paste. Thirty pounds of the average American fruit intake is from a special type of processed non-halal grape product: wine<sup>1</sup>.

## **The Next Generation**

What about our children? According to an American Dietetic Association report on a Gerber Company study, one-third of children under age two do not consume fruits and vegetables daily, and when they do, French fries are most common for children over

<sup>1</sup> Rural Migration News, migration.usdavis.edu

15 months old. And the rest of their diet? Many infants and toddlers are already eating pizza, French fries, candy and drinking soda.

Why do we need to eat more fruits and vegetables? Fruits and vegetables help keep weight down because they are low in calories and help fill you up. A diet rich in fruits and vegetables is proven to help prevent chronic diseases such as diabetes and cancer, lower your blood pressure, and reduce the risk factors associated with heart disease and stroke.

## **Where is Your Fruit Coming From?**

Buying in-season doesn't always mean you are getting a local product. In 2005, the U.S. produced 100 million tons of fruits and vegetables on 13 million acres of land, only 3% of the available crop land. We imported \$14 billion worth of fruits and vegetables in 2005. Where are our fruits and vegetables coming from? Latin America supplies most of our fresh and frozen fruit. Mexico supplies 66% of vegetable imports, including tomatoes, peppers, asparagus and melons. And almost all mango, papaya, lime and squash imports come from Mexico.

Most tomato imports occur when US tomato production peaks. And, the majority of increases in citrus imports occurs during the US citrus

season. Bananas are our #1 choice of fresh fruit, but no bananas are grown in the continental US.

## **Fresh, Frozen, Canned, Dried, Juice... Too Many Options!**

In the late 90's, 52% of the vegetables Americans consumed were canned, frozen or dried, and 43% of fruit was juice. Orange juice accounted for 86% of the oranges Americans consumed in the late 90's. Most fresh fruits and vegetables are chosen because they are convenient to prepare. The most popular fresh fruit is the banana. It is prepackaged, easy to eat, and it's not messy. Baby carrots and bagged salads are also on the rise.

Fresh fruits and vegetables have a short shelf-life. Immediately after harvest, they begin to lose moisture, their quality deteriorates and spoilage can quickly become a problem for consumers. Freezing and canning transforms fruits and vegeta-

bles into products that can be stored safely for months, or even years, and eaten year round. But processing reduces their nutrients.

We wanted to compare the nutritive value of fresh fruits and vegetables to processed options such as frozen, canned, dried, and juice so we looked to the USDA and the Produce for Better Health Foundation (PBH) ([www.pbhfoundation.org](http://www.pbhfoundation.org)) for help. PBH is a not-for-profit consumer education foundation that promotes healthy eating and is a source for educational material. There are guidelines on sugar, fat, sodium and fiber that determine whether a processed product counts as a sufficient serving of fruits or vegetables. The key points to look for are low sugar, low

fat, low sodium, high fiber and 100% juice.

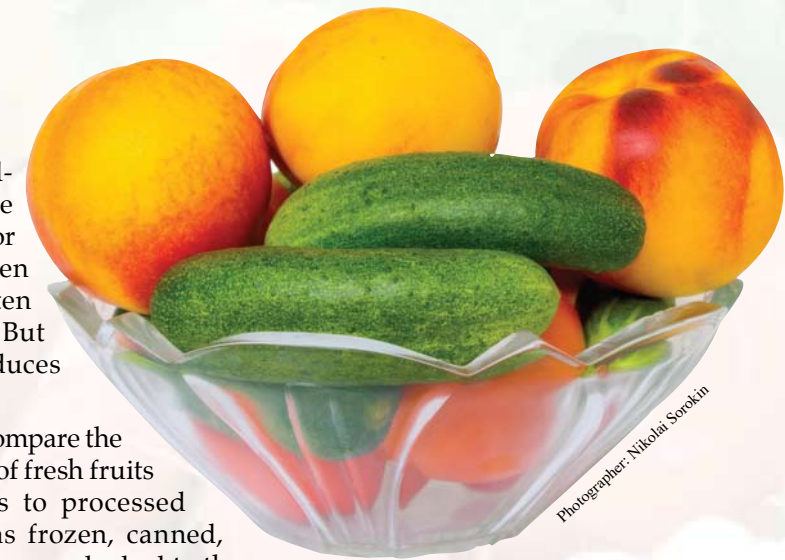
The USDA ([www.mypyramid.com](http://www.mypyramid.com)) recommends that at least half of the fruit and vegetables we eat each day should be in the form of whole fruit, including fresh, frozen, canned, or dried, rather than fruit juice.

The USDA National Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/search/>) provides complete nutrient information for 7,146 different foods. The database makes it easy to compare fresh fruits and vegetables that don't carry a nutrition facts label compared to their processed counterparts.

## **Processed Fruit And Vegetable Products Must Contain:**

The Produce for Better Health Foundation recommends the following criteria for processed fruits and vegetables, which were set by the Centers for Disease Control and Prevention (CDC).

- Less than 8 calories per serving from sweeteners. Half a teaspoon of sugar counts as 8 calories. Jams and jellies count as sweeteners.



Photographer: Nikolai Sorokin



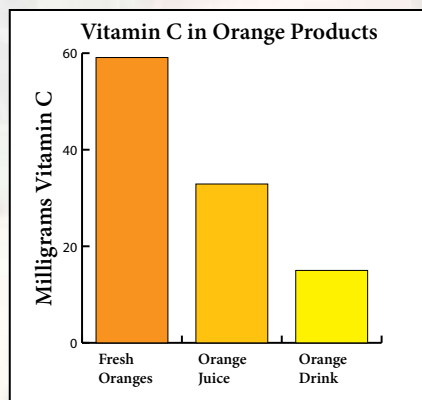
Photographer: Dušan Zidar

- Less than 3 grams per serving of total fat. Also, less than 10% of the calories can come from saturated fat, and there should be less than 0.5 grams trans fat per serving. Hydrogenated vegetable oils, such as soybean oil that you buy from the grocery store, contribute trans fat. Fats naturally found in fruits and vegetables, such as in avocados, do not count.
- Less than 480 milligrams sodium per serving, which is a little less than ¼ teaspoon of salt per serving.
- At least 0.014g of naturally occurring fiber per calorie. This means that for every 100 calories, there should be 1.4 grams of fiber.
- 100% juice with no added fat or sugars. Juice drinks and cocktails don't count as fruits and vegetables.

The numbers might look confusing, but it's easy to check on the nutrition facts label of the foods you buy. Grams of total fat, saturated fat, trans fat, sugar, sodium and fiber per serving are all listed on the nutrition facts label.

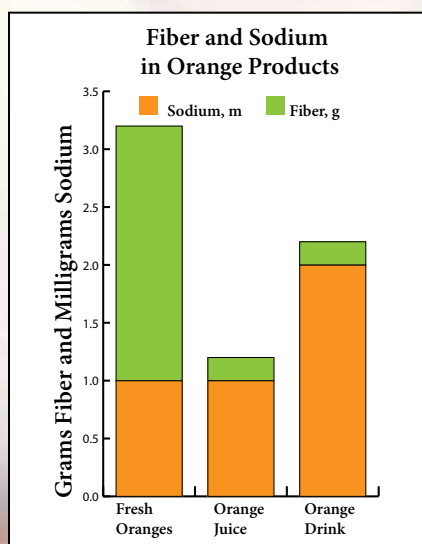
### Fruit Juice

Whole fruit is rich in fiber and will keep you from consuming the unwanted sugar in juice drinks and cocktails. Orange juice and orange drinks contain less fiber and vitamin C than fresh oranges, and orange-flavored drinks are loaded with sodium. Remember, your goal is 1.4 grams of fiber in every 100 Calories. According to the USDA Nutrient Database, orange juice and orange-flavored drinks don't make the cut. The orange-flavored drink contains twice as much sodium and only one quarter the fiber as compared to fresh oranges, while orange



juice is only half as rich in fiber as fresh oranges.

If you drink juice, choose 100% juice, and opt for fortified varieties. Above the back label listing nutrition information will be a statement with the percentage of real juice used in the ingredients. Stay away from juice that has the wording "juice drink" or "cocktail" on the label. These contain high levels of sugars, typically in the form of high fructose corn syrup.



### Dried Fruits and Vegetables

Dried fruits are a good choice for on-the-go healthy snacking since they are portable and do not require refrigeration, but they shouldn't make up the bulk of our fruit intake. Dried fruits are typically preserved with sulfites (especially dried pineapple, papaya, and other tropical fruits) and contain sulfur dioxide for color retention. Consumers with asthma or allergies to aspirin should avoid sulfites and sulfur dioxide. Dried products have been exposed to extreme temperatures, destroy-

ing much of the vitamin C content. Dried fruits obviously lack the high water content of fresh fruit (typically over 90%) that helps you feel full. The water in fruits and vegetables is also important because most people don't drink the recommended 8 glasses of water a day. When snacking of these make sure you drink the requisite amount of water.

### Canned and Frozen Fruits and Vegetables

Frozen vegetables are typically blanched (plunged in boiling water and then dipped in ice cold water) prior to freezing and canning. Blanching hinders enzyme and bacteria activity, brightens color in greens, removes air and loosens skins – all useful prior to freezing and canning. But blanching also destroys heat sensitive nutrients such as vitamin C, and frozen and canned vegetables need to be cooked at home before eating, resulting in additional nutrient loss.

Using the USDA database, we compared the fat, sugar, sodium, fiber, and vitamin C content between green beans that are raw, cooked from fresh, cooked from frozen, canned with no salt added and canned with salt added. Vitamin C (ascorbic acid) was included because it provides an

overall estimate of nutrient retention in processed foods. All varieties of green beans we looked at met the recommendations

contains a whopping 354 mg of salt! Remember, PBH recommends limiting the salt in fruits and vegetables to less than 480 mg per serving.



Photographer: Stuart Monk

for processed fruits and vegetables set by PBH. But notice the sodium content of 100 grams of canned beans with normal amounts of salt added during canning: 262 mg, as compared with less than 10 mg in all other types. Then consider that a one-cup serving of regular canned green beans weighs 135 grams and

### What Does it All Come Down to?

The typical impression is that fresh is best. But studies have shown that the loss in quality and nutrients from transportation and storage of some fresh fruits and vegetables may make them as nutritious as our frozen, canned and dried options. Even if we try to choose processed products carefully, we're likely to run into trouble. The high sodium content of canned vegetables and low fiber in juice makes them poor choices for improving our health. Stick to the USDA recommendation of choosing fresh for at least half of your fruit and vegetable each day and you'll be on your way to better health.

	Raw	Fresh, Cooked	Frozen, Cooked	Canned, Salt Free	Canned, Salt Added
Calories	31	35	28	20	20
Total Fat, g	0.12	0.28	0.17	0.1	0.11
Fiber, g	3.4	3.2	3	1.9	2.3
Sugar, g	1.4	1.55	1.23	0.96	0.78
Sodium, mg	6	1	1	2	262
Vitamin C, mg	16.3	9.7	4.1	4.8	4.3

# Festive Dishes

## from Around the Muslim World

Compiled by Naazish YarKhan

Muslims in America come together bringing to the table an abundance of diverse tastes and culinary traditions. To add variety to your next dinner party, choose from

this sampling of festive recipes from around the Muslim world. These traditional dishes from Asia to Africa promise to be great additions to your culinary repertoire.

### Klaicha

From Iraq and Iran comes a fragrant sweetmeat, a date-filled pastry, called Klaicha.

Prep Time 30 – 60 minutes.

Serves 20-25.

#### Ingredients

- 2 ½ cup plain flour
- ¼ cup castor sugar
- 8 ¾oz unsalted butter, cubed
- 3 tsp rosewater
- ¼ cup water
- 1 cup pitted dates
- 2 tbsp butter

#### Method

1. Preheat the oven to 360F.
2. Make the pastry by rubbing the butter into the flour and sugar.
3. Sprinkle over the rose water, add the water and mix to make a firm dough.
4. Wrap the dough in saran wrap and leave to chill in the fridge while you prepare the dates.

5. Chop the stoned dates and sauté them in butter.
6. When the dates are cool, take some of the pastry dough and make a round ball the size of a large walnut. Flatten in the hands, add

some cooled dates and fold over into a small crescent.

7. Prick the edges with a fork. Bake for 30-35 minutes until golden brown.



Here, kubbah and sambusak, both fried, dough-wrapped meat hors d'oeuvres, share a table with small pizzas, croissant and grape leaves. Since the dawn of Islam, pilgrims and traders-Levantine, Turkish, Egyptian, Central Asian, Indian, European, American and others-have added their influences, resulting in today's variety of regionally distinctive traditions.

Source: Kristie Burns/ Saudi Aramco World/PADIA

### Qatayef or Arabian Pancakes

From Palestine, there's Qatayef, a stuffed pancake, which is made only in Ramadan for iftaar, the meal at the end of the fast. But for those of us who haven't had a chance to join a Palestinian family to end the fast, here is the recipe to try for your next special occasion.

#### Ingredients

##### Pancakes

- 3/4 teaspoon dry yeast
- 1 1/2 cups warm water
- 1 teaspoon sugar
- 1 1/2 cups flour
- Pinch of salt
- oil for frying

##### Sugar Syrup

- 2 1/2 cups sugar
- 1 teaspoon orange flower water
- 1 1/2 cups water
- 1 teaspoon rose water
- 1 teaspoon lemon juice

##### Nut Filling

- ½ lb. walnuts, chopped
- 3 to 4 teaspoons of sugar
- 2 teaspoons of cinnamon

#### Method

Blend yeast with sugar and 1/4 cup of the water. Stir to dissolve. Sift flour and salt into warm mixing bowl and make a well in the center. Pour 1 cup water and yeast mixture into the center, gradually stirring with a wooden spoon until smoothly blended. If lumpy, stir with a whisk till smooth. Cover bowl with a cloth and leave in a warm place for 1 hour or until batter has risen and surface is bubbly. In a hot greased frying pan, pour about 1 1/2 tablespoons of the batter and tilt the pan around so it spreads a little into 4-inch diameter circle (if batter is too thick, stir in remaining water). Cook until golden brown on the underside. The top should be full of air holes. Fry only one side before stuffing. Remove to a plate or towel.

Prepare sugar syrup (below) and set aside to cool while filling pancakes.

##### Sugar Syrup

Stir and bring to boil. Remove the foam that rises to the top. Add orange blossom water and lemon juice. Continue boiling till syrup is like thin honey. Add rose water last to ensure its perfume remains. Set aside to cool but don't refrigerate.

##### Nut Filling

Combine all ingredients. Spread about a tablespoon of mixture on the unfired side of the pancakes. Close by folding over in half and seal by pressing the edges. Fry 2-3 minutes in hot oil until pale golden on both sides. Dip hot pancakes in sugar syrup that is at room temperature. Allow them to cool.

#### Alternate Fillings

##### Sweet Cheese filling

½ cup white sweetened halal cheese from a Middle Eastern store or halal ricotta cheese.

- ¼ cup sugar
- 1 tsp. cinnamon

Shred cheese and add cinnamon and sugar to blend. Place a small amount of filling in the center of the pancake. Fold in half. Fold again to make a quarter rounds. Bake in a 350 degree oven until golden brown. Dip in sugar syrup and serve hot.

##### Walnut /coconut filling

- ¼ cup ground walnuts
- ¼ cup coconut, shredded
- 2 tablespoon sugar
- ½ tsp. cinnamon

Mix all ingredients together. Place a small amount in the center of the pancake. Fold in half and then fold in half again to make a quarter rounds. Bake until golden brown. Dip in sugar syrup and serve hot.



Photographer: Paul Cowan

## Beef Rendang

From Malaysia, Beef Rendang is a slow-cooked, spicy beef dish made with coconut.

Prep Time – Less than 30 mins.  
Cooking time: Over two hours.

### Ingredients

- 3lb 5oz steak, cut into large cubes
- 3 pints coconut milk
- 10 small onions, peeled and sliced
- 4 cloves garlic
- 2 tsp ground ginger
- 4 tsp chilli powder
- 1.5 tsp turmeric powder
- 2 bay leaves
- salt

### Method

Put all the ingredients in a wok and simmer, uncovered, for three hours until almost all the sauce has been absorbed. Stir frequently, especially towards the end of the cooking time, to prevent sticking. Serve with plain boiled rice.



Photographer: Kilsen

## South African Curried Lamb Meat Loaf

Makes 6 servings.

### Ingredients

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• 1 cup coarse fresh bread crumbs (from 2 slices firm white sandwich bread)</li> <li>• 1 1/2 cups whole milk</li> <li>• 2 medium onions, finely chopped (2 cups)</li> <li>• 1 Granny Smith apple, peeled, cored, and finely chopped (1 1/2 cups)</li> <li>• 1 3/4 teaspoons salt</li> <li>• 3 tablespoons unsalted butter</li> <li>• 1/3 cup raisins (1 1/2 oz)</li> <li>• 1/4 cup slivered blanched almonds (1 oz)</li> <li>• 2 tablespoons curry powder</li> </ul> | <ul style="list-style-type: none"> <li>• 1 teaspoon sugar</li> <li>• 3 large eggs</li> <li>• 2 lb halal ground lamb or beef (not lean)</li> <li>• 2 tablespoons fresh lemon juice</li> <li>• 1/2 teaspoon finely grated fresh lemon zest</li> <li>• 1/4 teaspoon black pepper</li> </ul> <p>Special equipment: a 9- by 9- by 2-inch baking dish (3-qt capacity)</p> |
|---|---|

### Method

Soak bread crumbs in milk in a small bowl until very soft, about 15 minutes, then drain in a sieve set over a bowl, lightly pressing to remove excess milk. Reserve milk.

Put oven rack in middle position and preheat oven to 350°F. Butter baking dish.

Cook onions, apple, and 1/4 teaspoon salt in butter in a 12-inch heavy skillet over moderately low heat, stirring occasionally, until onions and apple are softened, about 12 minutes (do not brown). Add raisins, almonds, curry powder, and sugar and cook, stirring, 1 minute, then remove from heat. Lightly beat 1 egg in a large bowl, then add bread crumbs, lamb or beef, raisin mixture, lemon juice and zest, 1 1/4 teaspoons salt, and pepper and blend with your hands until combined well; do not overmix. Spread meat mixture evenly in baking dish and bake 30 minutes.

While meatloaf bakes, whisk together remaining 2 eggs, reserved milk, and remaining 1/4 teaspoon salt.

Pour off excess fat from meatloaf (still in baking dish). Pour egg mixture over meatloaf (much of egg will fill space that has formed around meatloaf), then return to oven and bake until custard is just set, about 15 minutes more.

Serve with cooked white rice and mango or cilantro chutney.

### Sources:

- Epicurious.com
- BBC – Food News and Events
- Adaptations from recipes by Tess Mallos in *The Complete Middle East Cookbook*, published by Grub Street.
- Adaptations from *The Encyclopaedia of Asian Cookery*, first published by Octopus Books Ltd 1960.



An Indonesian Eid feast meal from Bukittinggi (clockwise from top): red snapper; a salad of lettuce, carrots, cucumbers and egg-yolk; "wedding" chicken; spiced beef cooked in coconut milk; lamb in savory sauce; fern-tops; and, in the center, steamed rice.

Source: Brynn Bruijn/ Saudi Aramco World/PADIA

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URL: www.bglactic.com  
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URL: www.colonygums.com  
*Type of Products:* Gums

**Comax Mfg.**  
USA  
*Type of Products:* Flavors

**Commercial Creamery Co.**  
USA  
URL: www.cheesepowder.com  
*Type of Products:* Dairy Ingredients

**Complementos Alimenticios, S.A.**  
Mexico  
URL: www.complementosalimenticios.com  
*Type of Products:* Honey Powder

**ConAgra Food Ingredients Co.**  
USA  
URL: www.conagrafoods.com  
*Type of Products:* Food Ingredients

**Confoco S.A.**  
Ecuador  
URL: www.confoco.com  
*Type of Products:* Food Ingredients

**Cooper Farms Processing**  
USA  
URL: www.cooperfarms.com  
*Type of Products:* Turkey

**Corn Products Brasil**  
Brazil  
URL: www.cornproducts.com.br  
*Type of Products:* Corn Syrup, Corn Products

**Corn Products Intl.**  
USA  
URL: www.cornproducts.com  
*Type of Products:* Food Ingredients

**Cramer - Chile**  
CHILE  
URL: www.cramer.cl  
*Type of Products:* Flavors

**Cream of Creams**  
Malaysia  
*Type of Products:* Dairy Products

**Crest Foods Co., Inc.**  
USA  
URL: www.crestfoods.com  
*Type of Products:* Dairy Ingredient / Stabilizer

**Crompton Co./CIE**  
Canada  
URL: www.cromptoncorp.com  
*Type of Products:* Lubricating greases.

**Crusts Unlimited, Inc.**  
USA  
*Type of Products:* Pizza Crust

**Custom Culinary, Inc.**  
USA  
URL: www.customfoodproducts.com  
*Type of Products:* Vegetable Bases

**Cutrale Citrus Juices**  
USA  
URL: www.cutrale.com  
*Type of Products:* Beverages

**D'Andrea Brothers, LLC**  
USA  
URL: www.hooahbar.com  
*Type of Products:* Energy Bars

**D. D. Williamson & Co., Inc.**  
USA  
URL: www.caramel.com  
*Type of Products:* Caramel Color

**DMV Intl. Nutritionals**  
USA  
URL: www.dmv-international.com  
*Type of Products:* Enzymes and Food Ingredients

**DSM Fine Chemicals Austria**  
Austria  
URL: www.dsmfinechemicals.com  
*Type of Products:* Synthetic Amino Acid

**DSM Nutritional Products**  
USA  
URL: www.dsm.com  
*Type of Products:* Food Ingredients, Vitamins

**DairyChem Laboratories, Inc.**  
USA  
URL: www.dairychem.com  
*Type of Products:* Dairy Flavors

**DairiConcepts, L.P.**  
USA  
URL: www.dairiconcepts.com  
*Type of Products:* Dairy Ingredients and Flavors

**Dairy Farmers of America**  
USA  
URL: www.dfamilk.com  
*Type of Products:* Dairy Products

**Dairyman's Inc./ Land O' Lakes Western Div.**  
USA  
URL: www.landolakesinc.com  
*Type of Products:* Dairy Ingredients

**Daiwa Kasei K. K.**  
Japan  
URL: www.daiwa-enzymes.co.jp  
*Type of Products:* Enzymes

**Dalian Greensnow Egg Products Co.**  
China  
URL: www.egglysozyme.com  
*Type of Products:* Egg/Food Products

**Dallas Group of America**  
USA  
www.dallasgroupofamerica.com  
*Type of Products:* Filter Aids

**Danisco A/S**  
Denmark  
URL: www.danisco.com  
*Type of Products:* Food Ingredients

**Danisco USA**  
USA  
URL: www.danisco.com  
*Type of Products:* Food Ingredients

**Daqing Celestial Sun Moon Star Co.**  
China  
*Type of Products:* Soy Protein Products

**Darigold, Inc.**  
USA  
URL: www.darigold.com  
*Type of Products:* Dairy Products

**David Michael & Co., Inc.**  
USA  
URL: www.dmflavors.com  
*Type of Products:* Flavors

**Davisco Foods Intl., Inc.**  
USA  
URL: www.daviscofoods.com  
*Type of Products:* Cheese & Whey Solids

**Dawn Food Products**  
USA  
URL: www.dawnfoods.com  
*Type of Products:* Desserts, Sweeteners/Fillings

**Degussa Texturant Systems Manufacturing, LLC.**  
USA  
URL: www.degussa.com  
*Type of Products:* Food Ingredients

**Dell's Maraschino Cherries Co.**  
USA  
URL: www.dellscherry.com  
*Type of Products:* Fruits/Vegetables Juices and Extracts

**Denomega Nutritional Oil**  
Norway  
URL: www.denomega.com  
*Type of Products:* Fish Oil

**Desert Lake Technologies, LLC**  
USA  
URL: www.desertlake.com  
*Type of Products:* Blue-Green Algae

**Dhanvantri Botanicals Pvt. Ltd.**  
India  
*Type of Products:* Food Ingredients

*Type of Products:* Aroma Chemicals, Essential Oils & Oleoresins

**Cognis Corp.**  
USA  
URL: www.cognis.com  
*Type of Products:* Nutritional Ingredients

**Colombia River Processing**  
USA  
URL: www.tillamookcheese.com  
*Type of Products:* Liquid Whey

**Colony Processing, Inc.**  
USA  
URL: www.colonygums.com  
*Type of Products:* Gums

**Comax Mfg.**  
USA  
*Type of Products:* Flavors

**Commercial Creamery Co.**  
USA  
URL: www.cheesepowder.com  
*Type of Products:* Dairy Ingredients

**Complementos Alimenticios, S.A.**  
Mexico  
URL: www.complementosalimenticios.com  
*Type of Products:* Honey Powder

**ConAgra Food Ingredients Co.**  
USA  
URL: www.conagrafoods.com  
*Type of Products:* Food Ingredients

**Confoco S.A.**  
Ecuador  
URL: www.confoco.com  
*Type of Products:* Food Ingredients

**Cooper Farms Processing**  
USA  
URL: www.cooperfarms.com  
*Type of Products:* Turkey

**Corn Products Brasil**  
Brazil  
URL: www.cornproducts.com.br  
*Type of Products:* Corn Syrup, Corn Products

**Corn Products Intl.**  
USA  
URL: www.cornproducts.com  
*Type of Products:* Food Ingredients

**Cramer - Chile**  
CHILE  
URL: www.cramer.cl  
*Type of Products:* Flavors

**Cream of Creams**  
Malaysia  
*Type of Products:* Dairy Products

**Crest Foods Co., Inc.**  
USA  
URL: www.crestfoods.com  
*Type of Products:* Dairy Ingredient / Stabilizer



**Diana Fruit Co.**  
USA  
URL: www.dianafruit.com  
*Type of Products:* Maraschino Cherries

**Diehl Food Ingredients**  
USA  
URL: www.diehlinc.com  
*Type of Products:* Food Ingredients

**Diversified Foods & Seasonings**  
USA  
URL: www.diversified-foods.com  
*Type of Products:* Dry Blends

**Dow Chemical Co.**  
Taiwan  
URL: www.dow.com  
*Type of Products:* Synthetic glycerine, Polymers

**Ducros S.A.S. – McCormick**  
France  
URL: www.ducros.fr  
*Type of Products:* Spice Blends

**Dunkin Brands Canada**  
USA  
URL: www.dunkinbrands.com  
*Type of Products:* Ice Cream

**DuPont**  
USA  
URL: www.dupont.com  
*Type of Products:* Lubricants

**Dutch Lady Milk Ind.**  
Netherlands  
URL: www.dutchlady.com  
*Type of Products:* Dairy Products

**Dyadic Intl., Inc.**  
USA  
URL: www.dyadic-group.com  
*Type of Products:* Enzymes

**EKA Chemicals Inc.**  
USA  
URL: www.ekachemicals.com  
*Type of Products:* Cleaning Chemicals

**Eckhart Corp.**  
USA  
URL: www.eckhartcorp.com  
*Type of Products:* Nutritional Supplements

**Ecom Manufacturing Corp.**  
Canada  
URL: www.ecomcanada.com  
*Type of Products:* Spices and Seasonings

**Edromira**  
Canada  
URL: www.edromira.com  
*Type of Products:* Sauces, Pastas and Dressings, Soy Products

**Emerald Foam Control LLC**  
USA  
URL: www.emeraldmaterials.com  
*Type of Products:* Processing Aids

**Emerald Kalama, Inc.**  
USA  
URL: www.emeraldmaterials.com  
*Type of Products:* Processing Aids

**Encore Gourmet Food Corp.**  
Canada  
URL: www.encoregourmet.com  
*Type of Products:* Spices and Herbs

**Erie Foods Intl.**  
USA  
URL: www.eriefoods.com  
*Type of Products:* Caseinates

**Euromed USA, Inc.**  
USA  
URL: www.euromedinc.com  
*Type of Products:* Fruits/Vegetables Juices

**Evesa (Extractos Vegetales, S.A)**  
Spain  
URL: www.evesa.com  
*Type of Products:* Paprika Oleoresin, Paprika Powder, Natural Antioxidant & Spice Oleoresins

**Exousa Nutrition Products Inc.**  
USA  
URL: www.exousanutrition.com  
*Type of Products:* Nutritional Supplements

**FMC Marine Colloids Philippines**  
Philippines  
URL: www.fmcbiopolymer.com  
*Type of Products:* Gums

**Farbest Brands**  
USA  
URL: www.farbest.com  
*Type of Products:* Vitamins

**Firmenich Incorporated**  
USA  
URL: www.firmenich.com  
*Type of Products:* Flavors

**Firmenich Bjorge Biomarin**  
Norway  
URL: www.firmenich.com  
*Type of Products:* Flavors

**First Choice Ingredients**  
USA  
URL: www.fcingredients.com  
*Type of Products:* Flavors

**Fiske Brother Refining Co.**  
USA  
URL: www.lubriplate.com  
*Type of Products:* Lubricants

**Flavor Systems Intl., Inc.**  
USA  
URL: www.flavorsystems.com  
*Type of Products:* Flavors

**Fleischmann's Yeast**  
USA  
URL: www.fleischmannsyeast.com  
*Type of Products:* Yeasts

**Florida Crystals Food Corp.**  
USA  
URL: www.floridacrystals.com  
*Type of Products:* Sweeteners / Fillings

**Florida Products S.A.**  
Costa Rica  
URL: www.floridaproducts.co.cr

*Type of Products:* Fruits/Vegetables Juices

**FONA Intl.**  
USA  
URL: www.fona.com  
*Type of Products:* Flavors

**Foodscience Corp.**  
USA  
URL: www.foodsciencecorp.com  
*Type of Products:* Nutritional Supplements

**Food Science Lab, Inc.**  
USA  
*Type of Products:* Nutritional Supplements

**Foremost Farms USA**  
USA  
URL: www.foremostfarms.com  
*Type of Products:* Dairy Ingredients

**Fortitech, Inc.**  
USA  
URL: www.fortitech.com  
*Type of Products:* Custom Nutrient Systems, Vitamins

**Freeze-Dry Foods, Ltd.**  
Canada  
URL: www.freeze-dry.com  
*Type of Products:* Food Products

**Frutarom USA, Inc.**  
USA  
URL: www.frutarom.com  
*Type of Products:* Food Ingredients

**Fruta Vida Intl., Inc.**  
USA  
URL: www.frutavida.com  
*Type of Products:* Beverages

**Fuchs North America**  
USA  
URL: www.baltimorespice.com  
*Type of Products:* Spices and Seasonings

**GMP Laboratories of America, Inc**  
USA  
URL: www.gmplabs.com  
*Type of Products:* Dietary Supplement

**G.S. Dunn**  
Canada  
URL: www.gsdunn.com  
*Type of Products:* Food Ingredients

**Galactic S.A.**  
Belgium  
URL: www.lactic.com  
*Type of Products:* Lactic Acid & Lactates

**Garuda Intl.**  
USA  
URL: www.cowcium.com  
*Type of Products:* Food Ingredients

**Gay Lea Foods Co-operative Ltd.**  
Canada  
URL: www.gaylea.com  
*Type of Products:* Skim Milk Powder

**Gaziani Industries**  
USA  
URL: www.gazianies.com  
*Type of Products:* Nutritional Supplements

**Gemini Pharmaceuticals**  
USA  
URL: www.geminipharm.com  
*Type of Products:* Nutritional Supplements

**General Mills, Inc.**  
USA  
URL: www.generalmills.com  
*Type of Products:* Granola Bars

**Genencor Intl., Inc.**  
USA  
URL: www.genencor.com  
*Type of Products:* Enzymes

**Giuseppe's Finer Foods**  
USA  
URL: www.giuseppesfinefood.com  
*Type of Products:* Sauces, Pastas and Dressings

**Givaudan Flavors Corp.**  
USA  
URL: www.givaudan.com  
*Type of Products:* Flavors

**Glanbia Ingredients Inc.**  
USA  
URL: www.glanbiausa.com  
*Type of Products:* Dairy Ingredients / Cheese

**Godo Shusei Co.**  
Japan  
URL: www.godo.jp  
*Type of Products:* Enzymes

**Goglanian Bakeries, Inc.**  
USA  
*Type of Products:* Bread

**Golden State Foods**  
USA  
URL: www.goldenstatefoods.com  
*Type of Products:* Condiments

**Gorton's Specialty Products**  
USA  
URL: www.gortons.com  
*Type of Products:* Batter/Breading

**Grande Cheese Co.**  
USA  
URL: www.grande.com  
*Type of Products:* Dairy Products / Ingredients

**Grassland Dairy Products, Inc.**  
USA  
URL: www.grassland.com  
*Type of Products:* Dairy Products

**Green Chem**  
India  
*Type of Products:* Herbal Extracts

**Greenfield USA Corp.**  
USA  
*Type of Products:* Nutritional Supplements, Food Products

**Griffith Laboratories Ltd.**  
Canada

URL: www.griffithlabs.com  
*Type of Products:* Breeding and Batter Coating Systems, Flavorings  
Dry Mixes: Soups, Sauces, Gravies, Marinades, Seasonings & Spices

**Griffith Laboratories N.A.**  
USA  
URL: www.griffithlabs.com  
*Type of Products:* Seasonings & Food Ingredients

**Guangdong Food Industry Institute**  
China  
URL: www.gdfii.com  
*Type of Products:* Food Additives

**Guangxi Investment Group Vector Biotech Co. Ltd.**  
China  
URL: www.gxvector.com  
*Type of Products:* Sweeteners / Fillings

**Gulf Food Industries**  
UAE  
URL: www.gficg.com  
*Type of Products:* Food Products

**Gum Products Intl.**  
Canada  
URL: www.gumproducts.com  
*Type of Products:* Gums

**H. C. Brill Co., Inc.**  
USA  
URL: www.hcbrill.com  
*Type of Products:* Sweeteners / Fillings

**HJ Heinz**  
USA  
URL: www.heinz.com  
*Type of Products:* Food Products

**H. Reisman Corp.**  
USA  
URL: www.hreisman.com  
*Type of Products:* Nutritional Ingredients

**Haco AG (Haco Swiss)**  
Switzerland  
URL: www.haco.ch  
*Type of Products:* Flavors, Food Ingredients

**Hamida Pharma, Inc.**  
USA  
URL: www.hamidapharma.com  
*Type of Products:* Nutritional Drink

**Hangzhou Bioking Biochemical Engineering Co., Ltd.**  
China  
*Type of Products:* Food Ingredients

**Happy and Healthy Products**  
USA  
URL: www.fruitfull.com  
*Type of Products:* Frozen Fruit Bars

**Hayashibara Intl., Inc.**  
USA  
URL: www.hayashibara-intl.com  
*Type of Products:* Food Ingredients

**Health India**  
India  
*Type of Products:* Nutritional Supplements

**Healthspan Ltd.**  
United Kingdom  
URL: www.healthspan.co.uk  
*Type of Products:* Nutritional Supplements

**Hebei Meihua Monosodium Glutamate Group Co., Ltd.**  
China  
URL: www.meihuaweijing.cn  
*Type of Products:* MSG

**Hebei Xinh Biochemical Co., Ltd.**  
China  
URL: www.xinhexc.com  
*Type of Products:* Gums  
Heilongjiang Milkway Dairy Co. China  
*Type of Products:* Dairy Products

**Henry Organic Health**  
USA  
*Type of Products:* Nutritional Supplements

**Hermann Laue Spice Co.**  
Canada  
URL: www.helacanada.com  
*Type of Products:* Seasonings, bat- ters, blends

**Hershey Intl.**  
USA  
URL: www.hersheys.com  
*Type of Products:* Candy/Chocolate

**Hesego Industry**  
USA  
*Type of Products:* Food Ingredients

**Hilmar Ingredients**  
USA  
URL: www.hilmarcheese.com  
*Type of Products:* Dairy Ingredients and Cheeses

**Hint Mint**  
USA  
URL: www.hintmint.com  
*Type of Products:* Candy/Chocolate

**Hongjiu Ginseng Co., Ltd.**  
China  
URL: www.HongjiuGinseng.com  
*Type of Products:* Ginseng Herbs

**Hoogwegt U.S. Inc.**  
USA  
URL: www.hoogwegtus.com  
*Type of Products:* Dairy Ingredients

**Hubei Huazhong Pharmaceutical**  
China  
URL: www.huazhong-pharma.com  
*Type of Products:* Vitamins

**Hubei Xinyuan Biotechnology Co.**  
China  
URL: www.xinyuanamino.com

*Type of Products:* Amino Acids  
**Hubei Yitai Pharmaceutical Co.**  
China  
URL: www.yitaipharmacy.com  
*Type of Products:* Food Chemicals

**Hydroblend, Inc.**  
USA  
URL: www.hydroblendinc.com  
*Type of Products:* Batters/Breaders

**IFF Aroma Esans San- Ve Tic**  
Turkey  
URL: www.iff.com  
*Type of Products:* Flavors

**I. P. Callison & Sons**  
USA  
URL: www.ipcallison.com  
*Type of Products:* Flavors, Essential Oils

**Idaho Pacific Corp.**  
USA  
URL: www.idahopacific.com  
*Type of Products:* Potato Products

**Illes Seasonings and Flavors**  
USA  
URL: www.illesseasonings.com  
*Type of Products:* Flavors, Spices and Seasonings

**Immuno-Dynamics**  
USA  
URL: www.immunodynamics.com  
*Type of Products:* Colostrum

**Immunotec Research Ltd.**  
Canada  
URL: www.immunotec.com  
*Type of Products:* Nutritional Supplements

**Incopack, NV**  
Belgium  
URL: www.incopack.be  
*Type of Products:* Dairy Products

**Industrializadora Integral del Agave, SA de CV**  
Mexico  
URL: www.naturel.com.mx  
*Type of Products:* Organic Agave Ingredient Specialties, Inc.

**USA**  
*Type of Products:* Sweeteners/Preservatives

**Innophos**  
USA  
URL: www.innophos.com  
*Type of Products:* Chemicals

**INNOVA – A Griffith Laboratories Co.**  
USA  
URL: www.griffithlabs.com  
*Type of Products:* Flavors

**Interfood, B.V.**  
Holland  
URL: www.interfood.nl  
*Type of Products:* Dairy Products

**International Coffeebean and Tea Leaf**  
USA

URL: http://coffeebean.com  
*Type of Products:* Tea and Coffee Powders

**International Flavors & Fragrances**  
USA  
URL: www.iff.com  
*Type of Products:* Flavors

**International Flavors & Fragrances (Ltd.)**  
United Kingdom  
URL: www.iff.com  
*Type of Products:* Flavors

**International Flavors & Fragrances (Mexico)**  
Mexico  
URL: www.iff.com  
*Type of Products:* Flavors

**InfraReady Products**  
Canada  
URL: www.infrareadyproducts.com  
*Type of Products:* Grains, Pulses, & Oilseeds

**INVISTA (Canada) Co.**  
Canada  
URL: www.invista.com  
*Type of Products:* Adipic Acid

**Ivanhoe Industries, Inc.**  
USA  
URL: www.ivanhoeind.com  
*Type of Products:* Antifoams

**J & J Snack Foods Corp.**  
USA  
URL: www.jjsnack.com  
*Type of Products:* Snack Foods

**J & M Food Products Co.**  
USA  
URL: www.halalcertified.com  
*Type of Products:* Shelf Stable Meals

**J. Rettenmaier USA LP**  
USA  
URL: www.jrs.de  
*Type of Products:* Cellulose

**Jamaica John, Inc.**  
USA  
URL: www.jamaicajohn.com  
*Type of Products:* Syrups and Dry Blends

**Jason Pharmaceuticals, Inc.**  
USA  
URL: www.medifastdiet.com  
*Type of Products:* Dietary Powder

**Jemm Wholesale Meats**  
USA  
URL: www.jemm.com  
*Type of Products:* Food Products

**Jiangsu Jiangshan Pharmaceutical**  
China  
URL: www.aland.com.cn  
*Type of Products:* Pharmaceuticals, Vitamins

**Johanna Foods**  
USA

\*Please note: Not all products of a company are certified Halal. For actual product listings, visit [www.ifanca.org](http://www.ifanca.org) or contact the company

\*Please note: Not all products of a company are certified Halal. For actual product listings, visit [www.ifanca.org](http://www.ifanca.org) or contact the company



**Ottens Flavors**  
USA  
URL: [www.ottensflavors.com](http://www.ottensflavors.com)  
Type of Products: Flavors

**Pacific Choice Brands**  
USA  
URL: [www.pacificchoicebrands.com](http://www.pacificchoicebrands.com)  
Type of Products: Vegetables Products

**Pacific Supplies Co., Inc.**  
USA  
Type of Products: Potato Flakes

**Pacific Valley Foods**  
USA  
URL: [www.pacificvalleyfoods.com](http://www.pacificvalleyfoods.com)  
Type of Products: Food Products, Other

**Pakistan Gum Industries**  
Pakistan  
URL: [www.pakgum.com](http://www.pakgum.com)  
Type of Products: guar gum

**Paramount Farms Inc.**  
USA  
URL: [www.paramountfarms.com](http://www.paramountfarms.com)  
Type of Products: Nuts

**Pasta Foods Ltd.**  
United Kingdom  
URL: [www.pastafoods.com](http://www.pastafoods.com)  
Type of Products: Pasta Products

**Peace River Citrus Products, Inc.**  
USA  
URL: [www.peacerivercitrus.com](http://www.peacerivercitrus.com)  
Type of Products: Juices and Concentrates

**Peak Minerals – Azomite, Inc.**  
USA  
URL: [www.azomite.com](http://www.azomite.com)  
Type of Products: Feed Chemicals

**Pecan Deluxe Candy Co.**  
USA  
URL: [www.pecandeluxe.com](http://www.pecandeluxe.com)  
Type of Products: Food Products

**Peter Creamer NA LP**  
USA  
Type of Products: Food Ingredients

**Petro-Canada Lubricants**  
Canada  
URL: [www.petro-canada.ca](http://www.petro-canada.ca)  
Type of Products: Lubricants

**Pharmachem Lab**  
USA  
URL: [www.pharmachemlabs.com](http://www.pharmachemlabs.com)  
Type of Products: Vegetables Extracts

**Pharmanex, LLC**  
USA  
URL: [www.pharmanex.com](http://www.pharmanex.com)  
Type of Products: Dietary Supplements

**Phillips Gourmet**  
USA  
[www.phillipsmushroomfarms.com](http://www.phillipsmushroomfarms.com)  
Type of Products: Vegetables Juices

**Phyto Source L.P.**  
USA  
URL: [www.phytosource.com](http://www.phytosource.com)  
Type of Products: Food Ingredients

**Pizza Blends**  
USA  
URL: [www.pizzablends.com](http://www.pizzablends.com)  
Type of Products: Pizza Dough

**Plantextrakt GmbH & Co. KG**  
Germany  
URL: [www.plantextrakt.com](http://www.plantextrakt.com)  
Type of Products: Flavors, Fruit/Vegetable Juices and Extracts

**Portion Pac**  
USA  
URL: [www.portionpac.com](http://www.portionpac.com)  
Type of Products: Sauces, Pastas and Dressings

**Power Commissary, Inc. (PCI)**  
USA  
URL: [www.powercommissary.com](http://www.powercommissary.com)  
Type of Products: Pizza Sauce

**PowerBar Inc.**  
USA  
URL: [www.powerbar.com](http://www.powerbar.com)  
Type of Products: Energy Bar

**Prayon, Inc.**  
USA  
URL: [www.prayoninc.com](http://www.prayoninc.com)  
Type of Products: Chemicals

**Primera Foods**  
USA  
URL: [www.primerafoods.com](http://www.primerafoods.com)  
Type of Products: Food Ingredients

**Pro Bio Sint SPA**  
ITALY  
URL: [www.probiosint.com](http://www.probiosint.com)  
Type of Products: Nucleotides

**Procter & Gamble**  
USA  
URL: [www.pg.com](http://www.pg.com)  
Type of Products: Glycerine

**ProImmune Forte LLC**  
USA  
URL: [www.proimmuneforte.com](http://www.proimmuneforte.com)  
Type of Products: Dietary Supplements

**Pronex S.A.**  
Peru  
URL: [www.pronex.com.pe](http://www.pronex.com.pe)  
Type of Products: Food Colors, Food Ingredients

**Protenergy Natural Foods Corp.**  
Canada  
URL: [www.protenergyfoods.com](http://www.protenergyfoods.com)  
Type of Products: Soy Product

**Protient Ingredient Technologies**  
USA  
URL: [www.protient.com](http://www.protient.com)  
Type of Products: Dairy Ingredients

**Pucheng Lifecome Biochemistry**  
China  
URL: [www.lifecomepc.com](http://www.lifecomepc.com)  
Type of Products: Lifecome brand, Natamycin

**Qiangdao FTZ United, Intl.**  
China  
URL:  
Type of Products: Chemicals, Flavors

**Qianjiang Yongan Pharmaceutical**  
China  
URL: [www.Chinataurine.com](http://www.Chinataurine.com)  
Type of Products: Taurine, Food Ingredients

**Quantum Foods, Inc.**  
USA  
URL: [www.quantumfoods.com](http://www.quantumfoods.com)  
Type of Products: Food Products

**Quest Intl. Flavors USA**  
USA  
URL: [www.questintl.com](http://www.questintl.com)  
Type of Products: Flavors

**Quest Intl. / Silvertown**  
USA  
URL: [www.qfvp.com](http://www.qfvp.com)  
Type of Products: Fruits & Vegetable Products

**Quimica Amtex SA**  
Colombia  
URL: [www.amtex.com](http://www.amtex.com)  
Type of Products: Cellulose

**RCB Intl., Ltd.**  
USA  
Type of Products: Essential Oils

**RCB Life Sciences**  
USA  
Type of Products: Nutritional Supplements

**RDO Processing**  
USA  
Type of Products: Food Products

**R. Torre & Co.**  
USA  
URL: [www.torani.com](http://www.torani.com)  
Type of Products: Syrups

**Raisio Staest US, Inc.**  
USA  
URL: [www.raisiogroup.com](http://www.raisiogroup.com)  
Type of Products: Phytochemicals, Fruit/Vegetable Juices and Extracts

**Raymon Patel Gelatine Pvt. Ltd.**  
India  
URL: [www.raymongelatine.com](http://www.raymongelatine.com)  
Type of Products: Halal Gelatin

**Reckitt Benckiser (French's)**  
USA  
URL: [www.reckittbenckiser.com](http://www.reckittbenckiser.com)  
Type of Products: Flavors/Seasonings

**Red Arrow Products Co., LLC**  
USA  
URL: [www.redarrowusa.com](http://www.redarrowusa.com)  
Type of Products: Smoke & Grill Flavors

**Riber & Son ASA**  
Norway  
Type of Products: Food Products

**Reliv Inc.**  
USA  
URL: [www.reliv.com](http://www.reliv.com)  
Type of Products: Nutritional Supplements

**Re-Vita Manufacturing Co., Inc.**  
USA  
URL: [www.re-vita.com](http://www.re-vita.com)  
Type of Products: Nutritional Supplements

**Rhodia, Inc.**  
USA  
URL: [www.na.rhodia.com](http://www.na.rhodia.com)  
Type of Products: Food Ingredients

**Rich Products Corp.**  
USA  
URL: [www.rich.com](http://www.rich.com)  
Type of Products: Non-Dairy Products

**Ricos Products Co.**  
USA  
URL: [www.ricos.com](http://www.ricos.com)  
Type of Products: Cheese and Chips, Food Products, Sauces, Pastas, and Dressings

**Roquette Lianyungang Co.**  
China  
URL: [www.roquette.com](http://www.roquette.com)  
Type of Products: Sweeteners

**Ruohai (Zhejiang) Fine Chemicals Co., Ltd.**  
China  
URL: [www.rhodia-ep.com.cn](http://www.rhodia-ep.com.cn)  
Type of Products: Food Ingredients

**RZBC Co. Ltd.**  
China  
URL: [www.rzbc.com](http://www.rzbc.com)  
Type of Products: Citric Acid

**S. I. Lesaffre**  
France  
URL: [www.lesaffre.fr](http://www.lesaffre.fr)  
Type of Products: Yeast / Food Ingredients

**SMI**  
USA  
URL: [www.specialtyminerals.com](http://www.specialtyminerals.com)  
Type of Products: Food Ingredients

**Sacred Foods**  
USA  
URL: [www.sacredcacao.com](http://www.sacredcacao.com)  
Type of Products: Candy/Chocolate

**Salerno Dairy**  
Canada  
URL: [www.salernodairy.com](http://www.salernodairy.com)  
Type of Products: Dairy Products

**Saputo Cheese Ltd., Canada**  
Canada  
URL: [www.saputo.com](http://www.saputo.com)  
Type of Products: Dairy Ingredients and Cheeses

**Saratoga Specialties**  
USA  
URL: [www.saratoafs.com](http://www.saratoafs.com)  
Type of Products: Spices / Blends

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**Sartori Foods**  
USA  
URL: [www.satorifoods.com](http://www.satorifoods.com)  
Type of Products: Whey

**Savoury Systems Intl.**  
USA  
URL: [www.savourysystems.com](http://www.savourysystems.com)  
Type of Products: Yeast Extract

**Schreiber Foods**  
USA  
URL: [www.schreiberfoods.com](http://www.schreiberfoods.com)  
Type of Products: Dairy Products

**Scott Adams Foods, Inc.**  
USA  
URL: [www.dilberito.com](http://www.dilberito.com)  
Type of Products: Vegetarian Foods

**Senomyx, Inc.**  
USA  
URL: [www.senomyx.com](http://www.senomyx.com)  
Type of Products: Artificial Flavors

**Sensient Food Colors Italy S.R.L.**  
ITALY  
URL: [www.sensient-tech.com](http://www.sensient-tech.com)  
Type of Products: Grape Skin Extract

**Sensient Dehydrated Flavors Co.**  
USA  
URL: [www.sensient-tech.com](http://www.sensient-tech.com)  
Type of Products: Flavors, Dehydrated Fruits/Vegetables

**Sensient Flavors Ltd.**  
United Kingdom  
URL: [www.sensient-tech.com](http://www.sensient-tech.com)  
Type of Products: Flavors

**Setexam**  
Morocco  
URL: [www.setexam.com](http://www.setexam.com)  
Type of Products: Agar

**Sethness Products Co.**  
USA  
URL: [www.sethness.com](http://www.sethness.com)  
Type of Products: Caramel Color

**Shandong Fufeng Fermentation Co.**  
China  
URL: [www.furuigroup.com](http://www.furuigroup.com)  
Type of Products: Gums

**Shandong Shensi Foods Group**  
China  
URL:  
Type of Products: Food Products

**Shanghai Bairun Ford Flavor and Frangrance Co., Ltd.**  
China  
Type of Products: Flavors, Food Ingredients

**Shanghai Green Leaf Perfumery**  
China  
URL: [luyementhol.en.tootoo.com](http://luyementhol.en.tootoo.com)  
Type of Products: Essential Oils

**Shanghai Qzu Bioscience & Biotech SMI**  
China  
Type of Products: Nucleotides

**Shell Chemicals Co.**  
USA  
URL: [www.shell.com](http://www.shell.com)  
Type of Products: Chemical

**Shemberg Marketing Corp.**  
PHILIPPINES  
URL: [www.shemberg.com.ph](http://www.shemberg.com.ph)  
Type of Products: Carrageenan

**Shin Nihon Chemical Co.**  
Japan  
Type of Products: Enzymes

**Shine Star (Hubei) Biological Engineering Co., Ltd.**  
China  
URL: [www.shine-star.com.cn](http://www.shine-star.com.cn)  
Type of Products: Amino Acids

**Sigma-Aldrich**  
USA  
URL: [www.sigmaaldrich.com](http://www.sigmaaldrich.com)  
Type of Products: Chemicals

**Silesia Flavors Inc.**  
USA  
URL: [www.silesia.de](http://www.silesia.de)  
Type of Products: Flavors

**Sinphar Pharmaceutical Co. Ltd.**  
Taiwan  
Type of Products: Pharmaceutical

**Snack Alliance Inc.**  
USA  
URL: [www.snackalliance.com](http://www.snackalliance.com)  
Type of Products: Potato Chips

**Sokol and Co.**  
USA  
URL: [www.solofoods.com](http://www.solofoods.com)  
Type of Products: Seafood/Food Products

**Solbar Ningbo Food Co., Ltd.**  
China  
URL: [www.solbar.com](http://www.solbar.com)  
Type of Products: Soy Products

**Solvay S.A.**  
Belgium  
URL: [www.solvaypolyglycerol.com](http://www.solvaypolyglycerol.com)  
Type of Products: Fatty Acids

**Southwest Cheese Co.**  
USA  
URL: [www.southwestcheese.com](http://www.southwestcheese.com)  
Type of Products: Dairy Products

**Soy Innovations Intl.**  
USA  
URL: [www.soyinnovations.com](http://www.soyinnovations.com)  
Type of Products: Soy Products

**Stemtech Health Sciences**  
USA  
URL: [www.stemtechbiz.com](http://www.stemtechbiz.com)  
Type of Products: Nutritional Supplements

**Stepan Co.**  
USA  
URL: [www.stepan.com](http://www.stepan.com)  
Type of Products: Food Ingredients, Lubricants and Packaging

**Sterling Gelatin (A Div. of Sterling Biotech Ltd.)**  
India  
URL: [www.sterlinggelatin.com](http://www.sterlinggelatin.com)  
Type of Products: Halal Gelatin

**Sterling Technology, Inc.**  
USA  
URL: [www.bestcolostrum.com](http://www.bestcolostrum.com)  
Type of Product: Colostrum

**Summit Hill Flavors**  
USA  
URL: [www.summitflavors.com](http://www.summitflavors.com)  
Type of Products: Flavors

**Summit Lubricants**  
USA  
URL: [www.summitlubricants.com](http://www.summitlubricants.com)  
Type of Products: Lubricating Grease

**SunOpta Food Ingredients, Inc.**  
USA  
URL: [www.sunopta-food.com](http://www.sunopta-food.com)  
Type of Products: Stabilizers

**Sunrider Intl.**  
USA  
URL: [www.sunrider.com](http://www.sunrider.com)  
Type of Products: Personal Care and Cosmetic Products and Nutritional Supplements

**Super-Pufft Snacks Corp.**  
Canada  
URL: [www.superpufft.com](http://www.superpufft.com)  
Type of Products: Snack Foods

**Swiss Caps USA Inc.**  
USA  
URL: [www.swisscaps.com](http://www.swisscaps.com)  
Type of Products: Capsules, Softgel

**Symrise Inc.**  
USA  
URL: [www.symrise.com](http://www.symrise.com)  
Type of Products: Flavors

**Synergy Flavors**  
USA  
URL: [www.synergytaste.com](http://www.synergytaste.com)  
Type of Products: Flavors

**Synergy Worldwide**  
USA  
URL: [www.synergyworldwide.com](http://www.synergyworldwide.com)  
Type of Products: Nutritional Supplements

**T. Hasegawa USA, Inc.**  
USA  
URL: [www.thasegawa.com](http://www.thasegawa.com)  
Type of Products: Flavors

**Takasago Intl. Corp.**  
USA  
URL: [www.takasago.com](http://www.takasago.com)  
Type of Products: Flavors

**Tate & Lyle**  
USA  
URL: [www.tlna.com](http://www.tlna.com)  
Type of Products: Starches, Sweeteners, Sucralose

**The Carriage House Cos.**  
USA  
URL: [www.carriagehousecos.com](http://www.carriagehousecos.com)  
Type of Products: Condiments

**The Dallas Group of America**  
USA  
URL: [www.dallasgrp.com](http://www.dallasgrp.com)  
Type of Products: Food Grade Chemicals

**The Solae Co.**  
USA  
URL: [www.protein.com](http://www.protein.com)  
Type of Products: Soy Products

**Tianjin Zhongjin Pharmaceutical**  
China  
Type of Products: Vitamins

**Tic Gums**  
USA  
URL: [www.ticgums.com](http://www.ticgums.com)  
Type of Products: Gums/Agar/Stabilizers

**Tillamook County Creamery Assn.**  
USA  
URL: [www.tillamook.com](http://www.tillamook.com)  
Type of Products: Dairy Ingredients

**Tip Top Poultry**  
USA  
URL: [www.tiptoppoultry.com](http://www.tiptoppoultry.com)  
Type of Products: Poultry

**Tom's of Maine, Inc.**  
USA  
URL: [www.tomsomaine.com](http://www.tomsomaine.com)  
Type of Products: Personal Care and Cosmetic Products

**Top Foods Ltd.**  
China  
Type of Products: Fruit Concentrates

**Trega Foods, Inc.**  
USA  
URL: [www.tregafoods.com](http://www.tregafoods.com)  
Type of Products: Dairy Ingredients & Cheeses

**Trigger Scent, LLC (See Nuorico)**  
Tropical Resources, Inc.  
USA  
URL: [www.morinda.com](http://www.morinda.com)  
Type of Products: Nutritional Drinks

**Unicity Marketing Sdn Bhd**  
Malaysia  
URL: [www.unicitynetwork.com](http://www.unicitynetwork.com)  
Type of Products: Nutritional Supplements

**Unilever United States, Inc.**  
USA  
URL: [www.unilever.com](http://www.unilever.com)  
Type of Products: Food Ingredients

**United Dairymen of Arizona**  
USA  
URL: [www.udaz.org](http://www.udaz.org)  
Type of Products: Lactose

**United Food Group**  
USA  
URL: [www.unitedfoodgroup.net](http://www.unitedfoodgroup.net)  
Type of Products: Chili Sauce

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**USANA Health Sciences**

USA  
URL: www.usana.com  
Type of Products: Personal Care and Cosmetic Products

**Valley Research, Inc.**

USA  
URL: www.valleyenzymes.com  
Type of Products: Enzymes

**Van Law Food Products**

USA  
Type of Products: Sauces and Dressings

**Vanlab Corp.**

USA  
URL: us.synergytaste.com  
Type of Products: Flavors

**Varsal Inc.**

USA  
URL: www.varsal.com  
Type of Products: Amino Acids

**Vegetables Juices, Inc.**

USA  
URL: www.vegetablejuices.com  
Type of Products: Vegetable juices and blends

**Velsicol Chemical Corp.**

USA  
URL: www.velsicol.com  
Type of Products: Preservatives

**Vertellus Specialties**

USA  
URL: www.vertellus.com  
Type of Products: Vitamins

**VesPro Life Sciences, LLC**

USA  
URL: www.vespro.com  
Type of Products: Nutritional supplements

**Virginia Dare Extract Co., Inc.**

USA  
URL: www.virginiadare.com  
Type of Products: Flavors

**Viskase Corp.**

USA  
URL: www.viskase.com  
Type of Products: Casings

**Vital Impact**

Hong Kong  
URL: www.vital-impact.com  
Type of Products: Nutritional Supplements

**Vogel Popcorn Co.**

USA  
URL: www.vogelpopcorn.com  
Type of Products: Popcorn, Snack Foods

**Volac Intl. Ltd.**

United Kingdom  
URL: www.volac.com  
Type of Products: Whey Products

**Vyse Gelatin**

USA  
URL: www.vyse.com  
Type of Products: Gelatin, Halal

**W. A. Cleary Products**

USA  
URL: www.clearyproducts.com  
Type of Products: Lecithin and Food Grade Processing Aids

**Wacker-Chemie GmbH**

Germany  
URL: www.wacker.com  
Type of Products: Amino Acids

**West Point Dairy**

USA  
URL: www.westpointdairy.com  
Type of Products: Dairy Products

**Westar Nutrition Corp./Viva Life Science**

USA  
URL: www.vivalife.com  
Type of Products: Nutritional Supplements

**Wild Flavors, Inc.**

USA  
URL: www.wildflavors.com  
Type of Products: Flavors

**Wild Flavors (Canada) Inc.**

Canada  
URL: www.wildflavors.com  
Type of Products: Flavors

**Windsor Marketing Ltd.**

Canada  
URL: www.wmaplp.com

Type of Products: Frozen Pizza Crust

**Wm. Wrigley Jr. Co.**

USA  
URL: www.wrigley.com  
Type of Products: Gum Flavors  
Wright Enrichment  
USA  
URL: www.thewrightgroup.net  
Type of Products: Food Ingredients

**Wuhan University Hoyo Co., Ltd.**

China  
URL: www.whuhoyo.com  
Type of Products: Amino Acids

**Wuxi Xieda Bio-Products Co. Ltd.**

China  
URL: www.wxieda.com  
Type of Products: Enzymes

**Wynn Star Foods of Kentucky**

USA  
Type of Products: Flavors

**XCafé, LLC.**

USA  
URL: www.x-cafe.com  
Type of Products: Coffee/Tea

**XL Performance Chemicals**

USA  
URL: www.fibrochem.com/xl  
Type of Products: Processing Aids

**Xango, LLC.**

USA  
URL: www.xango.com  
Type of Products: Beverages

**Xinxiang Tuoxin Biochemical Tech.**

China  
URL: www.tuoxinchem.com  
Type of Products: Nucleotides

**Yamasa Corp.**

Japan  
URL: www.yamasa.com  
Type of Products: Soy Sauce & Nucleotides

**Yangzhou Chemical Import & Export Co., Ltd.**

China

Type of Products: Amino Acids, Enzymes, Food Ingredients

**Yantai Andre Pectin Co. Ltd.**

China  
URL: www.andrepectin.com  
Type of Products: Starches and Pectins

**Yixing Biology Engineer Co.**

China  
URL: www.jch.com.cn  
Type of Products: Amino Acids, Enzymes

**Youcan Foods Intl., Ltd.**

Singapore  
URL: www.youcan.cn  
Type of Products: Food Products

**Zhanjiang Asiawin Foods**

China  
URL: www.asia-win.com  
Type of Products: Fruits/Vegetables Juices and Extracts

**Zhejiang Hangzhou Xinfu Pharmaceutical**

China  
URL: www.txpharm.com  
Type of Products: Vitamins

**Zhejiang Quzhou Tiansheng Plant**

China  
URL: www.tszw.com  
Type of Products: Fruits/Vegetables Juices and Extracts

**Zija Intl.**

USA  
URL: www.drinklifein.com  
Type of Products: Beverages

**Zila Nutraceuticals, Inc.**

USA  
URL: www.zila.com  
Type of Products: Vitamins

**Ztrim Holdings**

USA  
URL: www.ztrim.com  
Type of Products: Nutritional Ingredients

# Picture Perfect



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