In matters of conscience there can be no compromise

Halal Gelatin Capsules
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.

Presenting Vcaps® and Npcaps™ – Two alternatives to gelatin capsules
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.

A Commitment to Quality
Our capsule products are globally recognized for their high quality performance and offered in numerous colors and sizes, with an ability to imprint. We can also supply regulatory information and certifications for our customers that meet the requirements of worldwide regulatory agencies.

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Editor’s Note

Assalamu Alaikum

With every New Year come New Year’s Resolutions. In this issue, we want to help you get 2012 started on the right foot. Besides exercise, what you feed your body makes all the difference. That’s why our first recommendation is *Demystifying Food Labels*. We also look at what makes *Foods of Paradise* so truly beneficial to our health. Whether it’s *Drinking Your Way to Wellness*, and we’re talking about water, of course, or *Portion Control*, we want to help you make good health a priority.

There’s no better way to get kids on the bandwagon, than having them be part of the process. That’s why we’re doing *Halal & Nutrition Workshops — At a Venue Near You*. We also want youngsters to learn what goes into creating a meal. We hope desserts, with a dash of culture and geography, will be incentive enough to bring *Kids in the Kitchen*. Most importantly, we have an eye-opening article on how each of us can *Waste Not, Want Not* when it comes to food.

As a publication of IFANCA, a halal certification agency, we’re always looking to introduce consumers to halal certified products that are sold right here in the USA. Check out why *It’s Good For You* and enjoy *A Splash of Hazelnut Syrup*. Last but not the least, get a copy of Halal Consumer magazine, delivered right to your home. Sign up for a free subscription. Make Halal Consumer magazine your source for all things halal and healthy.

Sincerely,

Naazish Yarkhan  managing editor
Assalamu Alaikum

2011 proved that the halal industry is not in its infancy any more. We knew the industry had attained mainstream status when HSBC, a global bank corporation, had advertisements at the airports stating, “halal trade is worth 3 trillion dollars globally”. Yes, halal is a $3 trillion economy. Today, every major food manufacturer in the world produces halal products; be it for export or domestic consumption; for humanitarian rations; for the military; for school and university cafeterias and even for the airlines. The word halal was also very visible in the media, sometimes within an Islamophobic context but for the most part, it was positive reporting. The IFANCA name appeared almost every week in the print and soft media.

We saw a significant rise in conferences, expos, forums and workshops throughout the world that addressed halal stakeholders’ concerns. Controversies erupted and biases came to the surface in many countries in the name of religion or animal welfare. Nonetheless, the word “halal” spread. The year 2011 was also a year of expansion for IFANCA both in staff and number of certified companies. The growth in the depth and breadth of our work, despite the recession in many parts of the world, can only be linked to the growth in the global economy and the increased reliance of the economy on the global Halal Consumer.

These trends are projected to continue into 2012 with opportunities in every walk of life; halal foods and beverages, halal meat; halal pharmaceuticals; halal cosmetics; halal vaccines; halal nutritional supplements; halal processing aids; halal packaging materials; halal dinnerware and halal financing. The businesses, even in the worst economy will try to meet the requirements of halal lifestyle.

For three decades, IFANCA has been the leader in halal education and technology. Over the years, we have had the opportunity to work closely with small businesses, large businesses, governmental organizations, animal rights groups and educational institutions. In 2012, we look forward to working in the global market to meet the needs of industry, retailers, consumers, government and educators. We hope to accomplish this while continuing to build IFANCA into a world class organization.

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.
Drinking Your Way to Wellness

By Maria Omar
In Japanese culture, it is popular to drink water as soon as one wakes up. In some South-Asian cultures, 8 glasses of warm water on an empty morning stomach is considered a natural way to lose weight. In Islamic tradition, it is believed that Prophet Muhammad described water as the best drink in this world and the next.

TIRED? STRESSED OUT? GET A DRINK!

According to Dr. Omar Hasnie, a physician at a Chicago area hospital, the human body is made of 55 to 75 percent of water, and every bodily function needs water to work smoothly whether it’s to lubricate our joints, remove waste, or keep our temperature at normal.

Feeling washed out and tired? Drink more water. When dehydrated, your blood is literally thicker and the body has to work harder to circulate it. The brain ends up less active, making it harder to concentrate, leaving you feeling fatigued.

As most of our cells, tissues, organs, and even our skin is made up of water, it is essential we keep our body well hydrated to live a healthy, active life.

SELLING IT TO THE KIDS

Like many mothers, Lisle, IL resident, Zeenat Hussain, mom to 7 year old Zeshan and 5 year old Kiran, is only too familiar with the challenge of getting her kids to drink water. “I send them to school with a bottle of water and it comes back unopened each day,” she laments. “They are so used to juices and other flavored drinks.”

Nawsheen Athar of Dallas, TX knows a trick or two that helps kids get their daily intake. She adds a slice of lemon to their bottles of water and has the kids compete to finish the water and be the first to leave the slice of lemon at the bottom of the bottle.

When they are out playing sports, she makes sure to carry the largest water bottle she can find because Zeshan and Kiran are apt to gulp it down readily and in large volumes. When the family eats meals together, whether at home or outside, they’ve made it a point to stick with water. No sodas, not even milk. That saves them money and calories, and adds to their health.

Laila Ansari, of Toronto, Canada mom to Inara, 8 and Zohaib, 12, uses an entirely different approach. “Just as I talk to my children about the dangers of doing drugs or alcohol, I appeal to their intellect when explaining why water is important,” she says. “My sister had kidney stones at one point and that was really painful, so they know that there are consequences to not drinking water. We made that situation into a learning moment.”

But it’s not just kids who need water. Tips for adults:
1 Schedule drinking water on an hourly basis.
2 If you don’t like drinking water on an hourly basis, develop an alternative schedule. Drink 1-2 glasses with each meal, every time you wake up and before you go to bed.
3 Carry a reusable water bottle with you and make sure it’s always kept full.
4 Definitely drink water before, during and after your workout.
WHAT IS DEHYDRATION?
You lose water from your body all the time and therefore must replenish it. Some obvious body water loss occurs every time you use the bathroom or sweat. But you also lose water when you simply breathe. Water loss is faster when the weather is hot or when you exercise. Rapid body water loss also happens when you suffer from fever, vomiting, or diarrhea. The loss of body water is called dehydration.

Dehydration can cause you to experience nausea, cramps, headaches and lightheadedness in varying degrees. Your mouth can dry up and you may experience heart palpitations. This is because your body is trying to maintain the same level of blood flow while your fluid volume is down. The body copes by increasing your heart rate, and constricting your blood vessels. In the long term, this adjustment starts to fail. As your brain and vital body organs receive less blood, the body gives way to weakness. At this stage, it’s physically difficult to go about your normal routine, and you can start to feel confused. In the final stage of severe dehydration, your body falls victim to organ failure and coma.

WHAT ARE ADDITIONAL BENEFITS OF STAYING HYDRATED?
Good hydration is essential for a normal functioning body and that isn’t the only benefit. Other great reasons include:
1. Prevents disease
2. Relieves back and joint pain
3. Improves digestion
4. Enhances mental clarity
5. Slows down aging process
6. Softens skin texture
7. Increases ability to handle stress
8. Helps reduce weight

DO WE ALL NEED 8 GLASSES?
The human body requires 6 to 9 8-ounce glasses of drinking water everyday. For those who are ill, exercise, or live in hotter climates, the intake quantity increases. One thing is for sure, it is not enough to sense thirst to determine your fluid intake. Don’t weight and height matter? Some dieticians recommend a third of our weight (in pounds) as the right amount of water to consume.

BESIDES WATER, WHAT ELSE CAN WE DO TO STAY HYDRATED?
If drinking several liters of water seems challenging, there are other types of ways you can increase your water intake. Juices from vegetables and fruits, milk and smoothies can also provide water. Some good sources of water in fruits and vegetables are cantalopes, watermelons, oranges, grapefruits, lettuce, broccoli, cucumber, and tomatoes. Yogurt is also great for water intake and provides a healthy dose of calcium.

Beverages like coffee, tea and soda, however, are cafffeinated and act as diuretics, causing frequent urination and loss of water.

Water is a lubricant for our joints and digestive tract. Drinking water also keeps the body feeling full. Often the sensation of thirst is confused for hunger, which is why water is a great way to reduce excess eating. It’s amazing to realize that lack of water interferes with our concentration levels and our short-term memories.
Signs of Poor Hydration

1. When you wake up in the morning, it is normal to have dark yellow, strong-smelling urine. However, if the signs persist through the day, it’s a sign that your body needs more water. For a well-hydrated body, urine should be almost colorless, and should lack strong odors.

2. A craving for sweet foods. This is a sign that your body wants to increase blood sugars.

3. Yawning. This is a sign that your body is trying to get more oxygen to your brain.


5. Constipation. Water helps your intestines with the creation of a special fluid. When you don’t drink enough water, there is no fluid reservoir for your bowel content. The result is a dry and compressed bowel movement i.e. constipation.

6. Headaches.

7. Dry mouth. This is one of the last symptoms of poor hydration. By this time, most of the sensitive body functions are already suffering.

Sports Drink

Sports drinks are a great source of hydration when exercising at high intensity. They provide carbohydrates and electrolytes to pump up your blood sugar. If you ever face illness that involves vomiting and diarrhea, sports drinks are a fast way to normalize your blood’s sugar level. Sports drinks, however, are not substitutes for long-term hydration needs.

The downside of sports drinks is that they are high in sugar, calories, sodium and sometimes contain caffeine. If you use sports drinks in your daily routine, pick one that is lower in sugar and calories per serving size. One bottle may not necessarily be one serving size. It may, in fact, comprise several serving sizes. Finally, if your sports drink has caffeine, cut down your other sources of caffeine, like tea and coffee.

Why is Water Halal Certified?

To bottle or package water, there is always some degree of processing involved. This always creates the possibility for potential cross-contamination with non-halal sources. Even if there is no contamination during the process, there is always a chance that packaging materials have non-halal ingredients. Sometimes, plastic boxes and bottles can be laced with a wax that is created from a non-halal source.

Your best bet is to try to look for halal certified symbols from third party halal certification organizations. IFANCA uses the symbol Crescent ‘M’ to convey that the bottling process and packaging materials of a water bottle were thoroughly checked for halal status.
Waste Not, Want Not

By Mohammed A. Khan

As she maneuvered her shopping cart towards the check out lanes at Costco, Huma Ahmed of Lombard, IL was in for a shock. Handing over a bag of oranges, she noticed that one was rotten. She pointed it out to the clerk who immediately got on the PA system to get Mrs. Ahmed a replacement bag. What the clerk did next, however, stunned Huma.
“She simply picked up the whole bag and trashed it. I couldn’t believe it. For one rotten piece of fruit, a whole bag of good fruit had been thrown out. Just then, I saw a woman returning some produce she’d purchased. I’m sure they’d throw that away too,” recalls Huma. “There are so many people, especially nowadays, who are in such need and we’re throwing food away without a second thought,” said Mrs. Ahmed.

Costco isn’t the only company to toss food that’s completely fit for consumption. According to the USDA in a paper titled ‘Feeding the Hungry and Reducing Solid Waste Through Food Recovery’, “More than one quarter of America’s food, or about 96 billion pounds of food a year, goes to waste—in fields, commercial kitchens, manufacturing plants, markets, schools, and restaurants. While not all of this excess food is edible, much of it is and could be going to those who need it...(Furthermore), the nation spends an estimated $1 billion a year to dispose of excess food. In a nutshell, that means for every person more than 300 pounds of food is discarded.

Food waste is a major problem in much of the world. However, the ever increasing lines at food banks in the developed world, a result of the continuing economic crisis, has now turned the media attention on what can be truly termed a global crisis. According to the Environmental Protection Agency (EPA), “ In the US, roughly 30 to 50 percent of food produced for consumption ends up in landfills each year. The estimated cost of such waste is pegged at more than $1 billion.” In Canada, an estimated 40 percent of the food, valued at $27 billion by the Value Chain Management Centre (VCMC), finds its way into landfills and composting every year. The VCMC works with businesses of all sizes that are looking to improve the performance of an existing chain in the agri-food sector. Similarly, in the European Union countries, around 50% of edible and healthy food is wasted each year. The European parliament recently adopted a resolution calling for urgent measures to halve food waste by 2025 and to improve access to food for needy EU citizens. In an age of increasing poverty such waste is absolutely intolerable and urgent measures should be taken to address it at all levels of the food chain.

YOU & YOUR BUSINESS CAN HELP FOOD RECOVERY PROGRAMS

“I abhor wasting food,” says Asma Khan, of Naperville, IL. She says as much even on her Facebook profile. “We are taught not to waste in any capacity in our faith. I have taught my kids a cardinal rule since birth: don’t waste food. It is a blessing from above. People are used to living in a disposable society and unfortunately food is included among those things. Every time my kids tried to throw something away secretly off their plate or frowned at what was placed before them, I had them write an essay. I have kept these essays and, today, they are extremely conscious of throwing away any food, anywhere. I have no doubt that Allah blessed me with so much because I’ve respected His blessing.”

As a society, food recovery programs have four tracks. Food is recovered to feed hungry people, feed livestock or zoo animals, recycled for industrial purposes and composted to improve soil fertility, in that order.

IFANCA run Sabeel Food Pantry is one of the few food pantries that accepts perishable food donations. “We usually donate perishable foods to Sabeel Food Pantry, an amazing organization that has become the means of supplying food to over 200 families every year. My children go to Muslim Educational Center (MEC) in Morton Grove and there are two containers at school for Sabeel Food Pantry,” says Chicagoan, Halima Ahmed.

Who is Throwing All This Money Away?

The average Khan, Abood and Jobrani family is equally culpable. Those half eaten fruits, barely nibbled on school lunches, fresh produce you intended to cook but never found the time for, salad you couldn’t get yourself to eat, over-ordering at restaurants, over-ordering for events, neglecting to check the use-by date on foods, burning food while cooking and tossing left overs are all examples of food wastage. In a nutshell, you, me and every entity whether restaurants, hospitals, airlines, grocery chains or movie theatres, where perishable food, if unsold by close of business, are culpable. And yes, besides the moral implications of wasting food, food wastage implies throwing money away.
Pacific Garden Mission, also based in Chicago, is a 24-hour emergency food shelter and accepts food donations anytime.

Feeding America coordinates a nationwide network of food banks that receive donations from grocery chains. Florida’s Harry Chapin Food Bank, one of Feeding America’s partners, distributed 11.44 pounds of food in 2010. In New York City, City Harvest collects some 28 million pounds of excess food each year from restaurants, grocers, corporate cafeterias, manufacturers, and farms and delivers it to nearly 600 New York City food programs. Similarly, London Street Food Bank utilizes volunteers to collect unused food items from London businesses and get them to food banks around the city. Associated Food Dealers of Michigan, American Express, Boston Market, Kentucky Fried Chicken, Kraft Foods, Inc., Marriott International, Northwest Airlines, and Pizza Hut have formed coalitions with community-based food recovery programs. It saves them resources spent on trash collection and disposal fees and feeds the hungry too.

In San Francisco, households are required, by law, to separate both recycling and food waste from garbage. The latter is transformed into nutrient-rich compost and given to area organic farmers and wine producers, helping to reduce resource consumption in agriculture. The Love Food Hate Waste website—an awareness campaign of the U.K.-based organization Wrap—provides online recipes for using leftovers as well as tips and advice for reducing personal food waste.

To help, you don’t necessarily have to be in the food business or even a national organization. Food Recovery efforts need volunteers, office equipment, transportation, computer help, and organizational talent.

The “Bill Emerson Good Samaritan Food Donation Act”, now a law, protects both businesses and organizations, who donate food in good faith, from legal liability that may result from their donations. In addition to federal protection, all 50 States and the District of Columbia have “Good Samaritan” laws that may provide extra protection to donors.

“*If merely 5% of food discards were recovered, 4 million additional Americans could be fed each day.” — USDA*

We find numerous sayings of Prophet Muhammad warning against any kind of food wastage by individuals, traders, businesses, and the state. The most prevalent of his narrations address the individual. This is logical as every major initiative begins with the individual before it permeates through society. According to a Sahih Muslim narration, the Prophet is reported as saying that if a morsel falls off one’s hand we should pick it up, clean it, and eat it. Just because the food has fallen off one’s hand or plate doesn’t mean we should waste it. Islamic jurists have interpreted this narration to mean that if the morsel falls in a clean place then it is clean and should be eaten. If it falls in an unclean place then it (the morsel) also becomes unclean and should instead be fed to animals. In either case it should be utilized and not wasted.

In the light of these teachings it is imperative that Muslims be conscious of the value of food and treat it with the respect that it deserves. Having access to food doesn’t mean having a license to indulge in waste. We never know when we will be denied of this blessing.

*EDITOR’S NOTE: ‘Peace & blessings upon him’ is recited with each mention of Prophet Muhammad.*
March 21, Florida — Dr. Syed Jaafar Mohiuddin Al-Quaderi, long serving religious advisor to the Islamic Food and Nutrition Council of America, passed away recently in Florida. Dr. Al-Quaderi was one of the earliest Islamic scholars in North America who attempted to learn the intricacies of modern food production and ascertain the status of food and related products from an Islamic standpoint.

In the 1980s, when there wasn’t much awareness about halal issues in North America he was part of the IFANCA team that visited food companies in Illinois and elsewhere, educating them about the needs of the growing Muslim community.

Born into a prominent family of scholars and academics in Hyderabad (India), Dr. Quaderi was a graduate of the famous Jamia Nizamia Islamic University. In 1970, he completed a doctoral degree from the prestigious Al-Azhar University in Cairo. His PhD dissertation was on the Resolutions and Permissions in Islam at the Faculty of Shariah and Law.

His command of the Arabic language was outstanding, evidenced by his 11 years as a Radio Cairo Announcer. Concurrently, he taught Arabic at the American University, Cairo, and also conducted classes at the Indian Embassy in Cairo. Dr. Quaderi also worked at the Osmania University in India as an editor of Arabic manuscripts of historic significance. After moving to the USA in 1980, Dr. Quaderi taught Arabic at Chicago’s North-Eastern University, and American Islamic College for 6 years, as well as Sunday school at the American Islamic Association in Frankfort, Illinois. An inspiring and motivational speaker he was much sought after at Islamic conferences. He also served as the president of Al-Sira Society of North America.

Dr. Chaudry recalls Sheikh Quaderi as extremely accessible and knowledgeable. For thirty years, he played a vital role, guiding IFANCA to its status as a leading organization in halal education and awareness.

“Whenever the IFANCA staff had questions about an ingredient or process, he was always ready to take their questions. He would look at the matter in light of all four schools of Islamic jurisprudence, before arriving at a recommendation,” said Dr. Chaudry. “He was part of the IFANCA family from its inception. We really miss him.”

Dr. Sadek remembers Sheikh Quaderi as a larger-than-life, warm and loving personality, with meticulous attention to detail in every phase of life. “We would go on audits to client plants and he was thorough and particular about how the plant or food processing should be. He was not one to shy away from challenging questions and about expressing himself,” said Dr. Sadek. “When the issue of the use of cochineal extract first came up a decade ago, it was Sheikh Quaderi who did the research, concluding that it was halal. At that time, there were conflicting views amongst the halal certification agencies in different countries. Now almost everybody accepts that opinion.”

“He was like an elder brother,” says Dr. Sadek. “He could counsel us on any topic whether it was about halal or other Islamic matters. He was very approachable.”

“He was a dynamic Muslim, a scholar and very active in the local Muslim community,” says fellow IFANCA religious advisor, Dr. Ahmed Sakr. “He was a speaker, educator and Imam (religious leader). He had good knowledge that comprised a Sharia point of view, the halal and haram point of view, a scientific point of view and a Fiqh point of view. He contributed significantly to the community he lived in.”

We pray to God that He bless Sheikh Quaderi and give him a place in heaven.
A Splash of Hazelnut Syrup

By Naazish YarKhan

When I think of syrups, two brands that I’ve loved since I was a child instantly come to mind – Ribena, a grape flavored syrup and RoohAfza, a rose flavored syrup that’s a Ramadan staple in many a South Asian household. However, if you ask me what my favorite flavors are, I wouldn’t hesitate to say Vanilla, Caramel and Hazelnut. I invariably add one of these flavors to my coffee whether I’m purchasing a cup of Joe at a café or buying coffee at a gas-station. Apparently, I’m not alone. Ten years ago, flavoring syrups accounted for 30 percent of sales for the specialty coffee market. Flavoring syrups have since expanded beyond café’s and restaurants to coffee sold at gas stations and convenience stores. Retail outlets including Cost Plus World Market, Walmart, T.J. Maxx, Grocery Stores and on Amazon.com, also carry them.

Megan Myer, of San Francisco, doesn’t do syrups at home. Instead, she fuels up at gas stations. Her hazelnut or vanilla flavored coffee-driven car trips traditionally took place between Minneapolis, her home for many years and Sioux Falls, South Dakota, where she grew up.

“I’ve been using flavors since about 1999, when I worked at a coffee shop during college,” says Megan. “I was raised on twigs and berries, so using flavored syrups was almost a punishable offense when I was growing up. I’m always a sucker for hazelnut. All the nut flavors really: hazelnut, orgeat, pistachio. However, the latter two are difficult to find at gas stations. I won’t turn my nose up at vanilla, if offered,” she reveals.

Mariam Khan of Boston, has a “syrup habit”. She drinks coffee on occasion but only if it’s flavored. “Since I don’t really like the flavor of coffee, I have to add syrups or buy my coffee flavored,” she says. “I like Hazelnut and caramel the best — any flavor besides peppermint really.” Mariam sometimes even gets steamed milk at coffee shops flavored with hazelnut syrup.

“Why have coffee if she doesn’t even like the flavor?” I ask. “I can’t possibly drink syrup, now can I?” comes her cheeky response.

Mariam Khan is typical of the young adult market. “Flavored specialty coffee drinks continue to grow in appeal, especially among young adults, and iced coffee is in high demand during the summer months,” says Bob Hager, VP Marketing, Monin Gourmet Flavorings, a world leader in premium syrups and flavoring products. All Monin syrups, sauces and purees are
halal certified and their Crème Caramel, Roasted Hazelnut, French Vanilla and Sugar Free French Vanilla Syrups are amongst their most popular flavors.

“The sweeter flavor and creamier texture of iced coffees and frozen blended lattes and mochas is especially popular with this age group, and Monin has expanded its product line to meet this growing demand,” says Mr. Hagen. Unlike parents and grandparents who tend to drink coffee only in the mornings or with dessert after dinner, more and more young adults choose specialty coffee beverages while socializing with friends during the day, he adds.

For more than 85 years R. Torre & Company, makers of the Torani brand of products, has been obsessed with delivering real, true-to-life flavors in their syrups. As of December, 2011, Torani was the number one consumer brand in flavored syrup, according to IRI, a market research firm that analyzes all the shopper scanning data in USA to provide data on market share for all products sold in grocery/drug stores/mass merchandisers. “Almost any coffee or espresso drink can be made special with just a splash of Torani syrup, and our syrups can be enjoyed hot, iced or blended. An indulgent way to enjoy Torani is in a milkshake or frappe. Our syrup can flavor just about any beverage you can imagine,” says Amy Ware, Brand Director.

Available in over 50 markets around the world, the demand for Torani syrups is particularly high in Saudi Arabia. Torani offers syrups in a range of fruit, nut and spice flavors. Approximately 10% of these are halal certified, including regular and sugar-free versions. Made from all-natural flavoring extracts, they are all caffeine-free and have been blended to offer the most authentic flavor possible. The uses that flavored syrups can be put to aren't limited to beverages. You can actually flavor desserts with these syrups or use them as a “topping for ice cream, pancakes, waffles and yogurt.”

“Our most popular flavors for coffee drinks such as lattes and cappuccinos are vanilla, hazelnut, caramel and Irish cream. For refreshment drinks, such as Italian sodas and flavored iced teas, raspberry, strawberry, mango, and pomegranate are very popular. And with kids, cherry lime, blue raspberry and orange are always popular!,” says Ms. Ware.

Bob Hager, VP Marketing at Monin, concurs that the most popular Monin syrups are always vanilla, hazelnut, caramel, chocolate, “as well as, fruits such as pomegranate and strawberry”. How does Monin decide which Syrup flavors to develop? What goes into the development process?

“With well over 100 different flavors our approach is two-fold. (We see) Is there a trend that has sustainability or an international flavor we seeing moving to the US? Secondly, is there a flavor profile a specific account is interested in. An example of a trend is our recently launched pie flavor syrups. Apple Pie, Pumpkin Pie, Pecan Pie and Blueberry Pie were introduced in the fall as a result of the (America’s) love affair with pies, and their ever increasing popularity. They became an instant success,” says Mr. Hager. Luckily for halal consumers, all flavors of Monin syrups are halal certified, so they can try every single one!

“Flavored syrups can be a concern because many of them may contain alcohol,” says Mujahed Khan, Food Technologist, IFANCA. “If the ethyl-alcohol concentration is too high this may mean that the syrup is not halal. Some syrups may contain flavors from alcoholic beverages and no matter what the concentration, the syrup will not be halal. It is our job to make sure that the chemical ethanol is below our acceptable threshold and that no alcoholic beverage is mixed into the syrup.”

Halal certification doesn’t appeal to just Muslim consumers. “While my family does not follow Muslim guidelines per se, I find some of our own most basic and inherent guidelines to be similar in many ways, and I find it equally important to scrutinize labels for hidden ingredients,” says Linda Gardner Phillips of Mettawa, IL. “There are really so many things out there that are (intentionally or not) hidden and deceitful. It’s a real minefield for someone who is trying to be a conscious consumer.”

For a complete list of halal certified Torani and Monin Syrups, visit www.ifanca.org.
**Crème Caramel Iced Coffee**

Glass size: 16 oz.

- Ice
- ¾ oz. Monin Crème Caramel Syrup
- 3 oz. chilled strong coffee
- 3 oz. cold milk

Fill glass with ice. Add remaining ingredients. Cap and shake vigorously, or transfer from serving glass to other glass and back. Garnish.

*Also delicious with Monin Roasted Hazelnut or French Vanilla syrups.*

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**Skinny French Vanilla Iced Coffee**

Glass size: 16 oz.

- Ice
- ¾ oz. Monin Sugar Free French Vanilla Syrup
- 3 oz. chilled strong coffee
- 3 oz. cold, low fat milk

Fill glass with ice. Add remaining ingredients. Cap and shake vigorously, or transfer from serving glass to other glass and back. Garnish.

*Fewer than 50 calories.*

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**Spring Strawberry Lemonade**

Glass size: 16 oz.

- ¾ oz. Monin Strawberry Syrup
- 7 oz. lemonade

GARNISH OPTIONS:
- Strawberry
- Lemon

Fill serving glass with ice. Add remaining ingredients. Cap and shake vigorously, or transfer from serving glass to other glass and back. Garnish.

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**Refreshing Peach Tea**

Glass size: 16 oz.

- Ice
- ¾ oz. Monin Peach Syrup
- 7 oz. fresh brewed tea

GARNISH OPTIONS:
- Lemon
- Peach

Add Monin Syrup to cup and fill glass with ice.
Fill with fresh brewed tea and stir or transfer from cup to cup.
Students at Al-Huda Islamic Sunday School Learning Healthy Recipes.

Yvonne Maffei, founder My Halal Kitchen, cutting tortillas for recipe demonstration.
Mrs. Obama is the spirit behind Let’s Move! a campaign to bring together community leaders, teachers, doctors, nurses, moms and dads in a nationwide effort to tackle the challenge of childhood obesity. Let’s Move! has an important, albeit ambitious, goal: “to solve the epidemic of childhood obesity within a generation”. Towards this end, its Chefs Move to Schools program, a U.S. Department of Agriculture effort, has chefs across America contributing their knowledge and talent to schools. Responding to Mrs. Obama’s call, IFANCA, too, is doing its share to deliver on the campaigns goals.

“Like many Americans, we at IFANCA have been inspired by our First Lady, Michelle Obama, and her work towards healthy eating. We’ve launched a Halal and Nutrition Workshop Series for 2012 that will take the movement to mosques and community centers,” says Maria Omar, Director, Media Outreach at IFANCA. In this series, IFANCA is partnering with Yvonne Maffei founder of My Halal Kitchen who will conduct a cooking demonstration as part of a fun, interactive workshop on understanding nutritional information, and making healthier everyday food choices. “Given the hectic pace of our lives, it’s easy to overlook our diet and eating habits. We hope to contribute towards lowering childhood obesity levels and later diseases, such as high blood-pressure and diabetes, by teaching our community how to have a healthier and halal lifestyle,” said Ms. Omar. “We’ve had a very good response. I even got a call today from Washington DC about doing something like this over there!”

“The PTA at College Preparatory School of America (CPSA) hosted the inaugural workshop for their school parents. “All the parents, myself included, thought the workshop was very informative, and educational. We learned about ingredients and serving sizes, how whey can be vegetarian or non-vegetarian. We also enjoyed Yvonne’s 7 layer dip,” said Ms. Lubna Zaffer, a PTA representative.

Mrs. Akhtar Khan, Principal, Masjid Al-Huda Islamic School echoes these sentiments. Their workshop was conducted on March 4, 2012. “This workshop will enable Al-Huda students to make the right choices about eating right,” says Mrs. Khan.

“Insha-Allah (God willing), I will be contacting you for next year’s program — one for parents and another for students from nearby Sunday Schools. Your program is a really important one,” added Mr. Nazir Razvi, Director, Masjid Al-Huda Islamic School.

The Islamic Foundation School in Villa Park, IL elected to bring the workshop to their campus on April 10th, 2012 for an audience of 60 students, in grades 5 and 6. Like the other schools, this is their first ever dietary workshop. “We’re looking forward to the workshops to (help) students stay abreast of health issues,” says Administrator, Mrs. Aliya Husain.

To schedule a workshop or if you have questions, contact halal@ifanca.org to reach IFANCA’s Director for Community Services, Dr. Farhat Quadri.
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Fat free! Natural! Whole Grains! No HFCS! Do you often feel bombarded with buzzwords when it comes to food? Every time you look at a television commercial for food, or walk down a grocery aisle, do you see a new claim attempting to convince you to buy the product?

Reading and understanding food claims is now an important part of being a conscious and healthy consumer. It doesn’t require a four-year educational stint for a degree in nutrition, but it does mean sifting factual claims from marketing attention-grabbers. Take the time to brush up on your knowledge of food labels, so you can look past the marketing spin. That way you’ll make the best nutritional decisions for yourself and your family.

Adhering to United States food laws, food companies must stay truthful about their nutritional content. Nonetheless, they still can over-emphasize certain qualities. The rule of thumb for reading nutritional information in food products is to disregard what’s on the front of the box. While they may be true, they don’t really give the whole picture. Depending blindly on these claims is not helpful.

Here are some of the latest food package claims on the front. Learn what they really mean for your health:

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**“NATURAL”**
The claim “Natural” evokes images of fresh produce, healthy minerals, and process-free food manufacturing. Understand this: if it’s in a box, bottle, can or on a shelf, that food is always processed in some way. Every packaged food originates from natural food but this doesn’t mean it’s in its “natural” form on a grocery shelf. Modern food production has to use food processing and additives to keep food fresher and tastier for longer periods of time. Actual natural food, like that fresh Romano lettuce you bought for your salad, won’t survive ten days in your fridge without wilting.

This doesn’t mean that labeling potato chips as natural is untrue. “Natural” potato chips may use real potatoes (instead of flakes), but like regular potato chips, they are still a high-fat food choice with little nutritional content. Since the word “natural” is unregulated by the FDA, food manufacturers can spin it in different contexts and mislead consumers. In other words, food manufacturers can use the claim “natural” to heighten consumer belief of purer ingredients, healthier nutritional content, and higher food safety.

Your best bet is to use common sense when deciphering these claims. Substituting white sugar for “natural” cane juice to sweeten “natural” candy does not make candy healthier. The candy’s caloric intake is still same. If you are interested in losing weight, it is important to read fat content and calorie numbers on the back of the box to get the real nutritional value of a food product. Avoid eating high-calorie food in excess, to prevent weight gain.
The claim “Fat Free” is a tempting food advertisement but it pays to be cautious. Take a product that hypes the fact that it is 95% “fat free”. According to ‘The Loopholes of Food Labeling: What Food Manufactures Don’t Want you to Know,” if a product has only 5% fat, it sounds like a healthy choice, right? Not necessarily. The truth lies in how many calories the existing fat contains. Check the nutrition label for the actual number of calories and fat grams per serving. If it exceeds the number suitable for consumption in one serving, you’ll know the “fat free” label is mostly marketing spin.

Another example of unhelpful “fat free” labeling is when foods are naturally fat free. A carton of 100% orange juice advertised as “fat-free” may not be untrue, but it isn’t very helpful — especially since all oranges are naturally fat-free. This is a maneuver intended to have the orange juice brand stand out in the grocery aisle, but it’s not so great if you, the consumer, start replacing your 8 glasses of water with 8 glasses of “fat-free” orange juice. Think of how much sugar it’s adding to your body, that your water didn’t!

In some cases, the “fat free” label is very helpful. Obviously fatty foods, such as full cream milk, ice cream, and dessert, do have some truly fat free versions in the marketplace. Just make sure the caloric difference in the fat free versions is reflective of the claim.

Be aware that food with trans fats is unhealthy. Trans fats are similar to saturated fat, and raise the risk factor for cardiovascular diseases (i.e. cholesterol). Trans fats are made when oils are hydrogenated during food processing — a process used to give vegetables oils a solid texture.

What most consumers aren’t aware of is that the words “trans fat free” or “zero trans fat” can label any product with less than 0.5 gram of trans fat per serving. If you have several servings of such food, you may actually get quite a lot of unwanted trans fat in your diet.

So, what’s a surefire way of avoiding trans fats food? You need to check the ingredients list for partially hydrogenated oils. This is another word for trans fat, and its existence on a “trans fat free” product means that the product does contain trans fats albeit less than 0.5 grams per serving.

The low amount of trans fat grams that allow food labels to boast “zero trans fat” should not be taken lightly. For example, if a box of cookies has a zero trans fat label, it is easy to eat more of them than you would a regular box of cookies. If you eat 4, 6, or 10 cookie servings, you’ll actually consume 2, 3, or 5 grams of trans fats — which is a huge amount in one sitting. This is very unhealthy, especially since there is no safe level of trans fat consumption.

The label “zero trans fat” can create a false illusion that “zero trans fat” cookies are “healthier” snacks. The key is to be aware of the fact that they are not and avoid eating in excess. Read the fat and calorie amount on the Nutrients Facts Label to evaluate the real level of healthiness of the “zero trans fat” food. Don’t replace healthier snacks like baby carrots or celery sticks with “zero trans fat” cookies anytime soon!

### Comparing Fat Calories to Carbohydrates Calories:

Most people don’t realize that fat has more calories per gram, than protein or carbohydrates.

1 gram of fat = 9 calories  
1 gram of protein = 4 calories  
1 gram of carbohydrate = 4 calories

This means that if 5% of the total weight of the food is fat, (which may not seem like much), it’s double the calories per gram compared to the food that’s 5% of protein or carbohydrates.

5 grams of fat in 100 grams of ground or dark-meat turkey means that 1/4th of the calories in that serving is in the fat!
J&M® halal certified meals use only wholesome ingredients and have NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS. Six varieties are gluten-free. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

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

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

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

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

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

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

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

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

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

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

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

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

Halal certification is by the Islamic Food & Nutrition Council of America (IFANCA)
© 2011 J&M FOOD PRODUCTS COMPANY, P.O. BOX 334, DEERFIELD, ILLINOIS 60015 USA
Tel: 847-948-1290 • Fax: 847-948-0468 • e-mail: halalcertified@sbcglobal.net
**“MADE WITH REAL FRUIT”**

One of the latest food trends in fruit snacks, cookies, cereals and drinks is the claim “made with real fruit”. It’s important to know that there is no law on how much real fruit must be used in a product to validate that statement. A single gram of strawberry, or one drop of orange juice, is enough to make that statement true of a food product. In other words, the “made with real fruit” label is no guarantee that the food product contains any of the healthy nutritional content that real fruits provide on their own.

What can give you a true idea of the nutritional value of “real fruit” content in a product? Read the ingredients list. Ingredients that form the bulk of a food product are listed first. So, if real fruit is on top of the ingredients list, you know that you have a truthful “real fruits” claim. However, if high fructose corn syrup, or sugar, is listed among the first few ingredients, you know the benefits of any “real fruit” content has been sacrificed to create a sugary food. Don’t get sucked into a “made with real fruits” claim if the major ingredients in a “fruity” snack are unhealthy!

**“WHOLE GRAINS”**

This is a marketing claim that took off in the wake of increasing consumer awareness around the benefits of fiber intake. Today, there are “whole grain” logos on almost every type of grain products.

Unfortunately, the fact is that refined white flour, with any amount of whole wheat mixed in, can be labeled as “whole grain”. The amount of whole wheat added in could be 50% of the final product — or less than 0.05%. There is no regulation on the “whole grain” term just yet.

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**Laugh Lines**

Little Yasser and his family were having dinner at his Nanna’s house. When everyone was seated, the food was served. As soon as little Yasser got his plate, he started eating right away.

“Yasser, please wait until we say our dua,” said his father.

“I don’t have to,” Yasser replied.

“Of course you have to,” said his mother.

“Don’t we always say a prayer before eating at our house?”

“Yes, but that’s our house,” Yasser explained.

“This is Nanna’s house and she knows how to cook!”

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**Halal Claims:**

Today, halal is a burgeoning food and beverage market in North America. In the US alone, halal food sales are estimated to comprise a hefty $20 billion food market. For small to medium sized food companies, halal can be a very profitable market to grow and expand.

This means halal claims are steadily rising on food products. What do consumers need to know about navigating halal food claims?

1. Since halal is a regulatory process that is not checked by the FDA, figure out ways to confirm the halal status of food products. In smaller communities, it is easier to be misled and believe the claims, especially if you know the butcher.

2. Ask your manufacturer or grocery owner to keep halal certificates handy. They can keep photocopies of the certificate at the counter, or framed in the store. They can also upload the certificate to their website.

3. Look for halal certification symbols by third party certifiers.

Again, it’s not a good idea to trust the words on the front of the food package. Read the information on the back of the box. Look at the list of ingredients every time. Make sure to understand what the bulk of this food product is made of. For a cereal to be true to its “whole grains” claim, “whole grain” is a term that should be first in the list of ingredients. Instead, if additives like sugar and high fructose corn syrup are appearing earlier, you can be assured that this is a sugary cereal instead of a healthy, fiber fortified one. Also, ingredient listings of corn, rice, wheat, or oat flour are always processed. They would be explicitly listed as whole rice, whole wheat or whole oat flour if they were unrefined.

Make sure your cereals and grain products are high in fiber and protein content, as opposed to sugar content. Otherwise, the “whole grains” label fools you into assuming you are eating healthier, without any actual nutritional benefit. 

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WWW.IFANCA.ORG | HALAL CONSUMER | Spring 2012
IFANCA has been helping Halal Consumers since 1982

To Learn more about Halal visit:

www.ifanca.org/magazine
Subscribe to FREE Halal Consumer Magazine and access to Halal Certified product news, nutrition information recipes, and more.

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www.ifanca.org
It’s Good for You

Paramount Farms Wonderful® Pistachios.

Florida’s Natural Orange Juice.

Carole’s Cheesecake.

Amara Halal Cosmetics.
Paramount Farms and Bard Valley Medjool Dates

Trail Mix Heaven

If you’re in Snow Country, like we are here in Chicago, winter doesn’t mean settling for cabin fever. Plan a fun day with your kids that involves an activity, healthful snacking, and a day of family bonding. Hit the slopes or find the closest hill in your neck of the woods and go sledding. Or, go snow shoeing through one of our pristine forest preserves. There are few things more beautiful than a snow covered landscape, with just the sun’s rays and the quiet for company. Not up for that, then building a snowman or making snow angles should be on your to-do list. Some of the best snacking options, to keep your energy up when you play hard, are almonds, pistachios and dates. These nuts and fruits are packed with wholesome nutrition and kids love the bite size pieces they naturally are. Make a tasty trail mix with Paramount Farms almonds, pistachios, and slices of a few fresh Bard Valley Medjool Dates. Since it’s winter, yogurt parfait cups left in your car won’t spoil while you enjoy the crisp, cool air. So gather the kids around your kitchen table and have them prepare some tasty and healthy yogurt parfaits. Have an older child slice up some strawberries and bananas, have the little ones help whip El-Mexicano halal-certified plain non-fat yogurt and wash the blueberries. Grab some clear 8oz cups with lids to prepare the treat. Working layers, place the fresh fruit on the bottom, followed by the yogurt, and top with some Halal-certified Paramount Farms almonds, pistachios, and Bard Valley diced Medjool Dates. Before you know it, you have a yummy treat for an afternoon hike!

Almonds are high in vitamin E, a key micronutrient to building a strong heart. They are also loaded with monounsaturated fats that aid in the body’s anti-inflammatory response and, best of all, almonds are cholesterol free! So in moderation, a few almonds a day can literally keep the doctor away. Pistachios are packed with antioxidants, phytosterols, and natural polyphenols. Each of these substances play an important role in heart disease and cancer prevention. And yes, eating dates was a practice of the Prophet Muhammad and therefore a Sunnah, but they are also loaded with natural sugars — the good kind — and provide a great boost of energy for winter time play.

Paramount Farms products include Wonderful® Pistachios. Follow them on twitter @getcrackin

WWW.IFANCA.ORG

HALAL CONSUMER
Carole’s Cheesecake
Celebrating 40 Years with Year Long Specials

“They're tea is heavenly... Lover's Leap is an absolute darling. Triple Chocolate Cheesecake is a must try.” “Rockyroad cheesecake.. must have!” “Amazingly fresh and delicious food. A huge must try!” “I tried a New York Cherry and a mini mango gluten free this afternoon, unexpected very yummy!!!!! Highly recommended.” These are just a few of the customer comments on Foursquare and Facebook about IFANCA Halal-Certified Carole’s Cheesecake.

Based in Toronto, Canada, Carole’s Cheesecake celebrated their 40th year anniversary with a brand new gourmet cake, Red Diamonds & Pearls. Launched in December 2011, the cake has already been made famous with a profile on Canada’s Breakfast Television. White chocolate frames red diamonds made of natural seedless raspberry puree, ringed with white pearls. Red velvet chocolate cake layered with Carole’s famous vanilla cheesecake is what makes this cake a sensation. Their 40th year celebrations will continue through 2012 with Carole’s Cheesecake offering a 50% special on a cake or cheesecake on the 25th of each month.

For those watching their waistlines, Carole’s Lower in Sugar cheesecakes are available in: Vanilla, Chocolate Marble, Chocolate, Raspberry Swirl, Strawberry Swirl, Cappuccino and Lemon. Their product list on their website posts the nutritional breakdown of each cake listed.

Order your cheesecake at www.CarolesCheeseCake.com

Florida’s Natural Orange Juice
Your Glass of Florida Sun

Orange fact: A single orange provides more than 100% of your recommended daily vitamin C. “Like knowing your orange juice is 100% made in the USA? Then you’ll love this!” is the promise Florida’s Natural Orange Juice, a grower-owned cooperative, has been making since 1933. In the wake of the January 2012 news that imported Brazilian orange juice had traces of Carbendazim, a fungicide that is illegal for citrus in any amount in the USA, Florida’s Natural Orange Juice was quick to remind OJ lovers that they’ve always and only used Florida oranges in their Florida’s Natural Orange Juice. Plus, “there are no artificial flavors or ingredients in Florida’s Natural Orange Juice. Everything in our juice comes from the oranges that citrus growers produce, pure and simple,” said their website. And yes, you drink it, but have you ever tried cooking with orange juice? Here’s a recipe from their website that you absolutely must try. No waiting on the yeast to rise. Just mix and bake.

Order your cheesecake at www.CarolesCheeseCake.com
Orange Cranberry Pecan Quick Bread

**INSTRUCTIONS**
Mix all ingredients and pour into a greased loaf pan. Bake at 350° for 70 minutes. Cool in pan an hour before removing.

**INGREDIENTS**
- 2 cups all-purpose flour
- 1 cup sugar
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- 1 egg
- ½ cup Florida’s Natural® Brand Premium Orange Juice
- ½ cup plain yogurt
- Grated peel of 1 Florida orange
- 2 tablespoons vegetable oil
- 2 tablespoons hot water
- 1 cup fresh or frozen cranberries
- 1 cup pecans

*Substitution Options: Apple Juice Instead of Cooking Oil? It Does Work.*

The majority of the world’s organic apples are grown in the U.S. and Washington State produces 80% of certified organics. Making apples, apple juice or apple sauce a part of your day is great but nutritionist Deanna Segrave-Daly has some more ideas for taking a more sound and nourishing approach to your 2012 diet.
TIP #1: REDUCE OIL AND SODIUM CONSUMPTION
To lower the fat in a recipe and increase the vitamin and antioxidant content, try substituting apple sauce for cooking oil. It’s best suited to replace oil in moist breads, muffins and cakes. Start with an oil-to-apple sauce ratio of 1:1. If that works well, experiment with replacing more of the oil with apple sauce. In soups, apple juice instead of chicken broth compliments sweeter vegetables such as red peppers, pumpkin, sweet potatoes and carrots. It also boosts nutrition and lowers sodium in a sauce or soup recipe. It can also be used instead of broth to deglaze a pan after cooking meat.

Additional recipe substitution options include replacing bread crumbs with rolled oats or bran cereal, table salt with herbs, and sour cream with plain low-fat yogurt or fat-free cottage cheese.

TIP #2: NURTURE YOUR BRAIN HEALTH
Recent studies from the University of Massachusetts Lowell show that eating more antioxidant-rich foods like apples may help prevent a decline in memory and brain function. The three major antioxidant vitamins are beta-carotene, vitamin C and vitamin E.

You’ll find them in colorful fruits and vegetables, especially those with purple, blue, red, orange and yellow hues.

Researchers believe antioxidants found in apples and apple products help prevent the deterioration of acetylcholine found in the body, which is vital for communication between brain nerve cells.

TIP #3: FIGHT CANCER WITH DIET
German researchers looked at the specific cancer-preventative components of apples, apple juice and apple extracts and found that apples contain a variety of polyphenols, phytochemicals and fiber. These nutrients appear to affect cancer activity by fighting inflammation, disrupting tumor growth and increasing antioxidant activity.

Besides apples, berries, leafy green vegetables, citrus fruit and nuts are among other foods that have similar cancer-fighting nutrients.

TIP #4: EAT MORE FIBER
The American Dietetic Association recommends 25 grams of fiber for women and 38 grams for men, daily.

While the benefits of fiber are many — including giving us the feeling of satiety (full and satisfied), lowering cholesterol and helping to control blood sugar — one of the most documented benefits of fiber is digestive health.

Apples are considered a good source of fiber, providing 10 percent of the daily fiber recommendation per serving. Researchers have found that cooked apples, like those found in apple sauce, provide indigestible carbohydrates that improve our digestive well being. Additional high-fiber foods include cooked peas, lentils, beans and artichokes. Clear apple juice, however, contains no measurable amount of fiber.

TIP #5: EAT APPLES TO AVOID A PEAR SHAPE
Eating an apple before a meal is a great way to avoid overeating. According to research conducted by Pennsylvania State University, people who ate an apple before lunch consumed almost 190 less calories.

Source: www.treetop.com
Sitting Pretty
Amara Cosmetics — Make-Up That’s Halal & Toxin Free

Environmental Defense launched “How To Look Pretty Without Poisoning Yourself,” a TV and online campaign in Canada to educate women about dangerous, cancer-causing ingredients found in many cosmetics. The company also relaunched its Web site, offering consumers information about safe beauty products.

In the commercial, a woman appears on a game show and is to select a cosmetic that doesn’t contain harmful ingredients. As she picks and applies a lipstick, the game show host informs her that her lipstick contains lead and that the entire selection of makeup in front of her has harmful ingredients.

The good news is that Amara Halal Cosmetics (www.amaracosmetics.com), an IFANCA halal certified company, has cosmetics that are free of all these toxins. Halal cosmetics are gaining ground, both amongst Muslims and other animal welfare conscious consumers, globally. Made in the USA and the result of several years of research, Amara Halal Cosmetics was created so that women don’t have to worry about toxins or about breaking Islamic rules while wearing makeup and performing their daily prayers. Studies show that women who apply lipstick end up “eating” the lipstick they’ve applied i.e. 4 to 9 pounds of lipstick is “consumed” as a result in an average women’s lifetime, says founder, Shamalia Mohamed. Her product line is the antithesis to “all those lipsticks in the market that are made with chemicals like fatty acids and gelatins, as well as other items, like alcohol or ingredients that are extracted from animals including pigs.” For now, Amara Halal Cosmetics products can only be purchased online and the entire line has the IFANCA logo.

The harmful ingredients on Environmental Defense’s list are:

1. BHA (butylatedhydroxyanisole) and BHT (butylatedhydroxytoluene)
2. Coal tar-derived colours including P-phenylenediamine and colours labeled “C.I.”, P-phenylenediamine, paraphenylenediamine, PPD, p-diaminobenzene, p-phenylenediamine, p-aminoaniline, 1,4-benzenediamine
3. Dibutyl Phthalate or DBP
4. Formaldehyde Releasing Agents such as DMDM Hydantoin, Diazolidinyl Urea, Imidazolidinyl Urea, Methenamine, Quaternium-15 and Sodium Hydroxymethylglycinate
5. Fragrance
6. Parabens such as methylparaben, ethylparaben, propylparaben, butylparaben. Other chemicals such as: 4-hydroxybenzoic acid, propyl ester, propyl 4-hydroxybenzoate, benzoic acid and 4-hydroxybutyl ester
7. Petrolatum, commonly known as Petroleum Jelly, could be contaminated with polycyclic aromatic hydrocarbons (PAHs)
8. Siloxanes: Read label to check for cyclomethicone, cyclotetrasiloxane (D4), cyclopentasiloxane (D5) and cyclohexasiloxane (D6), or any ingredients with the suffix “siloxane”
9. Sodium Laureth Sulfate & Sodium Lauryl Sulfate
10. Triclosan

EDITOR’S NOTE: Products mentioned in this article are IFANCA halal certified for the US market, with the exception of the apple juice. Further, only select products by each manufacturer are halal certified. For an up-to-date listing, visit www.ifanca.org.
Portion Control
A New Year’s Resolution

By Mujahed Khan

Winter brings with it short, cold days and increased hours spent indoors. To many of us that means more opportunities to reach for the fridge and food pantry. We may also eat to battle boredom. A secret to keeping our appetites in check is remembering that eating in moderation means following the sunna or the ways of the Prophet Muhammad. If we make the intention of following the Prophet Muhammad, we are ultimately pleasing God and seeking His reward. It is eating in moderation that rids the body of that lazy and sluggish feeling and, in turn, allows us to be more attentive and energized for prayers. It also helps reset our bodies to launch a new diet pattern to get us on the track to weight loss.
Prophet Muhammad also recommended and ate particular foods which significantly benefit the human body. Some of these foods can be used to substitute nutrient poor ingredients or added to nutritionally enhance our everyday meals. The Prophet, recommended beginning meals with the name of God, reciting bismillah or In the Name of God, in order to bless our food. As importantly, end meals by thanking Him. These two practices will ensure that our stomachs are always satisfied with the amount of food we receive.

Nutritionally, olive oil is high in monounsaturated fatty acids which helps fight bad cholesterol (LDL) and promote good cholesterol (HDL).

Olive oil also contains antioxidant properties that fight free radicals within the body, helping in cancer prevention.

“Lit from a blessed tree, an olive, neither of the east nor of the west, whose oil would almost glow forth (of itself), though no fire touched it.” (quran 24:35)

“Eat oil and use it as an ointment because it is from a blessed tree (olive tree).” (Hadith: At-Tirmidhi)

Add a couple tablespoons of olive oil to your freshly prepared hummus.

Enjoy a simple appetizer by dipping some fresh warm bread rolls in seasoned olive oil.

Dress-up your garden salad by splashing a few drops of extra virgin olive oil.

Honey contains many antimicrobial properties. It inhibits the growth of many bacterial pathogens and fungi found in our digestive tract.

Honey possesses a remarkable amount of anti-inflammatory responses. Inflammation is linked to many chronic diseases such as tumors, ulcers, and diabetes.

Honey promotes the healing of wounds.

“And thy Lord taught the bee to build its cells in hills, on trees and in (men’s) habitations... there issues from within their bodies a drink of varying colors, wherein is healing for mankind. Verily in this is a Sign for those who give thought.” (Quran 16:68-69)

“Honey is a remedy for every illness and the Quran is a remedy for all illness of the mind, therefore I recommend to you both remedies; the Quran and honey.” (Hadith: Bukhari)

Substitute sugar with a teaspoon of honey in your evening cup of tea or chai.

Honey is also a good natural alternative sweeter that can be used in baklava and milk sherbet.

Adding honey instead of sugar to fruit chaat not only makes the dish tastier but also helps enhance the flavors of each fruit.

Some research has shown that vinegar assists in maintaining and regulating blood sugar levels.

Other studies show that vinegar can help in weight loss.

“What an excellent food is vinegar.” (Hadith: Sahih Muslim)

“God has put blessings in vinegar, for truly it was the seasoning used by the Prophets before me.” (well-known Hadith)

Have some vinegar with bread.

Make delicious herb and vinegar roasted chicken as the main course.

Chop up your favorite vegetables and pickle them in a jar of vinegar. Enjoy at mealtime.

*EDITOR’S NOTE: After every mention of Prophet Muhammad, the words ‘Peace be Upon him’ are recited.
Among His limitless mercy upon all of mankind, God has blessed those who obey him with the ultimate reward of heaven. While no ordinary human being can accurately comprehend the multi-faceted nature of Paradise, special mention of its magnificence has been noted in both the Quran and the practices of the Prophet Muhammad, the Sunnah.

Heaven is described in great detail within the Quran and Hadith (sayings of Prophet Muhammad*). Of particular significance are the mentions of the foods of the Eternal Garden. Heaven will have wine that does not intoxicate, fruit in endless abundance, and meat from myriad birds. Heaven will also contain rivers of flowing milk and honey. Many of these fruits and meats are already considered sweet and satisfying but, when particular mention is made by God and Prophet Muhammad, their status is elevated even higher in the eyes of pious Muslims. Therefore, some scholars are of the opinion that we should try to incorporate these foods into our daily diet, as they potentially provide both nutritional value and spiritual blessings.
According to the Holy Quran:

“And any fruit they specify and any bird-meat they desire...” (Quran 20:21)

The food in Heaven will not only be plentiful but will be immensely satisfying as well. The residents of paradise will have a vague recognition of this food because of what they consumed in their prior life. However, the food of the Garden will be more flavorful, appetizing, and lavish on an entirely different dimension. The inhabitants will be consuming a variety of fruits including figs, watermelons, and bananas. The Prophet Muhammad said this about figs: “If I had to mention a fruit that descended from the Garden, I would say this is it...” (Hadith: Mukhtasar Tadhkirah al-Qurtubi, p.313). From a nutritional perspective figs have one of the highest mineral and fiber content amongst all fruits and they are a good source of energy. Figs are noted with such high regard in Islam that God swears by them in the Holy Quran. Some of the health benefits of figs include cleansing the liver and prostate from toxins and relieving the throat and chest from congestion.

Watermelons are also mentioned as being the food for the residents of the Eternal Garden. Prophet Muhammad said: “Benefit from the watermelon and respect it, because its juice is from the Garden and its taste is from the Garden...the watermelon is [one of the fruits] of the Garden.” (Hadith: Mukhtasar Tadhkirah al-Qurtubi, p.313). In terms of nutrients, watermelons are a good source of vitamin C which helps build immunity. They contain lycopene, which studies have shown reduces the risk of several types of cancers. Watermelons are best during the summer as a cool flavorful low-calorie treat. Finally, bananas are also indicated as being plentiful in heaven. Nutritionally, bananas, in this world, are a natural diuretic and aid in maintaining blood pressure. In the afterlife, God refers to bananas as such:

“Amid thornless lote-trees and banana-trees (with fruits), one above another and extended shade and water flowing constantly and abundant fruit, neither intercepted nor forbidden.” (Quran 28:33)

For those who seek the pleasure of God, they will also reap the benefits of choosing from any quail meat they please. Prophet Muhammad states, “…The most delicious of the food accompanying the bread of the People of the Garden is meat. Praise be to God, Lord of all the worlds.”(Hadith: Mukhtasar Tadhkirah al-Qurtubi p.363/654) As most Halal Consumers know, meat is a key source of protein for many individuals. Protein is an essential macronutrient the human body uses to perform many vital functions. Some of these functions include building and maintaining muscle, growth and development for children, and sustaining a positive nitrogen balance for expecting and lactating mothers.

It is often said that people first eat with their eyes. This will definitely be the case when the pious enter the Garden. The food would not only be the best of offerings, but would be presented on gold and silver platters. God tells us:

“To them will be passed round, dishes and goblets of gold there will be there all that the souls could desire, all that the eyes could delight in: and you shall abide therein (for age).” (Quran 43:71)

God, in the Quran, also mentions the different types of liquids to be found in heaven. This includes milk, honey, and non-intoxicating wine.

“Therein are rivers of water unpolluted, and rivers of milk whereof the flavor changes not, and rivers of fermented liquids delicious to the drinkers, and rivers of clear-run honey; therein for them is every kind of fruits,...” (Quran 47:15)

Prophet Muhammad used to recite the following prayer as one of the many ways of attaining heaven:

“O God, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise as best I can, I take refuge in You from the evil of which I committed. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You.”

According to a Hadith transmitted by Bukhari, “If somebody recites this invocation during the day, and if he should die then, he will be from the people of heaven. And if he recites it in the night, and if he should die on the same day, he will be from the people of heaven.”

Having read the beautiful descriptions of the Garden, any individual should aspire to good deeds in order to attain heaven. Besides food, heaven will have many other countless blessings. As servants of our Creator, we should seek His pleasure in all of our worldly actions so that we may one day partake of the foods of the Garden, God willing. ✝

*EDITOR’S NOTE: After every mention of Prophet Muhammad, the words ‘Peace be Upon him’ are recited.
There are few things that bring families closer than enjoying a meal together. If you want to take bonding up a notch, then how about cooking or baking together? Not only is it time spent as a family in this increasingly busy world, but it’s also an exercise in reading and following instructions. Children even learn how to measure and then share the treats they’ve made. For Kids in the Kitchen, we’ve gone a step further and added a dash of geography by choosing recipes that are reflective of the global Muslim community. It’s your chance to learn about the places where these recipes come from.

These tried and tested recipes for desserts have been recreated for young ones, dividing tasks according to skill level. First, send us photos of yourselves as you get busy in the kitchen. Second, in no more than 300 words tell us, “What was best about cooking as a family?” Winners answers/photos will be featured in our upcoming issues. Email your entries to halalconsumer@ifanca.org
**Syrian Baklava**

**SERVINGS:** 12 | **PREP TIME:** 20 min | **COOKING TIME:** 45-60 min

2 lbs of Filo Dough — 1 lb for top layer and 1 lb for bottom layer
3½ cups granulated sugar/organic sugar
4 cups chopped nuts such as walnuts, almonds or pistachios
2 cups unsalted butter
1 cup water

**EQUIPMENT**
- Measuring cups, spoons and bowls
- 1 Saucepan
- 1 Baking pan 14 x 20 inches
- 1 Basting brush and knife

1. Wash your hands with soap and water, and have your kitchen gear ready to start baking this delicious treat.
2. Preheat oven to 325°F.
3. In a bowl, mix ½ cup sugar and chopped nuts in a bowl.
4. In a saucepan melt butter and skim off froth layer until butter appears clear.
5. Grease pan with butter evenly.
6. Gently spread first sheet of Filo dough in the pan, fold over excess dough and brush it with butter and the rest of the entire layer of dough.
7. Spread sugar and chopped nuts mixture evenly over the dough.
8. Gently put the other Filo dough layer on top of the nuts. Fold the excess dough over and coat the entire layer with butter.
9. Cut Filo dough into even diamond shapes.
10. With the help of your adult place baking pan on the middle oven shelf and bake for 45 minutes and check.
11. Bake 10-15 minutes more or until top is light brown.
12. Make sure to rotate the tray on the same middle shelf to bake baklava evenly and to prevent bottom layer from burning or turning dark brown.
13. Prepare glaze in a medium-sized saucepan by adding one cup of water and the remaining 3 cups of sugar.
14. Cook over slow heat until sugar and water come to a boil.
15. Let syrup cool and pour over hot baklava.

**Sudanese Baseema Cake**

**SERVINGS:** 20-25 PCS | **PREP TIME:** 20 min | **COOKING TIME:** 30-35 min

2 cups flour
5 eggs
1½ cup sugar
1 cup shredded coconut
500 grams yogurt (about 2 cups)
¾ cup oil or butter
½ cup chopped Paramount nuts (optional)
1 teaspoon vanilla essence
1 tablespoon lemon juice
2 teaspoons baking powder
1 cup water

**EQUIPMENT**
- Measuring cups, spoons and fork
- 2 medium size bowls
- 1 Baking tray
- 1 Medium saucepan

1. Wash your hands with soap and water, and have your kitchen gear ready to start baking.
2. Preheat oven to 350°F.
3. In a bowl, mix ½ cup sugar and chopped nuts in a bowl.
4. In a separate bowl, beat yogurt until it is smooth and creamy. Add it to eggs and sugar mixture.
5. Slowly add oil to the mixture and blend it evenly in the batter.
6. In a separate bowl mix flour, baking powder and shredded coconut.
7. Then add all dry ingredients to the batter and mix it well.
8. Spread this mixture evenly onto a greased baking tray.
9. Bake for 30-35 minutes until it is completely done. Cool it and set it aside.
10. In a medium saucepan, bring sugar, lemon and water to a boil until syrup thickens.
11. Use a fork to gently poke holes in the top of the cake and pour this syrup evenly over the cake and let it soak through it.
12. Sprinkle nuts.
**Indo-Pak Kalakund**

**SERVINGS:** 20-25 PCS  |  **PREP TIME:** 15 MIN  |  **COOKING TIME:** 15 MIN

- 1 lb halal Paneer (cheese available at ethnic stores)
- 1 small can condensed milk
- 2 tbsp milk powder
- 3-4 cardamom (powdered)
- 1 tablespoon cooking oil
- Finely chopped nuts
- 1 silver edible leaf (optional)

**EQUIPMENT**

1. Mixing bowl
2. Food masher
3. Medium saucepan
4. Spatula
5. Large serving platter
6. Measuring spoons

1. Wash your hands with soap and water, and have your kitchen gear ready to start making this delicious treat.
2. Mash paneer (cheese) coarsely and add milk powder to it.
3. Add condensed milk and mix well.
4. With an adult heat oil in the saucepan and add cardamom powder in it. Add mixture to the saucepan slowly and stir.
5. Cook on medium heat while constantly stirring until mixture becomes thick. Let an adult remove from heat and spread onto a greased platter.
6. Top it with silver edible leaf or with chopped nuts.
7. Cool and cut into desired shapes.

**Malaysian Banana and Coconut Pudding**

**SERVINGS:** 6  |  **PREP TIME:** 10 MIN  |  **COOKING TIME:** 1 HR 50 MIN

- 3 firm-ripe bananas
- 1 can un-sweetened coconut milk
- ½ cup sugar
- 2 tablespoons butter
- 2 tablespoons coarsely chopped crystallized ginger (optional)
- 1 tablespoon small pearl tapioca (slow cooking)

**INGREDIENTS FOR CRISTALLIZED GINGER**

- 10 ounces fresh ginger, blemish free
- 2 cups sugar
- ¼ cup water

**EQUIPMENT**

1. Measuring cups, spoons and bowls
2. Saucepan
3. Heavy bottom pan
4. Mandoline Slicer

1. Wash your hands with soap and water, and have your kitchen gear ready to start preparing.
2. With an adult peel and slice ginger into 2 inch lengths, 1/8 inch thickness. Using a Mandoline Slicer will give you uniform slices with ease and quickness.
3. Toss sugar and ginger together.
4. In a large heavy bottom pan, heat water and add sugar and ginger mix and bring to a slow simmer.
5. Stir over low heat occasionally for 1 hr 30 minutes.
6. The ginger will become translucent and the sugar will crystallize on the edge of the pan.
7. Sprinkle ¼ cup sugar on parchment paper or a silicone mat. Lay drained ginger on sugar. Toss the sugar when ginger has cooled enough to handle (about 10 minutes) to coat evenly.
8. Place in an air tight container out of heat and light.
9. The yummy sugar that is left over can be saved in a jar and used for tea, sugar the rim of glasses or in baking cookies or cakes.
10. To the left over syrup, add 1 cup water, heat to mix and use as you would corn syrup.

**PUDDING**

1. Wash your hands with soap and water, and have your kitchen gear ready to start preparing.
2. In a small bowl, soak tapioca in warm water for an hour.
3. In a small saucepan, cook coconut milk, sugar and ginger over medium heat. Stir well until sugar is dissolved.
4. Let an adult remove pan from the stove and let it stand for ten minutes.
5. Drain tapioca.
6. Peel bananas and cut quarters lengthwise and quarters into ½ piece.
7. Heat coconut milk again over low heat and gently add bananas and tapioca while stirring.
8. Stir and cook pudding for about five minutes until it is slightly thickened. Make sure to not break bananas.
9. Let an adult remove from heat and let it cool.
10. Divide pudding into six serving bowls, cover and chill.
11. Garnish pudding with crystallized ginger before serving.

*Source: Food.com

**Palestinian Anzac Biscuits**

**SERVINGS:** 15-20 PCS  |  **PREP TIME:** 15 MIN  |  **COOKING TIME:** 15-20 MIN

- 1 cup flour
- 1 cup shredded coconut
- 1 cup sugar
- 1 cup rolled oats
- 8 tablespoons corn syrup
- 2 tablespoons water
- 1 teaspoon baking soda

**EQUIPMENT**

1. Measuring cups, spoons and bowls
2. Baking pan
3. Basting brush

1. Wash your hands with soap and water, and have your kitchen gear ready to start baking these delicious cookies.
2. With the help of your adult, preheat oven to 375°F.
3. In a large bowl add flour, oats, shredded coconut and sugar. Mix all ingredients well and set aside.
4. In a small saucepan add butter, corn syrup and water.
5. Cook over medium heat until butter is melted. Whisk all ingredients.
6. Remove from heat. Add baking soda and mix well.
7. Pour this butter mixture over the dry ingredients, mixing all ingredients thoroughly with a spatula.
8. On a greased baking pan, place tablespoons of cookie batter about an inch apart.
9. With the help of your adult bake for 15-20 minutes.

**CHEF’S NOTE:** For chewy cookies reduce baking time. Longer baking will yield crunchier cookies.
To help the polar bear, we’re partnering with World Wildlife Fund to help protect its Arctic home. To raise awareness and additional support for this initiative, we’re turning our cans and bottle caps white, and inviting the world to join us in our effort to create an Arctic refuge. By working with local communities, supporting research and through additional conservation work, WWF will strive to protect the space the polar bear so desperately needs and help ensure they have a place to call home. Arctic Home is just one example of our efforts to effect positive change in the world as part of our Live Positively commitment. LEARN MORE AT ARCTICHOME.COM

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