Explore
MEDITERRANEAN TABLE SPREAD
P22
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)
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In the name of God, the Most Beneficent, Most Merciful

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Editor’s Note

Assalamu Alaikum

Sometimes we need to step back and examine our eating habits. Eating healthy is a big part of living a healthy life. There are many diets out there that can be followed and one of those is the Mediterranean diet. The Mediterranean region is blessed with an abundance of fruits, vegetables and seafood resources that provide healthy nutrition. Enticing dishes from North Africa and Southern Europe to the Middle East tickle the palate in a healthy, hearty manner. We will look at some of the benefits of eating that way and even review some recipes to get us started if we are so inclined.

IFANCA’s 15th International Halal Food Conference is coming to Chicago from April 6 to 8, 2013. Under the theme of Halal United — An Integrated Approach, speakers from around the globe will discuss a holistic approach to joining the halal producer community. Discussions will consider the halal standard itself as well as production, marketing and logistics. Be sure to attend if you want to be part of the halal evolution.

As we head into spring and the opportunity to engage in more outdoor activities, consider adding some Mediterranean type foods in your diet and gain the long term benefits of eating healthy.

Sincerely,

Roger M. Othman managing editor
Aasalamu Alaikum

In recent years, the Mediterranean diet has been gaining traction as a more widespread, accepted lifestyle choice, and for good reason. The diet promotes a spectrum of health benefits, ranging from digestion to heart health.

According to UNESCO, the Mediterranean diet constitutes a set of skills, knowledge, practices and traditions ranging from the landscape to the table, including the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption of food. The Mediterranean diet is characterized by a nutritional model that has remained constant over time and space, consisting mainly of olive oil, cereals, fresh and dried fruit and vegetables, a moderate amount of fish, dairy and meat, and many condiments and spices.

Mediterranean cultures, be they Southern European, North African or Middle Eastern, always respected the beliefs of each community, closely adhering to the cultural and religious values. In the USA, most cultures have become intertwined and morphed into what may be considered American culture; however the cultural cuisines of each Mediterranean region persist.

At IFANCA, part of our mission is to promote healthy halal nutrition, and the Mediterranean diet is one way Muslim consumers can achieve that. In this issue of Halal Consumer Magazine, we bring you several articles about the Mediterranean diet, a number of recipes from Morocco and a table spread from Middle East, practicing halal and healthy diet and lifestyle.

In the USA, the high consumption of meat and dairy products has been associated with higher risk levels for health and increased mortality. Risk factors, like high cholesterol and, high blood pressure may be managed better with a diet containing primarily fruits and vegetables, fish, nuts, olives and olive oil. An added advantage of a Mediterranean diet to a discerning halal consumer is that they do not have to contend with problems associated with the availability of genuinely halal meat and poultry. Fish, fruits and vegetables are naturally halal and healthy.

Sincerely,

Muhammad Munir Chaudry president
Southern Italy, Greece and Spain stand out along the northern Mediterranean coast as having what we know today as the “Mediterranean Diet.” The basis of this diet is very little red meat, eating fish and poultry at least twice a week and eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts.

Olive oil is the key ingredient in Mediterranean cooking. It contains a very high level of monounsaturated fats, most notably oleic acid, which studies suggest may be linked to a reduced risk of coronary heart disease. There is also evidence that the antioxidants in olive oil improve cholesterol regulation, making it good for the heart. People in the countries all around the Mediterranean Sea use olive oil instead of butter to dip their bread.

The diet of people in this region was first studied post World War II by an American scientist named Ancel Keys. However, the Mediterranean Diet we hear talked about today, and on which many studies have been done, only became popular in the 1990s. After his extensive studies, he realized it was the lifestyle and diet of people in these countries that reduced the chance of heart disease that was (and still is) high in America.

Today the Mediterranean Diet is synonymous with a healthy lifestyle. This Mediterranean lifestyle also includes leisurely social dining and regular physical activity, both of which are an important part of the equation.

There is no single Mediterranean Diet. Instead, each region across Europe and Asia from Spain to the Middle East customizes the basic diet to take advantage of food availability and cultural preferences. Eating food in its season, and which is grown locally, is also part of good eating. With the abundance of fruits and vegetables grown in these countries it makes the high fruit and vegetable base of this diet easy for them.

Today people eat on the run, often in front of the television, and rarely does the whole family sit down at the table together and enjoy a meal in western society. Home cooking has become a thing of the past, a skill that is no longer passed on, and ready meals have “made life easier” for working people. But all these things have consequences.

Processed foods are at the top of the list for causing bad health and obesity. Not knowing the true contents of these prepared meals recently caused a scandal that started in Europe but has extended to the Middle East, where they are analyzing their imported beef products, because of unlabeled horsemeat being found in frozen meals and burgers. Halal meat was not exempt from this, with horsemeat being found in burgers served in halal school dinners in the UK. All for the benefit of companies wanting to make food as cheap as they can to be competitive in the price wars among retail outlets.

Muslims today should consider the Mediterranean region diet which includes more eating fresh produce. This could reduce obesity and diabetes both in adults and children which are a problem in Muslim countries now.

Children who learn to eat a wide variety of foods early in life are more likely to enjoy and stick with a healthier dietary pattern for life. A wide variety of choices makes it easy, even for the pickiest eaters, to stick to and enjoy the diet.

You can embrace the Mediterranean style of eating by making smart food choices. Select whole grains for your breads, cereals, and starches. Choose fish, low-fat dairy, poultry, nuts, and legumes to satisfy your protein needs (include some lean meat as well). Bulk up on vegetables and more importantly reduce the amount of saturated fat in your diet by using olive or canola oil instead of butter.

The good news is that studies have shown that it’s never too late to adopt the Mediterranean lifestyle to increase longevity and reduce the risk of chronic disease.
Why do you have to eat halal? Why do we have all these restrictions? Let’s face it: finding halal is limiting and difficult. So why should we make the effort? Well first and foremost, it is God’s command that we abstain from eating certain foods, and earning good deeds is incentive enough. There is a second benefit, however; eating halal reinforces, and goes hand in hand with, eating healthy.

How is this possible you ask? Many of the latest findings in health science relate to Islamic practices. For example, studies have shown that our fingertips have nutrients that enable digestion, and the Sunnah (tradition) of the Prophet Muhammad (SAW) recommends that we eat with our hands. The beauty of Islam is that by practicing Islamic law, we are not only fulfilling our duties as Muslims, but we are also staying healthy and engaging in behaviors that will keep us fit and strong.

So how does halal food play into this? Research has shown that ingredients such as artificial colors and certain animal enzymes can cause harmful allergic reactions in the body. These ingredients can also lead to problems with the liver, kidney, and other organs in the body. In fact, artificial colors that are commonly found in our foods, such as Red 40, are considered harmful enough to be banned in certain countries.

What about zabiha meat? Why do we have to eat meat slaughtered in a specific way? The reasons behind this also exemplify the health aspect in Islam. The Islamic method of slaughtering meat is the cleanest and least painful (for the animal) way to kill an animal. All of the blood gets drained from the animal, and this ensures the cleanliness and freshness of the meat. So, even something as simple as halal/zabiha-slaughtered animals has health benefits.

Benefits of eating halal are endless. In fact, a vast amount of research that supports the vegetarian movement supports eating halal as well. So, making that extra effort to choose halal foods, despite the limitations, has more benefit than we realize. Eating halal is a buffer, a safety net, against harmful ingredients and foods that can have devastating health effects on our bodies.

The information in this article comes from:
Vegetarianworldfoods.com (March 2, 2013)
Livestrong.com (March 2, 2013)
The Health Benefits of Eating Greens

By Aminah Coleman
Naturalist from Appalachian Mountains
Growing up in the hills of southern West Virginia, one of the many foods that I remember on the dinner table is some variety of greens. Mustard, kale or collards would more than likely be the greens of choice. But there were also varieties of wild greens such as dandelion, poke and shawney greens. Poke and shawney greens are not the scientific names, but when traveling the hills of Appalachia, especially among the mountain people, poke and shawney are well known. One could easily spend the biggest part of the day hiking through the hills looking for these lovely greens to prepare for the dinner table. No matter if grown in the family garden, growing wild in the hills or purchased at the local grocery, greens had their place at the dinner table.

Mainly cooked until tender, drained, cut, seasoned and sautéed in some form of oil, this was the simplest and most common form of preparation. With little knowledge of the health benefits of eating the variety of greens that my mother would prepare for the dinner table, I just knew that I liked greens almost as much as I liked hiking in the hills with my mother while she picked them. Over the years, the knowledge of the health benefits of greens such as collard, kale and mustard into my diet has only intensified the desire to include them as my chosen superfood.

Each of the leafy greens is rich in its own nutrients and vitamins and can add many of the much needed missing nutrients and vitamins from our daily diet. They are low in calories and fat and can be used as a dish in itself or added to a wide variety of recipes.
Collard Greens

The *brassica oleracea* L., otherwise known as the Collard, is rich in invaluable sources of phyto-nutrients with potent anti-cancer properties, such as di-indolyl-methane (DIM) and sulforaphane that have proven benefits against prostate, breast, cervical, colon and ovarian cancers by virtue of their cancer-cell growth inhibition and cytotoxic effects on cancer cells. The leaves are also an excellent source of folates, providing about 166 µg or 41.5% of RDA. Folates are important in DNA synthesis. Collard greens are also an excellent source of Vitamin A and carotenoid anti-oxidants such as lutein, carotenes, zeaxanthin, crypto-xanthin, etc. These compounds are scientifically found to have antioxidant properties.

This leafy vegetable contains amazingly high levels of vitamin K, providing a staggering 426% of recommended daily levels per 100 leaves. Vitamin K has a potential role in the increase of bone mass by promoting osteotrophic activity in bones. It also has the beneficial effect in Alzheimer's disease patients by limiting neuronal damage in their brains.

Collards are rich in many vital B-complex groups of minerals such as niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and riboflavin, with the leaves and stems providing good minerals like iron, calcium, copper, manganese, selenium, and zinc.

Collards have a relatively long shelf-life; they can be stored in the refrigerator for up to four days and they blend very nicely with either salads, cooked meat or fish dishes.

Kale

*Borecole* or Kale is ranked right up there with broccoli as one of the nutrition stand-outs among vegetables. Kale is high in fiber and an excellent source of nutrients, especially vitamin A and calcium.

Kale is one of the best sources of beta-carotene which is one of the antioxidants that is believed by many experts to play a major role in the battle against cancer, heart disease, and certain age related chronic diseases. Lutein and zeaxanthin are other important carotenoids in kale that are beneficial to the health of the eyes. These carotenoids help keep UV rays from damaging the eyes and causing cataracts.

According to recent research, kale is an incredible source of well-absorbed calcium, which is one of the major factors of preventing osteoporosis. Kale also provides a source vitamin C, folic acid, vitamin B6, manganese, and potassium.

Kale is an extremely perishable leafy vegetable, so should be used quickly. If to be stored inside the refrigerator set its temperature below 35 degree F and high humidity level to maintain vitality.

Kale can be used in raw salads, cooked or sautéed, used in soups, stews, pizza and pasta.

Mustard

*Brassica juncea* is the scientific name for mustard. Known mainly for its spicy, crunchy mustard greens, it is also known as leaf mustard, one of the most nutritious green-leafy vegetables. These wonder greens have actually more vitamin A, carotenes, vitamin K, and flavonoid anti-oxidants than some of the commonly consumed fruits and vegetables.

Like spinach, mustard greens are the storehouse for many phyto-nutrients and disease prevention properties. Mustard is low in calories and fats. Mustard greens are also a good source of adequate fiber and aids in smooth bowel movement, thereby offering protection from hemorrhoids, constipation as well as colon cancer.

Like collard greens, mustard provides 500% of the daily requirement of vitamin K1 in 100 g of fresh leaves. Fresh mustard leaves are also a good source of folic acid along with vitamin A and several essential minerals such as calcium, iron, magnesium, potassium, zinc, selenium, and manganese.

Mustard can be stored for up to three days in the cold storage, fresh mustard greens should be used as soon as possible to get maximum nutrition. Fresh tender mustard greens are eaten raw either as salad or as juice.

Mustard can be stew fried or steam cooked and mixed with other greens such as spinach, fenugreek, etc. Its pungent, peppery flavor is somewhat tamed by adding butter, tomato, and garlic to the recipes.

Adding greens to your diet will give you the added supply of vitamins that your body needs to promote good health with the added benefits of helping in preventing some forms of diseases. With so many different ways available to prepare them and include them in your meals, greens can be the super food your body needs to help you to stay healthy for many years to come.
GLOBALIZATION OF HALAL

By Abdalhamid Evans, Strategist, Imarat Consultants
The recent problems in Europe regarding the discovery of the widespread use of horsemeat in processed food products, even in some of the biggest brand names in the market, highlights the complex nature of the food industry supply chains.

Whether it was due to criminal activity, negligence or greed may never be fully revealed, and just because it has not been discovered elsewhere does not mean that it is not going on. The combination of a tough economic climate and increasingly complicated supply chain means that the integrity of our foods is being increasingly compromised.

For the practitioners in the halal food sector, and for the Muslim consumers around the world, this is a troubling situation, but it is also one that opens up an interesting possibility. In the same way that the economic crisis, triggered by usury banking practices, offered an opportunity for Islamic Finance to demonstrate its superiority, the crisis in the food industry offers an opportunity for all of us in the halal camp to demonstrate that the parameters of halal and *tayyib* offer a way to safeguard the quality and purity of our food supply chains.

Not that we are quite ready to demonstrate that. There are still too many cracks in the regulation of the halal supply chain to hold it up as a shining example in general. However, the significance of the application of halal and *tayyib* is that it necessitates, and provides the tools to set up, the creation of an unbroken 'chain of trust' from the farm to the table.

Observing the growth of the halal food market over the past decade has been reminiscent (for those of us who remember the pre-digital days) of watching a photograph develop…the image gradually appears in greater depth and clarity of detail. As we watch the halal market maturing, we can observe three specific forces that are beginning to converge in a way that will lead to a new phase of growth and opportunity.

These forces are regulatory, financial and demographic.

**REGULATORY**

There is a dawning recognition that the halal sector has to be regulated with greater efficiency and transparency. Market forces tend to dictate that changes in regulatory procedures are only brought about by either force or opportunity, both of which are now coming into the foreground.

The process by which halal compliance and food safety is monitored is coming under increasing scrutiny globally, and there is a growing sense that as halal food is a sub-set of the mainstream food industry, it must be monitored with the same degree of professionalism and integrity as the rest of the food sector.

That is to say, the certification bodies will themselves be increasingly subject to oversight by a higher regulatory authority.

The way the Middle Eastern countries monitor the halal compliance of their vast food imports (mostly from non-Muslim countries of origin) is going to change in the near future. With new halal standards and regulatory infrastructures being developed in both the Gulf States and in Saudi Arabia, we can expect to see new authorities appearing in the marketplace.

This will force exporting countries to adopt procedures similar to those in place in Australia and New Zealand, where the government agencies, the meat producers and the Islamic certification bodies all cooperate under a government approved halal program.

**FINANCIAL**

The past few years have seen rumblings in the Islamic Finance sector and an emerging recognition that more has to be done to actually warrant the use of the term “Islamic.” One of the suggestions is for Islamic Finance to be more engaged with the “real economy”…and what could be more real than food?

As the two major industries based on Shariah compliance, the food and finance sectors are on an inevitable course towards convergence. The next phase of market growth will see...
more investment, risk-and-reward sharing equity stakes, merger and acquisition, venture capital plays and micro-finance being put into practice in the halal food sector.

Greater regulation will encourage these moves, as will projects such as the move to position Dubai as a global hub for halal manufacture and trade. While others have made similar claims, Dubai’s geographical position, along with its ability to have big ideas and then roll out massive infrastructure projects and see them come to life, make their vision of being a centre for Islamic economy and trade more credible. If nothing else, it will certainly bring increased awareness of the value of the halal market.

**DEMOGRAPHIC**

A cursory glance at the global population demographics makes it very clear that the Muslim populations, both in the homelands and among the re-rooted communities in the West are younger and growing faster than any other group.

Increasingly well (and western) educated, a new generation is striving to find a way of life that is compatible with the Qur’an and Sunnah and at the same time that fits with the 21st century lifestyle. Halal food is one of the cornerstones of this new global urban Muslim lifestyle, and as this group becomes more financially secure and raise their families, they will play an increasingly influential role as valued customers.

Their preferences will be noted and catered to. Their collective spending power will become a valued statistic in the food, finance, travel, health care, cosmetic, education and leisure markets. A new generation wants a new Islamic lifestyle, and they will have the spending power to influence the producers.

The convergence of these three forces will produce a new phase of growth and maturity in the halal market that will be felt over the new couple of years in all corners of this now global marketplace.

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Deliciously Local.
ANOTHER WARNING: DON’T IGNORE FLAVORS IN YOUR FOOD....

By Haider Khattak, Director Islamic Food and Nutrition Council of Canada
Why do I warn about this? There are many reasons behind it. It may seem like just a simple flavor, but that simple flavor may contain something which you would never accept it if it was declared on the label. Yes, it’s true. Before we go into depth about this alarming issue, one should really know what is a flavor.

Flavor is generally defined as the quality of something that affects the sense of taste. It is the blend of taste and smell sensations evoked by a substance in the mouth. Yummy…. Isn’t it? Let’s investigate it further. Perceptions will definitely vary from individual to individual but our focus is on the halal nature of such flavors. In our day-to-day shopping, we come across many foods and beverages in grocery stores. Nearly all products have some sort of flavors in them, usually natural flavors, artificial flavors or a combination of natural and artificial flavors.

A flavor can contain any number of ingredients — from a single one as in salt or pepper to many, like in reaction flavors or complex mixtures. There may be hidden alcohol or ingredients of *haram* animal origin, such as civet oil, in the formulations. Civet oil is oil extracted from the glands of a cat-like animal called a civet. Civet oil is not accepted as halal.

Flavor chemists use “natural” chemicals to make natural flavorings and “synthetic” chemicals to make artificial flavorings. Flavor chemists creating an artificial flavoring must use similar chemicals in their formulation as would be used to make a natural flavoring. Otherwise, the flavoring will not have the desired characteristics.

Consumers prefer to see natural flavors on a label, believing that they are more healthful. Distinctions between artificial and natural flavors can be arbitrary and confusing, based more on how the flavor has been made than on what it actually contains. Natural and artificial flavors sometimes contain exactly the same chemicals, produced through different methods.
Natural and artificial flavors in bakery products are the most important ingredients for Muslim consumers. The makeup of flavoring material must be plant-based (no meat). Petroleum-based propylene glycol is considered a halal solvent for flavoring.

When we say alcohol, it means either ethanol or ethyl alcohol. It is permissible to use alcohol for extracting the flavors or dissolving them. However, the amount of alcohol should be reduced to less than 0.5% in the final flavoring product. Certain countries or customers require lower allowances or even absence of alcohol for products brought into their countries. Some countries do not permit fusel oil derivatives. Note that vinegar, although it is a by-product or derivative of alcohol, is permitted in Islam. All types of vinegar are halal. Many Islamic scholars have been consulted to check this critical issue about vanilla flavorings as it may contain alcohol. The word Khamr is traditionally used for fermented beverages which are intoxicants. Alcohol used in the manufacture of vanilla flavor is ethanol from grain or synthetic sources and never from alcoholic drinks or Khamr sources.

Halal dairy ingredients are derived from processes that use either microbial enzymes or halal-certified animal enzymes. Ingredients such as whey powder, lactose, whey protein isolates and concentrates produced with the use of enzymes are questionable if the source of the enzymes is unknown. Therefore, a responsible consumer will always contact the manufacturer before he/she consumes the product.

Meat and poultry ingredients should be from animals slaughtered according to the halal requirements. The flavor manufacturers use a certain quantity of meat or poultry products in order to produce the specific meaty flavors. Flavor manufacturers keep records of animal by-products used in the flavors. These flavors can be certified halal if the flavors manufacturer is able to provide detailed information to the halal certifier.

When a flavor company applies for halal certification for a flavor containing animal by-products, they must also provide an Islamic Slaughtering Certificate. Smoke flavor has been used for thousands of years to enhance and modify the flavor of foods as well as to preserve meats. halal concerns include the use of animal fats as a base for smoke and grill flavors or the use of emulsifiers from animal sources. The smoke flavor of bacon is commonly used in the flavor industry. This type of smoke makes the product Haram.

A single flavor may contain hundreds of ingredients. Even one ingredient may disqualify any flavor for halal status. Therefore, in order for us to consume 100% true halal product, we must know what’s in the flavor.

It is not possible to mention each and every critical ingredient in this article, but the two main ingredients of concern to halal consumers are animal derived ingredient(s) and alcohol. If there is animal derived ingredient in a particular flavor, it must be from halal certified meat. Similarly, a typical halal flavor is either free of alcohol or if it does, it must be less than 0.5%. A finished product must have less than 0.1% alcohol.

Find out more about halal flavors by contacting IFANCA or similar halal certifying bodies.
Halal Word Puzzle

By Khaalid Latifi, 7th Grade Student

DIRECTIONS: Words go in all directions. Try to locate them.

SHORT DEFINITIONS TO WORD PUZZLE:

1. **Halal**: “Halal” is an Arabic word meaning “lawful” or “permitted”
2. **Zabiha**: The Islamic way of slaughtering animals
3. **Vegan**: A vegetarian who eats plant products only, especially one who uses no products derived from animals
4. **Mediterranean**: Food used in the region surrounding the Mediterranean Sea
5. **Food**: A specified kind of nourishment
6. **Health**: The overall condition of an organism at a given time
7. **Wholesome**: Promoting mental and moral health
8. **E Numbers**: A series of numbers with the prefix E indicating a specific food additive recognized by the European Union and used on labels of processed food
9. **Organic**: (Food) Raised or grown without the use of drugs, hormones, or synthetic chemicals
10. **Clean**: (Food) Free from dirt, stain or impurities
11. **Permissible**: Permitted or allowed
12. **Haram**: In terms of food it is the opposite of Halal — Not permitted
13. **Mushbooh**: When there is doubt, if the food is haram or halal
14. **IFANCA**: The world leading halal certifying authority
15. **Ingredients**: Element in a mixture or compound
16. **Certified**: (Food) to confirm that food is halal
17. **Islam**: A monotheistic religion characterized by the acceptance of the doctrine of submission to God and belief that Muhammad pbuh is the prophet of God.
18. **Muslim**: An adherent to Islam
19. **Pure**: Free from impurities
20. **Goat**: Any of various hollow-horned, bearded ruminant mammals of the genus Capra, especially any of the domesticated forms of C. hircus, raised for wool, milk, and meat
21. **Lamb**: A young sheep
22. **Chicken**: A domesticated fowl, one of the most common and widespread domestic animals
23. **Beef**: The culinary name for meat from bovines, especially cattle
24. **Nutrition**: A source of nourishment; food

References to the meanings:
1. www.Ifanca.org

Beef | Mediterranean
Chicken | Nutrition
Clean | Organic
E Numbers | Permissible
Food | Pure
Goat | Tasmiyah
Halal | Vegan
Haram | Wholesome
Health | Zabiha
IFANCA | Ingredients
Islam | Lamb
Ingredient | Mushbooh
WWW.IFANCA.ORG
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The Culture of Mediterranean Cuisine
Mediterranean cuisine is a culinary trend that is shared by an array of people that live in region around the Mediterranean sea. There is a vast amount of cultural variance that makes the cooking a product of cultural influence. Mediterranean cuisine is built around fresh, wholesome fruits, vegetables, whole grains, breads, legumes, seafood, nuts, olive oil and seeds. Virtually all Mediterranean food is distinctive and flavorful due to rich and quality spices. Mediterranean cuisine rely heavily on cooking and preparation techniques to deliver distinctive and unique flavor. Food is integral to the ebullient hospitality which is imperative throughout in the Mediterranean region.

The Mediterranean region can be divided into three culinary regions: Eastern Mediterranean, Southern European and North African. Eastern Mediterranean cuisine includes culinary traditions of Greece, Turkey, Syria, Lebanon, Palestine and Egypt. Cheese and yoghurt are primarily used as condiments. Some herbs like parsley and mint are dominantly used in the Eastern region. Grains are used in the form of bread. Meat is skewered in chunks like kebabs. Chick peas are widely used as spreads. The Southern European cuisine includes regions of Italy, Southern France and Spain. Tomato, garlic, capers and pine nuts are widely used. Grains are used in the form of pasta or rice. North African cuisine comprises of Morocco, Algeria, Tunisia and Libya. Harissa and ras el hanout are predominantly used in Moroccan cuisine. Use of cumin, coriander, saffron, and cinnamon are in the Southern cooking traditions. Dried fruit like dates, apricot and raisins are commonly used.

The most universally used and prevalent ingredient in the Mediterranean cuisine is olive oil. Olive trees are habitual throughout the region and a major export. Olive oil is used both in cooking and as dressing. Use of vegetables in various ways enhances bold flavors. Eggplants, artichokes, squashes, tomatoes, legumes, onions, cucumbers, mushrooms and assorted variety of greens embellish in this region are regularly used. Meat is frivolously used and is mostly grilled. Due to the rocky terrain, larger animals are not typically supported limiting the meat options to smaller animals like goat, sheep, and chicken. Goat and sheep milk is predominantly used in the forms of yoghurt and cheese. Seafood is generally the most prevalent in the Mediterranean cuisine and used as the primary source of protein. Additionally, the close proximity to the Mediterranean sea provides easy passage to fresh seafood. Use of fresh herbs designates the Mediterranean cuisine. The climate and geographic location is ideal for growing herbaceous plants. Most commonly used herbs are basil, oregano, rosemary, parsley, dill, mint and cilantro to name a few.

The Mediterranean diet favors mono-saturated fat, whole and unprocessed grains, proteins, sugar in its natural habitat and fiber. In 2010, the American Journal of Clinical Nutrition reported results from 19 studies with more than 2 million total participants, that adherence to the Mediterranean diet not only decreased overall lower mortality rates but also a reduced risk of many serious health problems, including heart disease, stroke, Alzheimer’s disease and cancer.

The Mediterranean food we eat today came about as a result of three evolutions affecting Mediterranean history: the Arab agricultural revolution of the ninth through twelfth centuries, the Age of Exploration in the fifteenth and sixteenth centuries and the creative impulse of the Renaissance. The past millennium has formed the Mediterranean food of today which is the result of Mediterranean people inspired by the Islamic culture and agronomy of the past millennium, enhanced by foods brought to the Mediterranean from exploration. Food is essential to our lives and cuisine is the result of culture and reflection of the society from which it emanates.
The Mediterranean diet is common in coastal areas of Southern Europe. It focuses heavily on the consumption of olive oil and nuts. Olive oil and nuts contain monounsaturated fatty acids or “good-fats” that help reduce bad fat in the blood stream therefore reducing cholesterol.

A recent study published in the New England Journal of Medicine showed a significant decrease in the risk of cardiovascular disease in individuals who practiced the Mediterranean diet. The trial looked at about 7,500 individuals who were divided into three groups. One group was given the Mediterranean diet plus olive oil, another was given the Mediterranean diet plus nuts (walnuts, almonds and hazelnuts), and the last group did not follow the Mediterranean diet; rather followed a typical low-fat diet. The study participants were not limited to amount of food consumption or given any instruction on physical activity.

Half way through the intervention, the researchers noted a significant cardiac improvement among both groups of participants of the Mediterranean diet. Ultimately, the diet showed to reduce the risk of cardiovascular disease by 25% to 30%.

Lower Your Risk of Cardiovascular Diseases with the Mediterranean Diet

By Mujahed Khan, Research Manager
It is that time of the year again. Spring is here, so it is time to come out of hibernation and lose those extra pounds. Springtime means starting anew, vibrant colors, blooming flowers, out with the old and in with the new, as well as increase in physical activities.

Taking the initiative to good health is also part of springtime. Eating healthier is the right start by fixing salads, making delicious soups, blending creamy smoothies, preparing home cooked meals, and even grilling.

This season, losing weight could be achieved easily by grilling. It is a universal practice around the world and in any culture. It is fun, affordable, keeps food more moist than baking, and it is very healthy. Nowadays, there are numerous styles and sizes of barbecue grills in the market. However, it is not necessary to have to do grilling on a grand scale outside. It can conveniently be done on any standard gas range or cook top. Grilling can be enjoyed in the kitchen throughout the year.

Placing a baker’s cooling rack on a gas burner will perfectly grill chicken, burgers, kabobs and fish fillets. Proper ventilation is very essential for indoor grilling. Also smoke detectors must be checked frequently for efficiency. The baker’s cooling rack must be bigger than the gas burner, and it should be at least two inches or more tall in order to have good clearance above the stove. For precautionary measures, indoor grilling must be done on medium-low heat.

Quick & Easy Grilled Fish Fillets
PREPARATION TIME: 5 MINUTES
COOKING TIME: 20-25 MINUTES

INGREDIENTS
3-5 medium sized fresh tilapia fish fillets
1 lemon
Salt to taste
Black pepper to taste
¾ tsp. garlic powder

RECIPE
1. Cut lemon and rub it on each side of the fillets.
2. Sprinkle and spread salt, black pepper and garlic powder evenly on fish fillets.
3. Put baker’s cooling rack on gas burner.
4. Grill each fillet side thoroughly on medium-low heat until evenly cooked.
5. Enjoy.

CHEF’S NOTE:
Beef or chicken kabobs may need meat tenderizer in order to be cooked properly and in a timely manner. Foil paper can be placed under or around the burner according to stove or cook top style for easy clean-up.
1 Hummus

By Fadi Farhan

INGREDIENTS

2 cans of garbanzo beans
¼ cup extra-virgin olive oil (IFANCA certified Int’l Food & Flavors, Cargill brands or your choice)
¼ cup tahini paste
¼ cup fresh lemon juice, or more to taste
1 large clove garlic, minced, or more to taste
1 teaspoon ground cumin
salt to taste
1 tablespoon extra virgin olive oil, for drizzling
1 teaspoon paprika for garnish

DIRECTIONS

1. Drain the beans, save some water to use later. Reserve a handful of the whole beans for garnish. Transfer the rest to a large bowl. Blend the beans with hand blender until a smooth paste, adding ½ cup of olive oil gradually. Add the saved water if needed to help it blend. Add the tahini and blend in along with the lemon juice. Blend in the garlic, cumin and salt.

2. Spread the hummus into a flat serving dish and garnish with the saved beans and paprika, a drizzle of olive oil. Serve with Pitta bread.

2 Tomato Salad

By Fadi Farhan

INGREDIENTS

1 cup seeded, finely diced cucumber
1 teaspoon salt
1 cup finely diced tomato
1 cup finely diced sweet onion
1 cup finely chopped fresh parsley
½ cup finely chopped mint to taste
2 tablespoons olive oil to taste
(IFANCA certified Int’l Food & Flavor, Cargill brands or your choice)
1 tablespoon fresh lemon juice to taste
salt and ground black pepper to taste

DIRECTIONS

Place diced cucumbers into a bowl. Toss with tomatoes, sweet onions, parsley, and mint. Drizzle salad with olive oil, fresh lemon juice and season with salt and black pepper.

3 Stuffed Grape Leaves

By Fadi Farhan

INGREDIENTS

2 cups long-grain white rice
1 large onion, chopped
½ cup chopped fresh dill
½ cup chopped fresh mint leaves
2 quarts chicken broth — (IFANCA certified Saffron Road brand or your choice)
¾ cup fresh lemon juice, divided
60 grape leaves, drained and rinsed (IFANCA certified Orlando California or your choice)
Hot water as needed
1 cup olive oil

DIRECTIONS

1. In a large saucepan, add ½ cup olive oil and onions, sauté, than add rice, dill, and mint cook for about 5 to 10 minutes. Pour in 1 quart of broth, simmer for another 10 minutes, or until rice is almost cooked. Stir in ½ of lemon juice and remove from heat.

2. Take one leaf, shiny side down, and place 1 teaspoon of the rice mixture at the bottom (stem) end of the leaf. Fold both sides of the leaf towards the center, roll up from the broad bottom to the top, and place into a flat bottom pot. Repeat with all leaves, layer them tight without gaps. Add remaining lemon juice and olive oil.

3. Pour chicken broth over to cover grape leaves. Cover pot and simmer for about 1 hour on low heat. Remove from heat, and let cool for ½ hour. Transfer to serving dish and serve warm.

4 Salmon Panzanella

By Nuzhat Husain, Training Specialist at National Association of Medicare Supplement Advisors, Inc. (NAMSA)

INGREDIENTS

8 Kalamata olives, pitted and chopped
3 tablespoons red-wine vinegar
1 tablespoon capers, rinsed and chopped
½ teaspoon freshly ground pepper, divided
3 tablespoons extra-virgin olive oil
2 thick slices day-old whole-grain bread, cut into 1-inch cubes (see Tip)
2 large tomatoes, cut into 1-inch pieces
1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
¼ cup thinly sliced red onion
¼ cup thinly sliced fresh basil
1 pound center-cut salmon, skinned and cut into 4 portions
½ teaspoon salt

**Directly On**

1. Preheat grill to high.
2. Whisk olives, vinegar, capers and 1/8 teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.
3. Oil the grill rack. Season both sides of salmon with salt and the remaining 1/8 teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

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**Stuffed Zucchini**

By Fadi Farhan

**INGREDIENTS**

- ¼ cup basmati rice
- 2 cups tomato puree, divided
- 1 teaspoon dried mint
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- 2 pounds small zucchini
- ½ teaspoon salt
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice

**DIRECTIONS**

1. Mix together half boiled basmati rice, 2 tablespoons tomato puree, salt, and pepper.
2. Slice the ends off of the zucchinis and hollow out the centers using an apple corer. Stuff with the above mixture.
3. Stir together the remaining tomato puree with ½ teaspoon salt in a large skillet. Place the stuffed zucchini into the sauce, and add enough water to cover the zucchini. Bring to simmer for 30 minutes.
4. Stir in the garlic, lemon juice, and mint. Simmer an additional 15 minutes. Serve cut up in halves or rounds.

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**Lentil Rice**

By Fadi Farhan

**INGREDIENTS**

- 1 cup dry lentils, rinsed
- 2 teaspoon salt
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- ¼ cup white basmati rice, rinsed
- 2 tablespoons olive oil
- ⅛ cup vegetable oil
- 3 white onions, sliced
- Water as needed

**DIRECTIONS**

1. Soak the lentils in 2 ½ cups water. In a sauce pan, add salt, cumin, and garlic powder, simmer over low heat until soften.
2. Add rice and olive oil. Cover the pot and continue cooking until the lentils and rice are tender.
3. Heat the cooking oil in a skillet over medium heat, add onions and fry until brown. Add the onions to the rice and lentil mixture. Serve hot.

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**Baklava**

By Fadi Farhan

**INGREDIENTS**

- 1 cup unsalted butter
- 16 ounce package phyllo sheets
- 2 cups chopped pecans
- 1 ½ cups water
- ⅛ cup white sugar
- 1 cinnamon stick
- 1 cup honey

**DIRECTIONS**

1. Melt the butter over low heat. Pour 2 tablespoons of the butter into the bottom of a 9x13 inch baking pan.
2. Layer 4-6 phyllo sheets in the pan. Sprinkle with ½ cup of pecans over the phyllo sheets, brush generously with the melted butter, and sprinkle with ½ cup of pecans. Continue layering until all is used.
3. With a sharp knife, cut phyllo sheet to form diamonds. Add remaining butter over the filling.
4. Bake 45 to 50 minutes in the preheated 350 degrees oven, until golden brown.
5. Meanwhile, combine the sugar, water and cinnamon stick in a medium saucepan, and bring to boil, stirring constantly. Simmer for 10 minutes.
6. Mix in honey and remove from heat and discard cinnamon stick.
7. Pour honey mixture over hot baklava. Let it cool and serve warm.
Eating for Your Heart

By Suzann Audi
The Mediterranean diet is not a get-slim-quick gimmick, and it does not mean loading up on spaghetti and Greek yogurt. Rather, it is learning to choose foods that promote a healthy heart and body. The Mediterranean-style diet is quite similar to what we already know to be a healthy way of eating. Each meal should be based on fruits, vegetables, whole grains, and legumes. Protein should mostly come from plant sources and fish, whereas red meat is limited. Healthy fats such as olive oil should replace all other fats and oils in our diet. And nuts can be enjoyed in small portions. Continue reading to learn more about the benefits you can gain from the nourishing, balanced Mediterranean diet, and how to make it part of your healthy lifestyle. As with any lifestyle change, be sure to talk to your doctor before making changes to your eating habits.

Heart health is a phrase you will find constantly when learning about the Mediterranean diet. That’s because most foods emphasized in the Mediterranean diet contribute to healthy heart! The leading cause of death in the US is heart disease, followed closely by cancer. Among men and women, colon cancer is the second leading cancer killer in the US (the first is lung cancer). We can help reduce our risk of heart disease and many types of cancer, including colon cancer, by maintaining a healthy lifestyle. Our diet is one lifestyle choice that can be the easiest to change in a positive way. Eating healthy does not need a gym membership or extra time outside of our normal routine. Education is the key to starting up the path to a healthier heart and body, so let’s get started!

FRUITS AND VEGETABLES ARE WHERE IT’S AT!
What’s so great about fruits and vegetable anyway? Everything! Fruits and veggies are loaded with vitamins, minerals, fiber, and phytochemicals. The phytochemicals are beneficial nutrients found in plants which may protect against cancer. Lycopene, lutein and carotene are phytochemicals that may be familiar to you. Dark or bright colors are an indication of high phytochemical content; think spinach, blueberries, and tomatoes. Buy in-season fruits and vegetables for the best flavor and quality.

SWISS CHARD, FAVA BEANS, BROCCOLI, SPINACH, STRAWBERRIES, AND MANGOES ARE ALL IN-SEASON IN THE SPRING.

WHOLE GRAINS FOR DIGESTIVE HEALTH
Grains are complex carbohydrates, so they provide lasting energy to your body. The healthiest grains are whole grains. Selecting whole grain pasta, bread, cereal, and flour, as well as brown rice is one of the easiest changes you can make to improve your diet. Popcorn, wild rice, oats, bulgur wheat, cracked wheat, quinoa and wheat berries are also whole grains. When purchasing whole grain, some key words to look for are 100% “whole wheat,” “whole grain,” and “fiber.” “Multigrain” does not mean whole grain.

Whole grains contain germ and bran. Germ is rich in B vitamins, minerals and essential fatty acids. Bran is the fibrous outer covering on grains. The fiber in bran is like a brush for your digestive system; it cleanses the body of buildup. High dietary fiber has been linked to a reduced risk of cancers of the digestive system, such as colorectal cancer. Men should aim for 38 grams fiber per day, while women need 25 grams. Those over 50 need slightly less fiber. Grams of dietary fiber are listed on the Nutrition Facts panel of the foods and ingredients you purchase.
LEGUMES, AN IDEAL IRON SOURCE

Legumes are a family of plants including beans and lentils, as well as soybeans, peas and peanuts. Legumes are high in fiber, minerals, protein, and iron. In fact, legumes are the answer to meeting your iron requirements when choosing a low meat lifestyle, such as the Mediterranean diet. Most women need to consume 18 mg iron each day, while men only need 8 mg.

The iron in beef and lamb is easily absorbed by the body, but a serving is only 3 ounces. A 3 ounce serving of meat is about the size of the palm of a woman’s hand. This amount of beef stew meat provides 2.5 mg iron. Poultry is not a good source of iron; two chicken tenders weigh about 3 ounces and provide only 0.3 mg iron. On the other hand, 1 cup of cooked lentils will provide more than 6 mg iron. If meat is the only source of iron in a woman’s diet, she would need to eat more than 1½ pounds of beef, every day to meet her iron needs! The high levels of saturated fat and cholesterol from this type of diet are potential risks to heart health.

Lentils are not the only iron powerhouse. Chickpeas, beans, split peas and peanuts are other legumes which are also high in iron. Don’t forget peanut butter, chickpea and lentil flour, refried beans, tofu and other soy and bean products such as “veggie burgers.” There are dozens of ways to complement each meal and snack with iron-rich legumes.

I FEEL LIKE FISH TONIGHT

The main benefit of fish is their omega-3 fatty acid content. Omega-3 fatty acids carry a host of benefits that lead to reduced risk of heart disease; they may ease inflammation, decrease triglycerides, lower blood pressure and reduce blood clotting. They may also enhance brain development in the fetus and improve learning ability in children. What kind of fish should you eat, and how much? Salt-water and fatty fish contain the highest amounts of omega-3 fatty acids. Eat 6 ounces of fatty fish each week to receive the most health benefits. Salmon, herring, mackerel, anchovies and sardines are all rich in omega-3 fatty acids. Tuna also contains omega-3 fatty acids, though in a smaller amounts.

Thought it couldn’t get better? It does! Fatty fish are also the only natural, non-fortified food source of vitamin D. Aside from the advantages of fatty fish, all fish are a wise choice of lean protein. Watch the preparation method, though. Opt for baked, broiled, grilled or steamed fish. Tilapia, snapper, cod and most other fish do not provide the heart health benefits of fatty fish, but they are still healthy when prepared properly. Enjoy fish at least twice a week as part of the Mediterranean diet.

OLIVE OIL, THE HEALTHY FAT!

Olive oil is the oil you can feel good about eating! Olive oil is mainly made up of monounsaturated fatty acids (MUFAs); they are type of fatty acids that may actually help lower your cholesterol as well as increasing high-density lipoprotein (HDL) cholesterol and decreasing low-density lipoprotein (LDL) cholesterol. HDL is the so called “good cholesterol,” while LDL is the “bad cholesterol.” High levels of LDL are linked to heart disease and poor cardiovascular health, while high levels of HDL may be beneficial to heart health. MUFAs may also be beneficial to people living with type 2 diabetes.

Keep in mind that olive oil, while high in MUFAs, is still a fat. Rather than adding olive oil to your diet, you should replace other oils like margarine, butter and animal fats with olive oil. For example, rather than spreading butter on your toast or roti, drizzle with olive oil. Olive oil has a delicious fruity flavor; you will find yourself wondering how you ever enjoyed foods without it! Just a little olive oil can give a big flavor impact. Still, there are some foods that should not be made with olive oil due to its low smoke point. If you have ever accidentally grabbed the wrong oil bottle when preparing to fry a dish, you will have experienced how olive oil will smoke at a much lower temperature than corn, vegetable, and canola oil. Olive oil should not be used for frying because it will smoke at around 380°F (193°C). When you need oil for frying, you should choose canola oil. Canola oil has higher MUFAs than corn, peanut and vegetable (soybean) oils. Also pay special attention to the fats in processed foods, such as cookies, chips and any baked or fried food that you purchase in stores or restaurants.
GO NUTS!
The Mediterranean diet has a special place reserved for nuts. Nuts provide valuable minerals (most nuts are high in manganese and copper), antioxidants, fiber and protein. Best of all, the beneficial, unsaturated fats in nuts have given them a spot in a heart healthy diet. Nuts are still high in fat, though. Rather than adding nuts to your diet, use them as an alternative to unhealthy snacks such as chips and cookies. Enjoy a small handful of nuts daily to boost your energy in a wholesome way. Here are some of our favorite nuts.

Walnuts — Walnuts are the super-nut! Just like salmon, walnuts are rich in omega-3 fatty acids.

Almonds — California produces 80% of the world’s supply of almonds. They can be purchased in any form you like: whole, blanched, halved, sliced, or slivered! Whole almonds are the perfect size for stuffing pitted dates. Unripe, “green” almonds are enjoyed throughout the Middle East. Check Middle Eastern and European markets for this sweet delight. Green almonds can be found starting around late April through late June.

Pistachios — Adults and kids alike enjoy cracking pistachios — no tools required except your fingers!

Cashews — Cashews are soft and easy to chew, making them a good choice for children. Cashews are popular throughout Africa and India.

HOW DO I START?
Now that you know about the Mediterranean diet, how do you get started? Clip out the list of foods in this article and keep it wherever you keep your grocery list. Use a magnet to keep it on the refrigerator, stick it on the inside of a cabinet or pantry door, or tape it on the inside cover of a cookbook. You can even add the list to a note application on your tablet or smart phone. Keep an eye out for the foods on your list when you go grocery shopping. We’ve given you a head start with simple, healthy recipes made from foods in this article.

Visit these websites for more information on the Mediterranean diet:

- Oldways http://oldwayspt.org/
- Harvard School of Public Health, Nutrition Source http://www.hsph.harvard.edu/nutritionsource/
- Produce for Better Health Foundation www.pbhfoundation.org
- Whole Grains Council http://wholegrainscouncil.org
- Mayo Clinic www.mayoclinic.com

Foods mentioned in this Heart-Healthy Mediterranean Diet article:

- Dark- or bright-colored vegetables such as spinach, blueberries, and tomatoes.
- Whole grain pasta, bread, cereal, flour, brown rice, popcorn, wild rice, oats, bulgur wheat, cracked wheat, quinoa and wheat berries.
- Legumes: lentils, soybeans, peas, peanuts, chickpeas, beans, split peas, peanut butter, chickpea and lentil flour, refried beans, tofu and other soy or bean products.
- Salmon, herring, mackerel, anchovies, sardines and tuna.
- Olive oil and canola oil.
- Walnuts, almonds, pistachios, cashews, and other nuts
Roast Breast of Lamb Moroccan Style

By Hanane El Rhalib, Graphic Designer

INGREDIENTS

- 3 pounds of lamb breast — Halal certified
- 1 onion
- ½ cup of vegetable oil (Columbus Oils brands or your choice)
- 1 tablespoon of smen (ghee) — clarified butter
- 3 garlic cloves
- 1 tsp of salt (to taste)
- ½ tsp of turmeric powder
- 2 tsp of paprika
- 1 tsp of ginger powder
- A large pinch of saffron

DIRECTIONS

1. Dice the onion and mince the garlic.
2. Mix the spices in ½ cup of water.
3. Make few slits in the meat. Cover the meat with the spice mix and the garlic.
4. In a cooking pan, cook the meat with the vegetable oil, clarified butter, and the onion. Add 2 cups of water to the meat.
5. Cover the pan and let the meat cook on high heat until fully cooked (that will take approximately 1 hour). Rotate the meat from time to time in the pan so it is cooked from all sides.
6. Once the meat is cooked, place it in a baking pan and pour few tablespoons of the sauce on top.
7. Broil the meat in the oven for 5 minutes.
8. Pour the rest of the sauce on the meat and serve immediately.
Moroccan Grilled Lamb Chops

By Hanane El Rhalib, Graphic Designer

INGREDIENTS

1.5 (700 grams) pound lamb chops – halal certified
6-8 fresh mint leaves (finely chopped)
¼ cup for finely chopped parsley
2 teaspoon paprika
1 teaspoon ground cumin
1 teaspoon salt
¼ teaspoon red chili pepper
2 tablespoons of olive oil
2 tablespoons of water

DIRECTIONS

MARINATING THE LAMB CHOPS
1. Place the lamb chops in a large bowl.
2. Add the chopped mint leaves, parsley, crushed garlic cloves, olive oil, and spices to the bowl. Mix well.
3. Add a little bit of water to dilute the mixture. Mix well.
4. Cover the bowl with a plastic wrap and place it in the fridge for at least 1 hour. You can marinate the lamb chops overnight if you want.

GRILLING THE LAMB CHOPS
5. You can grill the lamb chops in your barbecue grill or a grilling plate that you place on top of a stove.
Note: If you are using a grill plate, cover it with a little bit of olive oil.
6. Grill the lamb chops on both sides for a few minutes each side.
Note: grill the lamb for a shorter time if you like meat rare or medium-rare, and longer for well done. But be careful not to overcook or the meat will be too dry.
7. Serve the lamb chops with rice and vegetables.
Falafel and Cucumber Sauce

By Fadi Farhan

INGREDIENTS

1 can chickpeas (garbanzo beans), drained
1 onion, chopped
½ cup fresh parsley
2 cloves garlic, chopped
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 dash pepper
1 tablespoon olive oil
oil for frying

Sauce

1 (6 ounce) container plain yogurt
½ cucumber chopped
1 teaspoon dried dill weed
salt and pepper to taste
1 tablespoon mayonnaise

DIRECTIONS

1. In a large bowl combine chickpeas, onion, parsley, garlic, cumin, coriander, salt, olive oil and pepper until thick mix with hand blender. Make 8 balls and then flatten into patties.
2. Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.
3. In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise. Chill for at least 30 minutes. Serve with Falafal.
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The Perfect Cup of Tea

By Zeshan Sadek, Halal Administrator
Tea is an aromatic stimulant containing various polyphenols, essential oils and caffeine. The tea plant itself is *Camellia sinensis*, a native of Southeast Asia. Tea brewed from dried leaves of this plant has been drunk in China since the 10th century BC. Tea is drunk by about half of the world’s population, and China, India, Indonesia and Sri Lanka are the main producers of tea. Leaf buds and young leaves, called tips, are also used in making tea, the age and size of the leaves determine the taste and name of the particular commercial variety.

**HISTORY OF TEA**
A Chinese Emperor was boiling drinking water, and some leaves from a nearby Camellia plant floated into the pot. The emperor drank the mixture, and declared it to give vigor and contentment to the body. As testament to this, tea is second only to water in worldwide consumption. In the US, 2.25 billion gallons of tea are drunk in one form or another, whether it be hot, iced, flavored or spiced.

**MEDICAL BENEFITS OF TEA**
Recent research suggests drinking tea may help prevent everything from cavities to Parkinson’s disease. Below are some of the conditions that may be prevented by drinking tea:

**Arthritis**: Research suggests that older women who drink tea are 60% less likely to develop rheumatoid arthritis.

**Bone density**: Drinking tea regularly may produce stronger bones, leading to higher bone mineral density in one’s spine.

**Cancer**: Green tea extracts were found to inhibit growth of bladder cancer cells in the lab, while other studies suggest that drinking green tea protects against developing stomach and esophageal cancers.

**Flu**: You may be able to boost your fight against flu with black tea. In a recent study, people who gargled with a black tea extract solution twice a day showed a higher immunity to the flu virus.

**Heart Disease**: A recent study suggested that drinking more than two cups a day of tea decreases the risk of death following a heart attack by 44%. Tea is a rich source of flavonoids, and high dietary intake is associated with reduced risk of fatal heart attacks.

**High Blood Pressure**: Drinking a half cup of green or oolong tea per day reduces a person’s risk of high blood pressure by almost 50%.

**Oral Health**: Rinsing with black tea may prevent cavities and gum disease.

**Immune Health**: Tea has been shown to boost the body’s defence mechanism against many other illnesses.

**WHAT’S RESPONSIBLE FOR TEA’S MANY HEALTH BENEFITS?**
It is the chemical flavonoids and polyphenols in tea, both natural classes of antioxidants, that rid the body of molecules called free radicals, which are by-products of damage done to the body by pollution and the natural aging process. Hibiscus teas contain a number of different antioxidants that may help to protect against cell damaging free radicals, you can find hibiscus in such teas as sour tea, red zinger tea and sorrel tea. Black and green both have different types of antioxidants than fruits and vegetables.

**GREEN TEA VS BLACK TEA**
Black, green and herbal teas are all made from the plant, *Camellia Sinensis*, but differ in their methods of preparation. All tea leaves are withered, rolled and heated, but black teas go through an oxidative process called fermentation before the final heating step.

Herbal teas are not derived from the above mentioned plant, but from leaves, bark, roots, seeds and flowers of other plants. Oolong teas are not really associated with the many healing benefits that black and green teas have.

Green tea, which can be drunk or swallowed in the form of a capsule or tablet, is thought to reduce the risk of cancer, lower lipid (cholesterol) blood levels, prevent dental cavities and treat stomach ailments, such as diarrhea and vomiting. There are some possible side effects, however. Drinking large amounts of green tea may cause heartburn, stomach irritation and loss of appetite. Green tea has caffeine in it, which could also cause nervousness, insomnia, frequent urination and increase in blood pressure.

Green tea is the best food source of a chemical group called catechins. In test tubes, catechins are more powerful than vitamins C and E in halting oxidative damage to cells and appear to have other disease-fighting properties as well. Studies have found an association between consuming green tea and a reduced risk for several cancers, including, skin, breast, lung, colon, esophageal, and bladder.

Additional benefits for regular consumers of green and black teas include a reduced risk for heart disease. The
antioxidants in green, black, and oolong teas can help block the oxidation of LDL (bad) cholesterol, increase HDL (good) cholesterol and improve artery function.

ARE ALL TEAS EQUALLY GOOD FOR THE BODY?
This is a question researchers are still squabbling over. Does green tea have more antioxidants than black tea? Should I drink instant tea or loose leaf tea for better health benefits? Is hot tea better than iced tea? Here’s what it comes down to:

- Higher quality teas may have more catechin antioxidants than lower quality teas.
- White tea has more antioxidants than any other tea.
- Green tea has more catechin antioxidants than black tea since black tea goes through more processing.
- Unfermented rooibos tea has more polyphenol antioxidants than fermented rooibos.
- Freshly brewed teas have more polyphenol antioxidants than instant or bottled teas.
- More researchers seem to agree that brewed (cold or hot) or caffeinated tea has more antioxidants than instant teas.

HOW TO BREW A BETTER CUP
In green-tea drinking cultures, the usual amount is three cups per day. Allow tea to steep for three to five minutes to bring out its catechins. Tea can impede the absorption of iron from fruits and vegetables, but adding lemon or milk or drinking tea between meals will counteract this problem.

Anyone can boil water and make tea. However, there is more to making a truly savory cup of tea, which requires the following:

1. Use the best quality tea leaves.
2. Use a teapot, not a microwave! Once water is boiling, take off the heat and place one teabag for each cup in the pot. Use five teabags for about 30 fl. oz. of water.
3. Allow tea to steep without stirring for three to five minutes, depending on the strength you prefer.
4. After steeping, remove teabags without squeezing them.
5. Pour hot tea in a cup and enjoy!!! There is a world of difference in the true flavor of fine tea if it is prepared correctly.

Amaretto Alcohol free Tea

INGREDIENTS

| Hot Tea    | 6oz. |
| Amaretto   | 2oz. |
| Whipped Cream | Chilled |

Pour hot tea into a pousse-café glass, using a spoon in the glass to prevent from cracking. Add Amaretto, but do not stir. Finally, top with chilled whipped cream and serve.

IFANCA CERTIFIED TEA COMPANIES:

China Mist Tea Company, USA
International Coffee Bean and Tea Leaf, USA

www.ghanca.org

HALAL CONSUMER | Spring 2013
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In matters of halal, we take the doubt out of doubtful.

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HEALTHFUL WONDER FOODS

By M. Munir Chaudry
<table>
<thead>
<tr>
<th>FOOD</th>
<th>RICH IN</th>
<th>HOW TO EAT</th>
<th>BENEFITS/HARMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Ursolic Acid, Fiber</td>
<td>Any which way</td>
<td>Reduce risk of Colon, Prostate, Lung Cancers</td>
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<tr>
<td>Beets</td>
<td>Antioxidants, Fiber</td>
<td>Raw or Boiled/add to salads</td>
<td>Increase blood flow to brain</td>
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<tr>
<td>Black Seed</td>
<td>Neutriceuticals</td>
<td>Add to any food/cereals</td>
<td>Prevent many ailments</td>
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<tr>
<td>Broccoli</td>
<td>Vitamin C, Beta-Carotene</td>
<td>Raw or Steamed</td>
<td>Fight infections, Improves skin luster</td>
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<tr>
<td>Celery</td>
<td>Calcium, Iron, Potassium</td>
<td>Raw as snack</td>
<td>Balance nutrients</td>
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<tr>
<td>Chili Peppers</td>
<td>Capsaicin, Vitamin C</td>
<td>Add to any Savory Food</td>
<td>Improve blood flow</td>
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<tr>
<td>Cranberries</td>
<td>Anthocyanins, Phytochemicals</td>
<td>Dried or Fresh, add to salads</td>
<td>Reduce cholesterol, Fights infections</td>
</tr>
<tr>
<td>Eggs</td>
<td>Zinc, Iron, Protein, Choline</td>
<td>Any which way</td>
<td>Increase blood flow, More cholesterol</td>
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<tr>
<td>Figs</td>
<td>Calcium, Fiber</td>
<td>Fresh or Dried</td>
<td>Prevent bone loss, Reduce risk of cancer</td>
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<tr>
<td>Fish</td>
<td>Good Fat Omega 3</td>
<td>Broiled, Grilled, Baked</td>
<td>Reduce cholesterol, Increase blood flow</td>
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<tr>
<td>Grape Fruit</td>
<td>Vitamin C, Fiber</td>
<td>Just peel and eat</td>
<td>Fight infections, Reduces risk of cancer</td>
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<tr>
<td>Green Peppers</td>
<td>Vitamin C</td>
<td>Add to salads</td>
<td>Fight infections, Improves skin luster</td>
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<tr>
<td>Green Tea</td>
<td>Antioxidants, Flavonoids</td>
<td>Beverage</td>
<td>Prevent heart disease and cancer</td>
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<td>Honey</td>
<td>Sugars, Nutritional Factors</td>
<td>Sweetener, Dessert</td>
<td>Elixir, Healing effects</td>
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<tr>
<td>Kiwi Fruit</td>
<td>Antioxidants, Lutein</td>
<td>Fresh or Dried</td>
<td>Fights free radicals, Prevents cancer</td>
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<tr>
<td>Lamb</td>
<td>Iron, Omega 3 Fat</td>
<td>Grill, Broil, Sear</td>
<td>Prevent stroke and anemia</td>
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<tr>
<td>Mustard</td>
<td>Selenium, Manganese</td>
<td>Add to stew or Hot dog</td>
<td>Prevent heart disease,Boosts immune system</td>
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<tr>
<td>Mustard Greens</td>
<td>Vitamins A &amp; K, Selenium</td>
<td>Boiled, Pureed</td>
<td>Boosts immune system, Food supplement</td>
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<tr>
<td>Olive Oil</td>
<td>Healthy Fatty Acids</td>
<td>Light Cooking on salads</td>
<td>Improves cardiovascular system</td>
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<tr>
<td>Olives</td>
<td>Nutritional Factors</td>
<td>Pickled</td>
<td>Feel good heart, Healthy food</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Lutein, Flavonoids</td>
<td>In salad or Cooking</td>
<td>Prevent cancer, Boost immunity</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Curcumin, Phytochemicals</td>
<td>Spice, Coloring food</td>
<td>Many medicinal effects</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Live Culture, Calcium</td>
<td>Plain or with fruit</td>
<td>Many benefits, Soothes digestive system</td>
</tr>
</tbody>
</table>

A Sample of IFANCA Halal Certified Companies

Abbott Nutrition
Chocolate Ensure Pudding
Ensure Chocolate Powder
Ensure High Protein Strawberry (Meal Replacement)
Ensure Nog (Meal Replacement)
Gain Advance Next Generation Powder
Glucerna Sr Powder Vanilla
ICP Infant Formula Powder
Isomil Ready to Feed
Pediasure Strawberry Powder
Similac Advance EyeQ with Iron
Similac Advance Lactose Free (High Protein)

American Bakery Products
Lawash Spinach Bread
Lawash Wheat Bread
Lawash Tomato Bread
Lawash White Bread

American Halal Co./Saffron Road
All Natural Artisan Roasted Chicken Broth
All Natural Classic Culinary Vegetable Broth
All Natural Traditional Chicken Broth
Bombay Spice Crunchy Chickpeas
Chana Saag
Chicken Biryani
Chicken Bites
Chicken Nuggets
Chicken Pad Thai
Chicken Tenders
Chicken Tikka Masala
Crispy Samosas with Saag Paneer
Crispy Samosas with Vegetables
Lamb Saag
Lemongrass Basil Chicken
Dates, Tamarind & Walnuts Bites
Falafel Crunchy Chickpeas
Keema with Chicken
Lamb Vindaloo
Macaroni and Cheese
Manchurian Dumplings
Mint Cilantro Chicken
Moroccan Lamb Stew
Tandoori Chicken Nuggets
Thai Basil Chili Tofu
Three Cheese Lasagna
Turkish Figs & Goat Cheese Bites
Tzatziki Falafel
Wasabi Crunchy Chickpeas

Asti Holdings
Crunchy Almond Nougat Candy
Soft Almond Nougat Candy
Soft Hazelnut Nougat Candy
Crunchy Hazelnut Nougat Candy

Sito Oxygenated Water

Bard Valley Medjool Date
100% Natural Medjool Dates

Baskin Robbins/Dunkin Brands
Blackberry Yogurt
Blueberry Pannacotta
Caramel Crush
Cherry Chipster
Chocolate Trilogy
Crimson Passion Sorbet
Irish Coffee Yogurt
Mango Mania
Neopolitan Dynamite
Old Fashioned Butter Pecan
Pink Bubble Gum
Pomegranate Swirl
Red Velvet
Salted Caramel
Strawberry Yogurt
Toasted Coconut Crunch
Total Eclipse

Ben and Jerry’s Homemade, Inc.
Butter Pecan
Chocolate Peanut Butter Swirl
Chunky Monkey Ice Cream
Mango Mango Sorbet
Mint Chocolate Chunk Ice Cream Pint
New York Super Fudge Chunk
Sweet Cream & Cookies Ice Cream Pint

Cabot Creamery
50% Light Garlic & Herb Cheddar Cheese
50% Light Jalapeno Cheddar
50% Light Muenster
50% Light Pepper Jack
50% Reduced Fat Cheddar Cheese with DHA Omega

Canadian Halal Health & Beauty Care
Katira Men’s Shampoo
Katira Men’s Conditioner

Carole’s Cheesecake Company Ltd.
Apricot Coffee Cake
Banana Chocolate Chip Cake
Caramel Brownie Bar

For a complete and up-to-date list of halal certified companies and halal certified products, visit www.ifanca.org
Caramel Brownie Cheesecake
Carole’s™ "The Malted Mousse"
Chocolate Mousse Cheesecake
Chocolate Strawberry Torte
Crisp Rice Squares — Natural
Lemon, Marble and Vanilla Cheesecake
No-Sugar-Added Cappuccino Cheesecake
Peanut Butter Cookies
Toffee Almond Bar
White Christmas Chocolate Mousse (C)

China Mist Tea Company
Best China Green
Blackberry Jasmine Green Tea
Decaf Earl Grey
Kiwi Strawberry Herbal tea
Organic Estate Black-Black Iced Tea
Wild Blueberry Flavored Green Tea
Decaf Passion Fusion-Black Iced Tea
Ginger Ginseng

Crop Cooperative/Organic Valley
Organic Fat Free (Skim) Milk
Organic Low Fat (1%) Milk
Organic Reduced Fat (2%) Milk
Organic Whole Milk
Nonfat Dry Milk
Organic 1% Milk Fat Low Fat Milk
Organic 1% Milk Fat Strawberry Low Fat Milk
Organic 2% Milk Fat Reduced Fat Milk
Organic Reduced Fat (2%) Milk
Organic Whole Milk
Organic 1% Milk Fat Chocolate Low Fat Milk

English Biscuit Manufacturers (Pvt.) Ltd.
Farm House Cookies — Coconut Crunch
Marie Biscuit
Peanut Pista Biscuit
Rin Vanilla Chocolate Biscuit
Butter Puff Biscuit
Farin House Cookies — Chocolate Chip
Gluco Biscuit
Lemon Sandwich Biscuit
Party Biscuit
Rin Vanilla Biscuit
Whole Wheat Biscuit
Enjoy Life Natural Brands
Beach Bash Trail Mix
Caramel Apple Bar
Chewy Chop Chip Snack Pack
Cinnamon Crunch
Mountain Mambo Trail Mix
Semi-Sweet Chips

Happy and Healthy Products, Inc.
Fruit Goodness Strawberry Juice
Fruitfull Banana Cream
Happy Indulgence Decadent Dips Chocolate Dipped Strawberry
Fruit Goodness Banana Cream
Fruit Goodness Coconut Cream

J & M Food Products Company
Beef Stew
Chicken & Noodles
Chicken Mediterranean
Florentine Lasagna
My Kind of Chicken®
Old World Stew
Vegetarian Stew
Cheese Tortellini
Chicken & Black Beans
Lamb & Barley Stew
Lamb & Lentil Stew
Pasta with Garden Vegetables

Kontos Foods, Inc.
Alexander’s Great Flatbread Greek-Style FYRO Pita
Kontos Hummus Flatbread with Crushed Red Pepper
Kontos Onion Flatbread
Kontos Panini Bread
Kontos Phyllo (Fillo)
Kontos Pizza Parlor Crust
Kontos Roghani Nan
Kontos Spanakopita
Alexander’s Great Flatbread Mogulai Naan

Love and Quiches Desserts
1/2 Sheet Plain Cake Brownie 48 Cut
7” Banana Split
7” Tiramisu Cake
Mississippi Mud 14 cut
NY Cheesecake 16 cut

My Own Meals, Inc.
Cheese Tortellini
Pasta with Garden Vegetables
Vegetarian Stew
Florentine Lasagna

National Foods Limited
Caspian Basmati Rice
Fine Food Achar Goshit
Fine Food Chat Masala Powder
Fine Food Fruit Chat Masala Powder
Fine Food Turmeric Powder
Horeca Select Biryani Masala (Pouch)
Horeca Select Custard Powder
Hot Punjabi Pickle Mixed
National Aaloo Palak
National Apple Jam
National Feerni Mix
National Fish Masala Mix

For a complete and up-to-date list of halal certified companies and halal certified products, visit www.ifanca.org
**Nestle**
- Carnation Full Cream
- Carnation Non Dairy Creamer
- Cerevita Cinnamon
- Custard Vanilla
- Maggi Chicken
- Maggi Golden Beef
- Maggi Onion Mix
- Maggi Seasoning Powder
- Mango Orange Drink
- Nescafe Classic
- Nescafe Ginger & Spice
- Nestle Pure Life Drinking Water
- Nesvita Pro-Bones Milk
- Peach Nectar
- Shake Mix
- Strawberry Flavored Milk
- Sweet n Tasty Yogurt

**NSE Products Inc. (Nutritional Supplements)**
- G3 Juice
- ProBio PCC
- ReishMax GLp
- Tegreen 97

**Nutrilite**
- Bio C Plus Nutritional Supplement
- BlueBerry Meal Bar
- Caramel Creme Snack Bar
- Carb Blocker 2 Nutritional Supplement
- Acerola Cherry Drink Mix
- Cherry Almond Syrup Blend Nutritional Supplement

**Olympia Food Industries, Inc.**
- Kontos Gyros Cones Halal Label
- Naan Bread
- Pita Pan Original Pita Bread
- Olympia Gyros Slices
- Olympia Gyros Cones

**POM Wonderful**
- LITE POM Dragonfruit Juice Cocktail
- LITE POM Pomegranate Black Currant Juice Cocktail
- LITE POM Pomegranate Blackberry Juice Cocktail
- Pomegranate Blueberry 100% Juice
- Pomegranate Juice Concentrate
- Pomegranate Kiwi 100% Juice
- Pomegranate Lychee Green Tea
- Pomegranate Mango 100% Juice
- Pomegranate Orange Blossom Red Tea (Light Tea)
- Pomegranate Peach Passion White Tea
- Pomegranate Wildberry White Tea (Light Tea)
- 100% Pomegranate Juice
- LITE POM Pomegranate Juice Cocktail
- Pomegranate Blackberry Tea

**Re-Vita Manufacturing**
- All Natural Vegetable Fiber
- Power Juice Fruits Tablets

**Re-Vita Manufacturing**
- Power Juice Vegetables Tablets
- Re-Vita Bones & Joints Tablets
- Re-Vita Derm Tablets
- Re-Vita DHEA Tablets
- Re-Vita Enzymes Capsules
- Re-Vita Healthy Male Tablets
- Re-Vita LiquaHealth Butternut
- Re-Vita Spira Tabs Tablets

**Reliv International**
- Reliv Arthaffect Dietary Supplement
- Reliv Classic Powdered Supplement
- Reliv Natural Orange Flavor Innergize Sports Drink
- Reliv Now for Kids Chocolate Dietary Supplement
- Reliv ProVantage Dietary Supplement
- Reliv Reversage Dietary Supplement
- Reliv SoySentials Dietary Supplement
- Reliv Vanilla Simplicity® Meal Replacement
- Reliv Celebrate Dietary Supplement
- Reliv Chocolate Simplicity® Meal Replacement

**Schreiber Foods, Inc.**
- American Heritage Cream Cheese
- Lite-Smoke Flavor
- Meadow Fresh Cream Cheese
- Pauly Cream Cheese
- Raskas Cream Cheese
- Smoke Flavored String with Sodium Propionate
- Vinegar Flavor

**Sun Dates LLC**
- SunDate 16oz Pitted Dates Cup
- SunDate 2lb. Medjool Date Tub
- SunDate 2lb. Pitted Dates Tub
- SunPalm 2lb. Medjool Date Tub
- SunDate 12oz. Medjool Date Clamshell
- SunDate 12oz. Whole Date Cup

**Sun-Maid Growers of California**
- Prune
- Raisins without Oils: Bulk Pack
- Raisins with Oils: Bulk Pack
- Raisins: Retail Packs

**Sunrider International**
- Dr Chen’s Hand & Body Lotion
- Dr. Chen Aftershave
- Kandesn Aftershave
- Kandesn Color Compact Insert-Blush-Coral Rose
- Kandesn Lash Enhancer Mascara — Brown
- Kandesn Moisturizing Lip Color — Cocoa Shimmer
- Kandesn Nail Lacquer — fresh Berry
- Kandesn Night Emulsion
- Kandesn Shampoo
- Kandesn Sheer Silk Translucent Powder — Dark
- Kandesn SPF 25 Protective Emulsion

For a complete and up-to-date list of halal certified companies and halal certified products, visit www.ifanca.org
Oi-Lin Deep Moisture Lotion SPF 25
Oi-Lin Facial Toner
Sunergy Cali Beverage, Cinnamon Flavor
VitaShake Cocoa Herb Food/Meal Replacement

**Sunsweet Growers, Inc**
Plum Puree
Plum Smart
Plums
Prune Juice
Prune Juice Concentrate
Prunes
Apricots
Cranberry Cocktail
Lighter Bake

**Super-Puffft Snack Corporation**
Barbecue Seasoning Potato Chips
Citrus Farm — Orange Juice
Citrus Valley — Fruit Punch Juice
Paky Taky Caramel Popcorn
Salt & Vinegar Potato Chips
Thin Potato Chips No Flavor
Twisted Fruits — Apple Juice
Chip Flix Salt & Vinegar
Citrus Farm — Mango Nectar
Moon Lodge Stuffed Jalapeño Potato Chip
Sour Cream & Onion Seasoning Potato Chips
White Cheddar Cheese Popcorn

**Third Street Chai**
Pixie Mate — Mate Chai Latte
Pixie Mate — Mate Chai Latte
Apricot W/Homeopathic TP 4oz 24P UK

**Tom’s of Maine**
Bay Lime Sensitive Care Deo 2.25oz 18P
Calendual Stick Deo 2.25oz 18P
Calendula Long Last Roll-On 3oz 18P
Energizing Shower Gel 18 oz
Whitening Toothpaste 5.2 oz 24P
Nourishing Body Wash 18 oz
Spearmint Cleansing Mouthwash 24oz 12P

**USANA Health Science, Inc.**
Active Calcium Chewable
Almond Creme Fibergy Flavored Powdered Drink Mix
CoQuinone
Fibre Snack Bar Iced Lemon Flavor
Ginkgo-PS
Sensé Energizing Shower Gel
Sensé Splash Revitalizing Shampoo
Biomega
CoQ30
Mega Antioxidant
Nutrimeal (Chocolate Flavor)
Proflavanol C100
Soyamax Mild Vanilla Flavored Soy Protein Powdered

**Wrigley**
Doublemint Chewing Gum Peppermint Flavor
Doublemint Chewing Gum Green Tea Mint Flavor
Doublemint Spearmint Mints
Eclipse Intense Mints
Eclipse Winterfrost Mints
Extra Dragon Fruit Mints
Extra Passionfruit Mints
Extra Tropical Fruit Mints
Extra Sugarfree Chewing Gum Watermelon Flavor
Sugus Fruit Flavor Chew Strawberry Flavor
Sugus Milk Flavor Chew Melon Milky Flavor

**Xango, LLC**
Eleviv™
XANGO Reserva
XANGO™ Fruit Juice Mangoesteen Based Beverage
XANGO™ Single Mangoesteen Supplement

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773.435.2213
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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CLAWS.

YET IT STILL NEEDS

OUR HELP

TO HOLD ON.