Reading and Understanding Nutritional Labels
In matters of conscience there can be no compromise

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Helping meet the needs of Muslim consumers, Capsugel's two-piece hard gelatin capsules are certified by IFANCA and the Indonesian Council of Ulama. Derived from Halal raw materials, our capsules as well as our manufacturing process are in strict accordance with Muslim scriptures.

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Capsugel now offers Vcaps® capsules and NPcaps™ capsules, both originating from plant-based materials. Both are produced in accordance with Muslim scripture, certified by IFANCA and meet Islamic food law requirements.

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When it comes to halal and Zabiha, the first thing that comes to mind is meat and meat products; how was the slaughter conducted, how were the animals cared for prior to slaughter? According to IFANCA, meat is halal and meat products; how was the slaughter conducted, how were the animals cared for prior to slaughter? According to IFANCA, meat is Zabiha if it is from an animal that is halal, slaughtered in the prescribed Islamic manner, in the name of God. However, there are some variations in opinions on the halal and Zabiha issue. We asked halal consumers their thoughts on it. Our 'short' questionnaire brought forth long, long explanations and elaborate conclusions. Some replies even came from distant Saudi Arabia. We, at Halal Consumer, loved hearing from a cross section of our community and that was the intent of the article. To showcase thoughts and opinions from fellow Muslims. We also found that halal consumers were aware that meat store owners could possibly be bending the truth as to how Zabiha their products really were. We even heard, “Some restaurants claim a halal menu but are no more halal than the burger at mainstream restaurants. They aren’t Zabiha.” When we asked halal meat shop owners surprisingly few were willing to say that all the meat sold at their store was Zabiha. Typical responses included, “Call next week”, “Why do you want to know?”, “The owner is out of the country”, “Why do you need to add my name?” Other eye-openers discussed in this issue are nutritional labels and associated health claims. When a label says “sugar-free” is that what it really means? Food scientist, Haider Khattak also tells us about fats and oils and Dr. Chaudry, in a one-on-one interview, informs us how trans fat got into our food in the first place. Finally, now that it is warmer, we’ve got our grill on! Join us!

Sincerely,

Naazish Yar Khan
Managing Editor

About Halal Consumer

Halal Consumer is a publication of the Islamic Food and Nutrition Council of America (IFANCA). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers and providing halal solutions to consumer needs.
1.4 Billion Consumers Worldwide

Muslims span the globe, belong to every ethnic group on earth and the majority of 1.4 billion of them are committed to consuming products that are certified to be halal. The Islamic Food and Nutrition Council of North America, IFANCA, the leading halal food certification organization in North America opens the door to the world for your company by certifying your products.

With the Crescent-M mark you will access emerging markets such as Indonesia, Malaysia and Singapore; target the already affluent world markets such as Saudi Arabia, the UAE, and the rest of the Arabian Gulf countries and the Middle East; capture Muslim consumers in North America, South America and Europe.

The Crescent-M halal mark on your product proves to the halal consumer that your product is pure from an Islamic perspective.

Population Distribution in the Muslim World

What is Halal?

Halal in Arabic – the language of the Muslim holy book, the Quran – means lawful or permitted. The opposite of halal is haram, which means forbidden or prohibited. Some foods contain ingredients that can be derived from either halal or haram sources. These are considered Mashboob meaning questionable. More additional information is required to classify them as halal or haram. The terms halal and haram are applicable not only to food but also to other products, habits and actions. All foods are considered halal with the exception of the following categories:

- Swine / pork and all its by-products or derivatives
- Animals not slaughtered according to the Islamic requirements
- Alcohol and other intoxicants
- Carnivorous animals and birds of prey
- Blood and blood by-products
- Foods that are cross-contaminated with haram products
- In addition, food products and ingredients such as gelatin, enzymes, emulsifiers, etc. are considered Mashboob and must be evaluated before they can be considered halal.

Why Seek Halal-Certification?

1.4 Billion reasons! Muslim consumers are considered to be the fastest growing consumer group worldwide. The concept of halal is basic to every Muslim and even the least observant Muslim would avoid consuming foods that are not considered halal. With IFANCA halal-certification your product can go from appearing doubtful in the eyes of the Muslim consumer to a staple item on their grocery list. It’s important to note that a Muslim consumer will always prefer a halal-certified product over one that is not certified.

We Support Our Halal-Certified Companies

When your product is halal-certified by IFANCA, the help doesn’t end there. We understand that being halal-certified is just the first step in targeting the Muslim market. We provide educational materials and resources free of charge. IFANCA staff has extensive experience in both domestic and overseas halal markets; we share that insight with you, and can help you navigate new seas of potential profit around the world.

In addition, once your company is halal-certified by IFANCA, your company name and products will be included in our listings on the web at www.ifanca.org. Muslim consumers consult this website daily in all matters of halal food and nutrition consumption.

We list your company and its products in Halal Consumer Magazine, the premier Muslim consumer publication in North America. We also produce a press release about your newly halal-certified products. When you are halal-certified with IFANCA you are invited to advertise in Halal Consumer Magazine, at www.halal.com, and you will have opportunities to be included on the www.halal.com web site for business-to-business marketing.

IFANCA also provides one-on-one consulting in export marketing; additionally, we give you assistance with halal certification in other countries.
Halal Versus Zabiha

What’s the Difference?

By Dr. Sabir Ali and Naaizh Yarkhan

“Forbidden to you (for food) are dead meat, blood, the flesh of swine, and that on which has been invoked the name of other than Allah, that which has been killed by strangling or by a violent blow or by a headlong fall or by being gored to death, that which has been partly eaten by a wild animal…” (Quran 5:3).

A stroll down Chicago’s Devon Avenue is enough to convince you that there is more than meets the eye when stores tout their meat as 100% Zabiha and 100% halal. Why the dual terminology? Halal literally means what is permissible in Islam and terming food as halal implies that it is free from alcohol, pork and other substances that are prohibited in consumption. When it comes to halal meat, it also implies that the animal has been treated well, given sufficient feed to eat, ample water to drink and was alive and free from disease prior to slaughter. According to IFANCA, meat is Zabiha if it is from an animal that is halal, slaughtered in the prescribed Islamic manner, in the name of God.

Don’t Halal and Zabiha Mean the Same Thing?

Some Muslims consider meat as halal and permissible for consumption so long as it is not pork, nor is there alcohol in its preparation nor is it slaughtered in the name of another person or being. They believe meat from a mainstream grocery store, such as a Jewel, is permissible animal being slaughtered by a Muslim under Islamic guidelines, while reciting the name of God over each animal. Furthermore, Zabiha implies that the animal was cut using a very sharp knife that severs both arteries and the trachea causing minimal pain to the animal, and allowing all the blood to drain from the body. Those who insist on Zabiha argue that while the Quran allows Muslims to eat permissible food from their Jewish and Christian cousins, there is no guarantee that the meat in mainstream stores is slaughtered by those prescribing to either Judaism or Christianity.

Several verses in the Quran support the consumption of meat that has been slaughtered in the name of God:

“So eat of the meats on which God’s name has been pronounced if you have faith in His signs.” (Quran 6:118).

“Why should you not eat of meats on which God’s name has been pronounced, when He hath explained to you in detail what is forbidden to you - except under compulsion of necessity…” (Quran 6:119).

“Eat not of (meats) on which God’s name hath not been pronounced. That would be impiety.” (Quran 6:121).

About Quran 6:121, Imam Al-Fakhr Al-Razi said that it had been related that ‘A’du had said: “All food and drink upon which God’s name has not been pronounced is haram (forbidden”). However, all the other scholars were of the opinion that this verse was specific to meat alone. Imam Al-Razi used the opinions of three schools of thought to explain this verse. The first opinion was that of Imam Malik, which states that the meat from any slaughter upon which God’s name is not pronounced is prohibited or haram, regardless of whether it is intentional or by error. Ibn Sirin and a group of theologians agree with this viewpoint.

The second perspective is that of Imam Abu Hanifa, which states that meat from any slaughter where the name of God is intentionally not pronounced is prohibited. If the butcher forgets to pronounce the name of God at slaughter, then the meat is halal or permissible.

The third point of view is that of Imam Al-Shafi’i, which states that the animal carcass is halal, even if the name of God is not pronounced at the time of slaughter, regardless of whether it is intentional or forgotten, as long as the butcher is a qualified, sane Muslim. Following a lengthy discussion on this final opinion, Imam Al-Razi said it is best for a Muslim to avoid eating the meat of permissible animals when God’s name has not been pronounced at slaughter, because the guidance from this verse is strong.

Ibn Kathir has said: God’s concession for eating the meat slaughtered by the People of the Book does not include that meat upon which the name of God has not been pronounced at the time of slaughter. This is because the People of the Book were required to pronounce the name of God during their ritual slaughter. Because of this, it is not halal (or permissible) for Muslims to consume the meat slaughtered by those other than the People of the Book, since others do not pronounce the name of God during the slaughter. In summary, according to Ibn Kathir, if Muslims are to eat the meat of animals slaughtered by the People of the Book, as opposed to other people, the People (of the Book) should pronounce the name of God at the time of slaughter. If this condition is not met, then the permission to eat meat slaughtered by them is not granted.

Consumer Awareness

“If store-owners display the ‘Halal’ sign in their store, it should by default mean Zabiha halal. Retailers who advertise as such, should provide Zabiha to all customers,” says one retailer. “Halal, unfortunately, doesn’t always mean Zabiha in the market. The best way to find out is by calling the store and asking who their meat or chicken suppliers are. The way animals are slaughtered makes all the difference. Chicken is halal by itself but if you don’t cut it the Islamic way it is not Zabiha halal,” he adds. “We need consumer awareness. Many, many stores sell non-Zabiha meat and chicken but claim it is Zabiha halal.

The word Zabiha has been misused not only by retailers but also by some halal certifiers. In Canada, certain halal certifiers claim that machine slaughter is Zabiha, because the word Zabiha means ‘slaughtered’. Consumers hold the key to resolving this controversy, if they insist on hand-slaughtered meat by Muslims.

“Muslims must be aware of what is out there in the market and in the end it becomes their responsibility to consume what God is pleased with,” says Shajik Abdool Rahman Khan, resident scholar at Islamic Foundation Mosque, Villa Park. He adds that it’s best for Muslims when hosting a get-together that involves sharing a meal, to offer Zabiha rather than opting for meat from mainstream stores. “If we follow this formula I think we will all have fewer arguments, fewer explanations and more trust in each other. May God guide us to what is upright.”
Animal Welfare

The treatment of animals is an integral part of the Zabiha process as it is the manner in which animals are raised. The Prophet Muhammad (peace be upon him) encouraged kindness not just amongst human beings but towards all living souls. He forbade the practice of cutting tails and muzzles of horses, of branding animals in a soft spot, and of keeping horses saddled unnecessarily. (Muslim, Sahih Muslim). If he saw any animal over-loaded or ill-fed he’d warn the owner, saying “Fear God in your treatment of animals.” (Abu Dawud, Kitab Jihad). On another occasion he stated, “Verily, there is heavenly reward for every act of kindness done to a living animal.” According to “An Nawawi’s 40 Hadith”, Abu Ya’la Shaddad bin Awe said that the Messenger of God said: “Verily God has prescribed proficiency in all things. Thus, if you kill, kill well; and if you slaughter, slaughter well. Let each one of you sharpen his blade and let him spare suffering to the animal he slaughters.” This is related by Muslim.

These sayings of the Prophet clearly illustrate the importance of treating animals with care. All Muslims agree that raising animals with care and killing them with mercy for consumption, is a requirement of their faith.

Conclusion

The controversy, confusion or misrepresentation of Zabiha is not confined to the retail market in North America. Mislabeling is very common with meat exported to the Middle East. We often read the phrase, “Slaughtered According to Islamic Rites,” written in both English and Arabic on labels. More often than not, such meat is not from animals slaughtered by Muslims in a traditional manner. It is usually regular meat packed as Zabiha and halal. Several states in the USA have passed regulations to address such fraud but none have been implemented so far. The burden of the proof for the time being falls on the retailer or exporter, if the consumer or importer demands verification of the claims of Zabiha or slaughtered according to Islamic Rites. (God Knows Best)

Why Zabiha?

Muslims Speak Up

By Naazish YarKhan

We spoke with a cross-section of halal consumers in Illinois about whether there was a difference between halal and Zabiha, and if there was, did they have a preference for one over the other? In 75 percent of the answers we received, respondents saw a distinct difference between halal and Zabiha. Only 20 percent felt that meat could be consumed by Muslims if it were not Zabiha. A small minority were altogether unfamiliar with what Zabiha entails. When asked if they maintain Zabiha strictly, 50 percent of all respondents said that while they do so at home, they may consume meat that is halal but not Zabiha at restaurants.

Sara Kadir, a Glenview resident, says that while growing up in Saudi Arabia, halal and Zabiha were synonymous terms. It was only when she moved to the West that she learned of the difference. “Looking back I realize that this difference is probably a non-issue in a Muslim country. With regards to the meats we consume here, besides being halal, there is the additional requirement that the meat also be Zabiha. Zabiha is the method of slaughtering the animal in the name of God, ensuring that all the blood drains out, while minimizing the pain experienced by the animal.” While she maintains strict Zabiha at home that is not the case always, outside home. “However, I am so proud of my 12 year old son, Yousuf, who keeps 100% Zabiha and is an inspiration and role model for me,” she adds.

According to Mateen Hussain of Glendale Heights, halal should be Zabiha. “Unfortunately, some Muslims classify things as halal based on the animal, not on the method of slaughter. I once visited a restaurant in Arlington Heights, Illinois, and checked with the owner if the food was halal and he said it was very much halal and that no pork was served. He was also very candid in mentioning that it was NOT Zabiha, if that’s what I was looking for,” he says.

Dr. Syed Warsi, who is in charge of ICNA Chicago’s New Muslims Services agrees and doesn’t believe there is a difference between Zabiha and halal. “Meat consumption is halal (lawful) only when it is Zabiha, so I maintain only Zabiha irrespective of who tells me it is okay to consume something else. First, the animal should be halal, like goat or cow or sheep. If it is inherently haram, like pork, then even if it is slaughtered properly, it can never be permissible or halal. Also, to be halal that animal should be acquired properly, not by theft or stealing, slaughtered in a proper way by Muslims or People of the Book. I do not understand how meat could be halal (without it being) Zabiha. An animal can be halal (lawful to consume) only if all the requirements are met. If any of the requirements are missing then it is not halal and not lawful to consume.”

According to Aliya Husain, a Lisle resident, “Zabiha is the order of God. I try my best to obey His orders. Purity of our food affects our spiritual state. Ergo Zabiha allows us the ability to maintain a state of spiritual purity.”

When it comes to choosing between halal and Zabiha, Ms. Hilali, a Bloomingdale resident, says she is very careful to offer Muslim guests only that which they are comfortable eating, while for her own family she wouldn’t consider it a sin to bring home chicken nuggets from a mainstream grocery store.

Mateen Hussain on the other hand finds it especially easy to maintain halal and Zabiha even when purchasing non-meat products. “Most household items,” he says, “are repeat purchases including cheese, vitamins, milk, bread, candies, cereal, etc. It is quite easy to go to the websites of corporations that produce these items and send them an email requesting information as to whether particular products include any ingredients that are derived from an animal source. I usually get a response in two-three days and use this as a basis for my shopping list. In some cases I have called the toll free numbers on the products right from the store and that too worked out well”.

Advertise in Halal Consumer Magazine! Call: 877-HALAL-23
So, you eat Zabiha halal meat, you read labels to check for animal fat, and you check the foods and snacks being served at your child’s school. You are trying to do your best to serve healthy, delicious halal meals to your family. Then one day at the grocery store, you happen to notice some bottled water that is halal certified. Excited, you grab several. But wait, does plain ol’ water need to be halal certified?

The United Arab Emirates asked this very question after receiving halal certified drinking water from Thailand. According to Thailand’s The Nation (June 1, 2006), Dubai officials determined that water does not need certification, and suspended some Thailand exports.

Was Dubai correct in suspending halal certified drinking water? Does water need to be halal certified? The fact is, all foods should be halal certified if we are to be confident that they are halal. Have we forgotten the dangerous practices and unsanitary conditions of the meat packing industry revealed in Upton Sinclair’s The Jungle? The US Food and Drug Administration (FDA) now controls many aspects of food production. We can use their laws to help us better understand why even water should be halal certified. To be confident in what you eat, always choose halal certified products!

J&M® halal certified meals use only wholesome ingredients and have NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS. Six varieties are gluten-free. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and eating pouches. Reheat to an internal temperature of 165°F or higher.

LAMB & BARLEY STEW: Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions. Create a truly delicious dinner! A succulent 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 Kauksi 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 TARTARELLE: Cheese-filled tortellini is a well-seasoned tomato sauce with the added protein of pasta bowls. Excellent texture and flavor!

VEGETARIAN STEW: A meal perfect for vegetarians and meatfree eaters alike! With macaroni, vegetables, potatoes, barley, leeks, peanuts and sambal, this meal has great taste and a variety of textures.

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Does Water Need to be Halal-Certified?

By Suzann Audi
Fats are one of the major constituents of the human diet along with carbohydrates and proteins. A major source of energy, they supply about nine calories per gram while one gram of carbohydrates provides four calories, and proteins supply about 4 calories per gram. In calorie deficient situations, fats together with carbohydrates are used by the body instead of protein. Some fatty foods are sources of fat-soluble vitamins, and the ingestion of fat improves the absorption of these vitamins regardless of their source. Fats are vital to a palatable and well-rounded diet and provide linoleic and linolenic, both of which are essential fatty acids.

Essential Fatty Acids have been generally regarded as those that are required by humans but are not synthesized by the body and must be obtained through the diet. The lack of alpha-linolenic acid has been associated with neurological abnormalities and poor growth. A lack of linolenic acid is associated with scaly dermatitis and poor growth. The Institute of Medicine of the National Academies (Dietary Reference Intakes - The National Academies Press 2002) established the first recommended daily intake (RDI) values for linoleic acid at 17 grams for adult men and 12 grams for adult women. The RDI for alpha-linolenic acid was set at 1.6 grams for adult men and 1.1 grams for adult women.

The most important part of our sensory apparatus is our brain. It measures the taste, smell, and mouth-feel of all of the food and drink we consume. When we eat ice cream, it registers the creamy mouth-feel and fatty taste of the ice cream. In recent years, food scientists, chemists, and sensory scientists have created fat substitutes that create a similar response in the brain and give the taste and mouth-feel of fat without the large number of calories associated with it.

People enjoy foods containing fats (lipids) because of the sensory experiences that fat provides – it makes food flavorful, creamy, juicy, smooth, tender, or rich. One can compare the obvious difference easily between whole milk and skimmed milk. We need some fat in our diet but it becomes a problem when we’re consuming too much of it.

In the 1960’s James V. Neel, a geneticist at the University of Michigan, in his “thrifty gene” hypothesis, suggested that some of us inherited genes that make us exceptionally efficient in our intake and use of calories. Our bodies are good at converting food into fat and then hanging on to it. This trait may have helped our ancestors survive when calories were few and far between, Neel speculated.

A typical person has 25 to 35 billion fat cells. The body needs those fat cells to stay healthy. They communicate with the brain, signaling how much energy has been stored and when it is time to eat. They also play an important role in the immune system, helping the body protect itself from cancer and diseases. Fat cells are good for you. But too much of a good thing isn’t good either! An obese person can develop as many as 75 billion fat cells. Once they’re there, it is hard to get rid of them. Becoming obese early in life may fundamentally change a person’s body chemistry, making it difficult to become slim. If one is obese by the age of thirteen, there is a 90 percent chance of being overweight by ones mid-thirties.
doughnuts and other fried foods. Trans fats increase the amount of fatty plaque in your blood and may also stiffen your arteries. Researchers at Harvard University believe that trans fats alone are now responsible for the deaths of at least 30,000 Americans every year.

When investigators at the National Academy of Sciences tried to determine how much trans fat a person should eat, they came up with a surprising conclusion: none. In 2006, the US Food and Drug Administration (FDA) made it mandatory for all food and beverage makers to list the trans fat content of packaged foods on the Nutrition Facts label. Further, all fast-food and processed-food companies had to reveal how much trans fat their products contained. As a result, some product labels now state ‘No Trans Fats’, if there is less than 0.5 grams of trans fat per serving. If there is more than this amount, companies are required to list it on the label in a separate line in the “Total Fat” section of the panel, directly beneath the line for “Saturated Fat.” Zero trans Fat per serving though doesn’t really mean there is no trans fat in a food. It just means each serving could have less than 0.5 grams of it. Have more than a couple of servings and you can be exceeding the trans fat ‘permissible’ level. In 2006, the American Heart Association recommended that you limit the amount of saturated fats to less than 7 percent of your total daily calories, and trans fats to less than 1 percent of total daily calories.

One of the most important recent developments has been the New York City Board of Health’s decision to phase out trans fats in city restaurants. It requires that restaurants limit the amount of trans fats in oils, shortenings and margarine used for frying or in spreads. As of July 2007, restaurants must use less than 0.5 gram per serving. The regulation also requires that, effective July 2008, restaurants limit the amount of trans fats to less than 0.5 gram per serving in all food items not sold in the original manufacturer’s packages. Since then, legislative and regulatory efforts to eliminate trans fats have been proposed in other major cities and states.

Oils in Our Food

**SHORTENING:** A blend of fats and/or oils used in baked products, it is solid at room temperature and made with animal fat or vegetable oil.

**BUTTER:** Butter is a dairy product made by churning fresh or fermented cream or milk.

**TALLOW:** Solid fats obtained from cattle, sheep or goats. They are used in making shortenings and frying oils.

**LARD:** It is a solid fat obtained from pigs and used in making shortenings and frying oils.

**VEGETABLE OILS:** Vegetable fats and oils are derived from plants. Common vegetable oils include coconut oil, safflower oil, sunflower oil, peanut oil, sesame oil, corn oil, cottonseed oil, canola and soybean oil.

**MARGARINE:** Margarine is a butter-substitute made from vegetable oils in USA and vegetable and animal fats in some other countries.

IFANCA halal-certified vegetable oil companies include: Cargill, Bunge Canada, Cal-Western Packaging

### Test Your Food IQ

**One-on-One with Dr. Muhammad Munir Chaudry, President IFANCA**

**Halal Consumer:** If trans fat is so damaging, how come it is in so much of our food?

**Dr. Chaudry:** “One cannot find trans fats on grocery shelves. They are a component of vegetable oils especially partially hydrogenated vegetable oils. Historically, fats used in food were butter, butterfat, tallow and lard. Plant or vegetable oils like olive oil, palm oil, and coconut oil were also used in various cultures. soybean oil and cottonseed oil were not considered favorable as food oils, till technologists discovered a method of processing these oils to make them look and feel like butterfat oil, an all time premium fat. A process called hydrogenation made oils hard like tallow while partial hydrogenation made them softer yet solid like butterfat oil or ghee.”

“Hydrogenation changed the multiple unsaturation points in soybean oil to one or two unsaturation points on each fatty acid. The food industry adopted the process and produced it as an inexpensive source of semi-solid oil with a greater shelf-life, better taste and consumer acceptability. Unknown to the scientific community at that time, the process created an unnatural configuration in the molecular shape of oils to what became known as transconfiguration, hence the name trans fats. Over the past two decades harmful effects of trans fats came to light and the regulatory agencies started forcing the industry to remove trans fats from food. At the same time, new and healthier oils have been developed and acceptability of liquid oils amongst consumers has increased to a level that oils are now preferred to fats in ones diet.”

**Common Fats & Oils in Our Food**

**Match The Term To Its Correct Description**

<table>
<thead>
<tr>
<th>a) A blend of fats and/or oils used in baked products.  If made from halal animals slaughtered in the Islamic way or from plant sources, it is halal. Otherwise it is haram. This type of fat is solid at room temperature. An example of these fats, if derived from animals, is lard, and must be avoided by Muslims.</th>
<th>1. Mono- and Di-glycerides</th>
</tr>
</thead>
<tbody>
<tr>
<td>b) These fats are used to prevent water and oil from separating. They are found in a wide variety of products including baked foods, peanut butter, margarine and shortening. Their sources are animals and vegetables. Those from vegetables are halal, and is mashbooh (doubtful) when from an animal source.</td>
<td>2. Shortening</td>
</tr>
<tr>
<td>c) These fats are found mostly in seafood. Good sources include fatty, cold-water fish, such as salmon, mackerel and herring. Flaxseeds, flax oil and walnuts also contain them, and small amounts are found in soybean and canola oils. These fats are good for your heart.</td>
<td>3. Monosaturated fat</td>
</tr>
<tr>
<td>d) These fats are usually liquid at room temperature and in the refrigerator. Foods high in these fats include vegetable oils, such as safflower, corn, sunflower, soy and cottonseed oils. These are healthy fats.</td>
<td>4. Polyunsaturated fat</td>
</tr>
<tr>
<td>e) These fats remain liquid at room temperature but may start to solidify in the refrigerator. Foods high in these fats include olive, peanut and canola oils. Avocados and most nuts also have high amounts of this fat, which is good for health.</td>
<td>5. Omega-3 fatty acids</td>
</tr>
</tbody>
</table>

Answers: 1b, 2a, 3e, 4d, 5c
The Blessings of the Olive Tree

Olives and Olive Oil have long been linked to well-being and good health. Recently, researchers discovered yet another benefit of olive oil. They found that olive oil seems to protect against a certain type of cancer. The study involved information on food and cancer patterns in 28 countries including most of Europe, the United Kingdom, the United States, Brazil, Colombia, Canada, and China. Details of olive oil consumption were obtained from the United Nations Food and Agriculture Organization (FAO) and from various trade associations. The study is a comprehensive review of the existing literature on olive oil consumption and its relationship to cancer risk.

Olive oil is among the best vegetable oils available and has been used for thousands of years. It is rich in monounsaturated fats, which are believed to lower cholesterol levels and reduce the risk of heart disease. In addition, olive oil contains antioxidants and other compounds that may help protect against cancer, inflammation, and other chronic diseases.

Knowing Your Oils

Olive oil is one of the most popular cooking oils in the world and is widely used in Mediterranean cuisine. It is made from the olives of the olive tree, which is native to the Mediterranean region. There are three common ways to process olives, each with its own unique flavor and characteristics. The Greek method of processing olives involves harvesting them when they are green, pressing them to extract the oil, and then soaking the olives in brine to preserve them. The Spanish method of processing olives involves harvesting them when they are ripe, pressing them to extract the oil, and then soaking the olives in brine to remove the oleo-rubin. The American method of processing olives involves harvesting them when they are ripe, pressing them to extract the oil, and then soaking the olives in brine to remove the oleo-rubin. The American method of processing olives involves harvesting them when they are ripe, pressing them to extract the oil, and then soaking the olives in brine to remove the oleo-rubin.
Sell By, Use By, Best If Used By—
What Do All those Dates Mean?

By Dr. Mohammad F. Azam

There are a number of different dates that may appear on a product. “Open Dating” is the use of a calendar date (rather than a code) on a product. “Closed Dating” is the opposite and refers to the use of a code or packing number (rather than a calendar date) on a product. If Open Dating is used, the date must include the day and month. The year must also be included for shelf stable or frozen products. When dates are used, there must also be an explanation of the requirements. Federal regulations do not require product dating, except for infant formulas, as noted below.

For Open Dating, there are a number of formats that may be used as follows:

- **Sell-By** - tells the store how long the product can be displayed. If not used immediately, the following products should be refrigerated at 40°F or below. If the product has a Sell-By date or no date, it should be cooked or frozen within the following times:
  - Beef, Veal, Lamb: 3-5 days
  - Ground meat, Ground Poultry: 1-2 days
  - Uncooked beef or Turkey Sausage: 1-2 days
  - Eggs: 3-5 weeks

- **Best if Used By (Best if Used Before)** - for best quality or flavor, the product should be used before this date. The product is generally safe to use for days after this date. However, its nutritional value may be compromised somewhat.

- **Use-By** - the last date for use of the product at peak quality. All dates are determined by the manufacturer. Closed Dating or Coded Dating is the use of a packing number on the product. This is used by the manufacturer and is not normally easily decipherable by the consumer. In case of a recall, the manufacturer can inform the public not to use the product in question, with such a number.

Foods can remain safe and of good quality after the date expires, if they have been handled and stored properly. However, they may also be unsafe or of poor quality before the date expires, if they have not been handled or stored properly to begin with. Perishable foods should normally be stored at 40°F or below. Mishandling of foods may involve leaving refrigerated foods outside for hours, defrosting at room temperature for long hours or not using sanitary handling practices.

For infant formula and FDA inspected baby food, a Use-By date is required. The product is required to contain the stated quantity of nutrients listed on the label by that date. The manufacturer determines the Use-By date based on analysis throughout the shelf life of the product or other methods. Consumers should not use baby food or formula after the Use-By date.

If not used immediately, the following products should be refrigerated at 40°F or below. If the product has a Use-By date, it should be used by that date. If it has a Sell-By date or no date, it should be cooked or frozen within the following times:

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>STORAGE TIME AFTER PURCHASE</th>
<th>UNOPENED AFTER PURCHASE</th>
<th>AFTER OPENING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry</td>
<td>1-2 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef, Veal, Lamb</td>
<td>3-5 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground meat, Ground Poultry</td>
<td>1-2 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uncooked beef or Turkey Sausage</td>
<td>1-2 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>3-5 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For processed products that were packed at the plant, the following times apply when stored below 40 degree F</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked Poultry</td>
<td>3-4 days</td>
<td></td>
<td>3-4 days</td>
</tr>
<tr>
<td>Vacuum packed dinners (commercial brand with USDA seal)</td>
<td>2 weeks</td>
<td></td>
<td>3-4 days</td>
</tr>
<tr>
<td>Hot dogs</td>
<td>2 weeks</td>
<td></td>
<td>1 week</td>
</tr>
<tr>
<td>Luncheon Meat</td>
<td>2 weeks</td>
<td></td>
<td>3-5 days</td>
</tr>
<tr>
<td>Canned meat and poultry, Shelf Stable</td>
<td>2-5 years at room temperature</td>
<td></td>
<td>3-4 days</td>
</tr>
</tbody>
</table>

Again, if the product has a foul odor, flavor or appearance, don’t use it. More information is available at the FSIS web site at http://www.fsis.usda.gov or by calling them at 1-888-MPHotline. Source: http://www.fsis.usda.gov
Light, Low Fat, and Cholesterol Free: What These Words Really Mean?

There is hardly a package of food these days that's not labeled “calorie free,” “low fat,” “reduced,” “sugar free,” “fat free” or “light”. These terms describe the percentage of calories, fat, cholesterol, or other nutrients in a food, and mean the same thing for all similar foods. The US government now defines some of these terms:

<table>
<thead>
<tr>
<th>LABEL WORD(S)</th>
<th>MEANS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie Free</td>
<td>less than 5 calories per serving</td>
</tr>
<tr>
<td>Low Calorie</td>
<td>40 calories or less per serving</td>
</tr>
<tr>
<td>“Light” or “Lite”</td>
<td>1/3 fewer calories or 50% less fat per serving compared to a regular version of that product; if more than half the calories are from fat, fat content must be reduced by 50% or more</td>
</tr>
<tr>
<td>Fat Free</td>
<td>less than 1/2 gram fat per serving</td>
</tr>
<tr>
<td>Low Fat</td>
<td>3 grams or less fat per serving</td>
</tr>
<tr>
<td>Cholesterol Free</td>
<td>less than 2 milligrams cholesterol per serving and 2 grams or less saturated fat per serving</td>
</tr>
<tr>
<td>Low Cholesterol</td>
<td>20 milligrams or less cholesterol per serving and 2 grams or less saturated fat per serving</td>
</tr>
<tr>
<td>Sodium Free</td>
<td>less than 5 milligrams sodium per serving</td>
</tr>
<tr>
<td>Very Low Sodium</td>
<td>35 milligrams or less sodium per serving</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>140 milligrams or less sodium per serving</td>
</tr>
</tbody>
</table>

Food packaging often carries “health claims” or a statement on their label that links the consumption of that particular food to reducing the risk of a specific disease. All foods can be part of a balanced, healthful diet even if they do not have health claims. However, to be able to make a health claim it is necessary that foods meet certain nutrient levels. For example, oatmeal cookies, which are loaded with as much sugar and fat as they are with oats that are good for the heart and lowering cholesterol, can’t make a ‘heart-healthy’ claim. Similarly, neither can sugar-rich baked goods say they are heart healthy even if they are made with zero trans fat.

Food labels are now required to have nutritional information that is most relevant to your health included on them. What you see on the food label – the nutrition and ingredient information – is set by the government, based on current nutrition and health information. Ingredients are listed on the label by weight from most to least. For example, bread that lists “whole wheat” first on the ingredient list means it has more whole wheat than anything else.

The title “Nutrition Facts” signals the label information. Similar food products have similar serving sizes. This makes it easier to compare foods. Serving sizes are based on amounts people actually eat. Only two vitamins (A and C) and two minerals (calcium and iron) are required on the food label. A food company can voluntarily list other vitamins and minerals in the food.

% Daily Value shows how a food fits into your overall eating plan. The % Daily Values for total fat, saturated fat, total carbohydrate, and dietary fiber are based on a 2,000 calorie diet. They are the label reference values. Many labels show Daily Values for a diet of 2,000 and 2,500 calories. Your own nutrient needs may be more than or less than the Daily Values on the label. It is important to adjust your own Daily Values to match your calorie level. The label tells the number of calories in a gram of fat, carbohydrate, and protein, as a reference point.
Get Your Grill on with Halal Better Beef™

Now that the weather is warm, it is time to get your grill on, gather up some friends and have a halal BBQ. We spoke with a representative at IFANCA halal-certified Better Beef™, based in Canada and he had some advice on the kind of meat cuts that are the best. The most common grilled sections of beef are Rib eye, Tenderloin, New York Strip, T-Bone, Porterhouse and Tri-Tip. Rib eye tends to be juicy, tender and flavorful and generous marbling makes it a crowd-pleaser. Tenderloin or filet mignon is the most tender of steaks. Top Loin Strip is also called a New York steak, or a KC Strip steak. Porterhouse cooks best over a consistent medium heat. Tri-Tip is flavorful beef at an affordable price and is best when marinated well and used as thin slices for salads or sandwiches.

Meat from the hind leg is great for roasting while flank steaks are thinner sections of meat and tougher but can be very flavorful if marinated for some hours. We were advised that Chuck was the best for grilling and makes the most delicious burgers. It is also about 85% lean.

The grade of meat to ask for is ‘Triple A’ because the higher the grade, the better the quality. It is marbled nicely with streaks of fat that melt when cooking allowing the flavor to seep right into the meat. The age of the meat also makes a difference. The longer it is aged, the better it tastes. Meat tends to be juicy, tender and flavorful and generous marbling makes it a crowd-pleaser. Tenderloin or filet mignon is the most tender of steaks. Top Loin Strip is also called a New York steak, or a KC Strip steak. Porterhouse cooks best over a consistent medium heat. Tri-Tip is flavorful beef at an affordable price and is best when marinated well and used as thin slices for salads or sandwiches.

Better Beef supplies primal, sub-primal, regular cuts, custom cuts and offals that are available as certified Halal products and are labeled with the official IFANCA Zabih Halal logo.

IFANCA halal-certified Abbott Laboratories Contributes U.S. $1.5 Million to Disaster Relief Efforts in China and Myanmar

May 16, 2008 — Abbott Laboratories and its philanthropic efforts in China and Myanmar are donating part of their paychecks to support the relief efforts. Abbott Nutrition, which has its core brands certified as halal for the Malaysian market, is working with its humanitarian aid organization partners with an established presence on the ground in China and Myanmar. Its internationally recognized brands include the Similac® brand of infant formulas; the Gain® brand of growing-up milks for older babies and toddlers; the Pediasure® brand of nutritional shakes and snacks for children; and the Ensure® brand of adult nutritional products. Additionally, Abbott Nutrition is a leader in medical foods clinically shown to address the distinct dietary needs of people with serious health conditions or special nutrient requirements, such as the Glucerna® brand of nutrition shakes and bars for people with diabetes.

Lifeway Foods Brings Halal Lassi To US Grocery Stores

Drinkable Yogurt is a relatively new, yet increasingly popular trend, in the food industry in North America. Global sales were up 18% in 2006, according to ACNielsen (2006a) reports. Drinkable yogurt, however, is old hat in South Asia where it is called lassi (pronounced LASS-E) and is a summer drink made of yogurt or buttermilk. Locals drink it as is, salted, sweetened or flavored. Lifeway Foods has developed a variety of drinkable yogurts and now brings IFANCA halal-certified lassi in different flavors such as Mango Flavor Lassi and Strawberry Flavor Lassi, to retail stores. Both are available as eight ounce packages. The drink makes a great addition to a child’s lunch box or a brown bag lunch for an adult on-the-go, or even as an after-school snack.

What can possibly make yogurt non-halal? Most brands of yogurt available in North America contain non-halal gelatin. Other doubtful ingredients could also be used in the making of yogurt, including flavors, which could make the yogurt non-halal. IFANCA has the certification reference to all such doubts about the ingredients. Moreover, halal certification reaffirms the quality of a product.

Some of the oil or butter in a muffin, brownie, or cake recipe. Alternatively, Desi Natural Dahi can be used as a substitute for sour cream over baked potatoes or enchiladas, it can replace some of the oil or butter in a muffin, brownie, or cake recipe. Alternatively, Desi Natural Dahi can be used to replace all of the fat called for in cake mixes. And for that extra healthy start to your day, stir in a tablespoon-of ground flaxseed to your cup of Dahi and get some omega-3’s, as well.

"Any processed product needs certification," says Haider Khattak, Food Scientist and Halal Supervisor, IFANCA Canada. "Consumers never know what is involved in the process. Flavored yogurt usually has gelatin that makes the product doubtful as gelatin maybe from pigskins. Flavored yogurt might also contains natural and artificial flavors which fall in mashlish category," explains Khattak. "Halal certification is necessary to removing all doubts." Johanna Foods Inc.’s Desi Natural Dahi is made the old fashioned way, without gelatin.

Black Tea Better than Green in Fighting Parkinson’s, Says Study

Green Tea has some stiff competition – at least amongst individuals at risk for Parkinson’s disease, a degenerative condition affecting movement and balance in more than one million Americans annually. According to the American Journal of Epidemiology, which published the results, drinking at least 23 cups of black tea a month, or about three-quarters of a cup a day, may whittle down the risk of developing Parkinson’s disease by a significant 71 per cent. The study comprised in-person interviews using structured questionnaires with 63,257 Chinese men and women. Black Tea is a green tea that has been processed by fermentation. Oolong tea is semi-fermented tea and is somewhere between green and black tea, in its health promoting factors. Despite results from previous studies reporting that green tea may reduce the risk of Parkinson’s, the new study reported no benefits among participants of the Singapore Chinese Health Study.
Halal Happenings

Dr. Ahmad H. Sakr, IFANCA Director and Religious Advisor & Dr. Muhammad M. Chaudry, IFANCA President, at the International Halal Food 2008 Conference, in Istanbul

The Food Auditing and Certification Research Association (GIMDES), a Turkish Association created for the Inspection and Certification of Food and Supplies, held its International Halal Food Conference (HALAL FOOD 2008) Sunday, February 24, 2007 in the beautiful city of Istanbul. Dr. Ahmad H. Sakr, IFANCA Director and Religious Advisor, and Dr. Muhammad M. Chaudry, IFANCA President, addressed the organization there. The conference was a strategic initiative aimed at:

• Maximizing opportunities for Turkey as an exporter to Halal import markets
• Promoting Turkey as a highly competent producer and manufacturer of halal products
• Engendering confidence in consumers and governiments of importing countries about the authenticity and high quality of Turkey’s halal products
• Facilitating the flow of investment funds from halal import countries to Turkey

In his opening remarks, Professor M. Huseyn Buyukoz, Chairman of the association, emphasized the importance of halal certification for Turkey. Turkish exports to Africa and the Middle East could exceed $20 billion annually if halal certification were in place. President Omer Bolat, too, stated that many countries require halal certificates for their imports and that Turkey finds itself at a disadvantage in these markets due to the lack of a certification system. Several international and local speakers reiterated the fact that halal certification in Turkey was long overdue and offered support while sharing their experiences in other countries. Singapore was the first nation to have halal certification, ever. Its food and beverage industries in other countries. Singapore was the first nation

2008 Thanksgiving Turkey Drive Underway

Six hundred turkeys were delivered in 2007 as part of the Thanksgiving Turkey Drive conducted by American Muslims for Activism and Learning (AMAL) and Sabeel Food Pantry. In 2008, the organizers are planning to add an Islamic school and Islamic centers, in addition to the two locations served in 2007. Donations can be sent to: AMAL, P.O. Box 2187, Chicago, IL 60690 or online using PayPal at www.sabeelpantry.org.

IFANCA in the News

Halal Becomes Big Business - An Excerpt from The National, UAE, May 3, 2008

“A sign on display at the Burger King in the city’s Al Wahda Mall answers a question more and more: ‘We sell only halal products,’” the sign reads. Catering to the world’s fastest growing religion of about 1.4 billion people, the rapidly growing halal industry, worth an estimated $1.27 trillion (US$1.21 trillion), has broadened in scope in recent years to include everything from food to Islamic fashion and textiles, as well as pharmaceuticals, cosmetics, and even Islamic finance.

Research conducted by Brand Union has found that 70 per cent of Muslims worldwide follow halal standards to some degree. It is therefore no surprise that the industry could easily account for 20 per cent of world trade in food products by 2025, according to the Canadian government’s Agri-Food Trade Service. However, the implementation of halal standards have suffered a major setback rooted in the global dispute over what qualifies for the designation. “There are 192 countries under the United Nations banner and there are that many variations of halal,” said Muhammad Munir Chaudry, the president of the Chicago-based Islamic Food and Nutrition Council of America (IFANCA). ... The UAE has never required businesses to label halal products. Thus, the push to adopt a global halal trademark is being received with mixed responses. “Some of the larger companies, feel like their business will suffer if they put a logo on because some other customers will not like it or they will think that before, your product was not halal,” said Dr. Chaudry. “They are afraid of a backlash.” Industry analysts say that businesses will capitalise more from this growing industry if retailers and manufacturers put greater effort into branding and marketing their halal products.

IFANCA Mail Bag

To IFANCA:

The Dallas Morning News had a column on Sunday Feb. 10 saying that cloned food was halal. I was surprised to read that. Given that (IFANCA is) the largest halal authority, I am inquiring whether your organization or any other organization has certified products from cloned animals. Halal. Our organization has been arguing that the FDA did an inadequate review of the food safety aspects of animal cloning. We would be happy to discuss this further with your staff. In the meantime, we want to be sure about the position of halal certifying groups.

Jaudiee Hanson, Center for Food Safety, Washington, DC

Dear Jaudiee,

Thank you for contacting us. We share your concern but find no basis for declaring cloning as haram. However, we do recommend and promote back to basics approach in farming. (The Muslim) community is more concerned about pigs and pig genes than cloned animals or GMOs. IFANCA hasn’t certified any meat from cloned animals. If food safety of products from cloned animals does become a serious issue, we would take a second look. In case we do receive a request for halal certification of cloned products, we would consult halal consumers in the target market areas. - MMC

To IFANCA:

In the Name of God. Peace be upon Prophet Muhammad. Assalaam Alakum. The last time I checked, the vanilla yogurt fruitful Popscile label suggests that it contains “bourbon vanilla”. I was wondering if the Fruitful Company just put your halal symbol on everything as a blanket certification or if you consciously certified this product and why? Shukran. Jazak Allah. - Andreann Moseley, Baltimore

Dear Andreann Moseley,

Yes, it is a certified product. Bourbon vanilla is a type of vanilla bean. It has no relationship with bourbon the liquor. It is an excellent question though. - MMC

To IFANCA:

Salam. I would like to know if Creative ethyl ester is halal? I know that anything synthetic is haram (correct me if wrong), andcreative is usually synthetic...but the ethyl ester puzzles me. Is it alcohol therefore making it haram? Thanks very much for the service. - Muaz Alattar, Brunei

Dear Muaz Alattar,

Creative is actually presented in vertebrates. For use in energy drinks it is generally a synthetic version. There is no alcohol in the product. The product is considered synthetic and halal. - MMC

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Dear Andreann Moseley,
Halal Top Sirloin Kebabs with Avocado Sauce

Prep: 30 Min.
Marinate: 30 Min.
Grill: 10 Min.
Serves 6.

Ingredients:

- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. granulated garlic
- 1 Tbsp. granulated onion
- 1-1/2 tsp. dried oregano
- 1 tsp. freshly ground black pepper
- 1-1/2 tsp. salt
- 3 lb. Better Beef™ halal beef top sirloin steak, about 1-inch thick
- 1 medium ripe avocado, seeded, peeled and coarsely chopped
- 1/2 cup seedless (English) cucumber, coarsely chopped
- 1/3 cup lightly packed fresh mint leaves
- 1/4 cup dairy sour cream
- 2 Tbsp. lime juice
- 1 tsp. salt
- 1 tsp. ground cumin
- Grilled Peppers & Onions (optional),
- Fresh mint leaves (optional)

Directions

1. In large bowl combine oil, granulated garlic and onion, oregano, pepper, and the 1/2 teaspoon salt; set aside. Trim fat from meat. Cut meat in 1-inch cubes. Add meat to oil mixture; toss to coat evenly. Let stand at room temperature for 30 minutes.

2. Meanwhile, for Avocado Sauce, in food processor combine avocado, cucumber, mint, sour cream, lime juice, 1 tablespoon water, the 1 teaspoon salt, and cumin. Cover and process until nearly smooth, stopping to scrape sides as necessary. Transfer to serving bowl.

3. Soak bamboo skewers in water for 30 minutes before using. Put meat on skewers, leaving 1/4 inch between pieces. Place skewers on rack directly over heat, turning occasionally to brown evenly.

4. For Grilled Peppers and Onions: Brush whole peppers and onion slices with oil. Cover and grill directly over heat, 8 minutes or until tender, turning occasionally.

5. Serve with Avocado Sauce and Grilled Peppers and Onions. Sprinkle fresh mint.
## Important Days in the Islamic Calendar in 2008 – 2009

As you may be aware, the Islamic calendar, called the Hijra calendar (based on the year of migration of the Muslims from Makkah to Madina) is a lunar-based calendar. As such, the Islamic year is about 354 days long, so the Islamic dates move through the seasons, completing the cycle in 34 years.

Each month officially starts with the sighting of the new crescent moon. With advances in astronomy, we are able to calculate those days but when it comes to official events and holidays such as Ramadan and Eid-ul-Fitr, etc., many communities and Muslim states rely upon the actual sighting, so the dates listed here may not coincide with the actual day the events are celebrated.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>HIJRI DATE</th>
<th>GREGORIAN DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start of Ramadan</td>
<td>Ramadan 1</td>
<td>September 1, 2008</td>
</tr>
<tr>
<td>Laylat Al-Qadr</td>
<td>Ramadan 27</td>
<td>September 27, 2008</td>
</tr>
<tr>
<td>Eid-Ul-Fitr</td>
<td>Shawwal 1</td>
<td>October 1, 2008</td>
</tr>
<tr>
<td>Beginning of Hajj</td>
<td>Thul Hijjah 8</td>
<td>December 6, 2008</td>
</tr>
<tr>
<td>Day of ‘Arafa</td>
<td>Thul Hijjah 9</td>
<td>December 7, 2008</td>
</tr>
<tr>
<td>Eid-ul-Adha</td>
<td>Thul Hijjah 10</td>
<td>December 8, 2008</td>
</tr>
<tr>
<td>Islamic New Year (1430)</td>
<td>Muharram 1</td>
<td>December 29, 2008</td>
</tr>
<tr>
<td>Ashura</td>
<td>Muharram 1</td>
<td>January 7, 2009</td>
</tr>
<tr>
<td>Start of Ramadan</td>
<td>Ramadan 1</td>
<td>August, 2009</td>
</tr>
<tr>
<td>Laylat Al-Qadr</td>
<td>Ramadan 27</td>
<td>August, 2009</td>
</tr>
<tr>
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