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On Your  
Fridge!!

<u>Products</u>	<u>Examples of Mashbooh* (Doubtful) Ingredients</u> * If a product contains either an alcohol content of <b>greater than 0.1%</b> , OR <b>any animal sourced ingredient</b> , it should be <b>avoided</b> . <u>Call and confirm with manufacturer.</u>
Bread	Lecithin, Mono/Diglycerides
Bagel	Cysteine Hydrochloride, Enzymes, Folic Acid, Niacin
Candy	Glycerin, Gelatin, Monoglycerides, Whey, Natural & Artificial Flavors, Stearic Acid, Magnesium Stearate
Cereal	Artificial/Natural Flavors, Vitamin A, B2, C, D
Chips	Cheese
Cookies	Folic Acid, Thiamine
Granola Bar	Flavorings
Coffee Creamer	Artificial/Natural Flavors, Mono/Diglycerides
Cake	Artificial/Natural Flavors, Mono/Diglycerides
Donuts/Pastries	Mono/Diglycerides, Flavors
Ice Cream	Whey, Artificial flavor, Mono/Diglycerides
Jello/Pudding	Gelatin, Artificial/Natural flavors
Cheese	Enzymes
Shortening	Animal Fat, Mono/Diglycerides
Peanut Butter	Mono/Diglycerides
Cola/Soda	Natural Flavors
Ketchup	Natural Flavors
Yogurt	Flavors, Gelatin, Whey
Gum	Glycerin, Stearic Acid
Mouth Wash	Alcohol, Flavors, Glycerin
Nutritional Supplement	Gelatin, Magnesium Stearate
Soap	Sodium Tallowate, Glycerin
Toothpaste	Sodium Lauryl Sulfate

**Islamic Food & Nutrition Council of America**  
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