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Winter 2019

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# Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America

Magazine

6 *Soups &  
Stews*







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## ABOUT HALAL CONSUMER

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

DESIGNED BY Annan Shehadi  
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## Editor's Note

*Assalaamu alaikum,*

Winter is just about upon us here in Chicago. Other areas of the nation have already been blessed with a generous snowfall. It's time to bundle up when we head outdoors. Indoors, we may want to warm up with a hardy bowl of soup. "Soups and Stews" offers tips on how to prepare different soup stocks.

Last issue we provided advice on reading the nutrition information found on food labels. This issue "Dates on Food Labels" looks into the meaning of the various dating formats found on food products and how to use them. You'll want to check dates on products before you purchase them.

For those who like their food hot and spicy, "For the Love of Spice" discusses the health benefits of spicy foods and the "hotness" of some common peppers. If you try a Carolina Reaper, which is 100 times hotter than a jalapeno pepper, please let us know how it feels!

The Quranic food this issue is a fruit you can generally find throughout the year: bananas. "The ApPEEL of Bananas" looks at the different types available, where they come from, and the health benefits, as well as some ways of enjoying them.

More and more consumers are looking for substitutes for animal derived products. Last issue we considered plant-derived meat products. This issue's "Mooooove over Milk...The New Dairy" looks into the myriad of non-animal derived dairy products. This goes beyond just milk products to cheese, butter, yogurt, and even ice cream.

Just because it is winter, that's no reason to hibernate! In "Mitigating Disease with a Healthy Lifestyle" we learn that getting up off that comfy sofa for 22 minutes a day and engaging in some "moderate-intensity aerobic activity" can help us burn the caloric equivalent of thirteen pounds in a year.

Finally, be sure to try out the recipes and share your comments with us via [email](#), [Facebook](#), or [Twitter](#).

Enjoy!

Sincerely,

Roger Othman *editor*

# From the Publisher's Desk

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*Assalaamu alaikum,*

Concerned about halal? Food Insecurity is your business. The USDA defines food insecurity as a lack of consistent access to food for an active healthy life. Globally, in third world and first world nations, halal consumers constitute one of the largest cohorts of people who are food insecure. Governments, industry, activists, and media all play an important role in meeting the basic needs of the halal consumers. Food insecurity does not only mean a shortage or contamination of food, it also includes access to the right type of food.

Globally, the underlying causes of food insecurity are obvious. Drought and conflict are the main factors that have exacerbated the problem of food production, distribution, and access. From sub-Saharan Africa to Syria, drought and war have directly impacted the availability of food to large portions of the Muslim population. As relief reaches these areas, IFANCA is working with leaders in the industry to address this concern. Industry is an important partner and has stepped up to meet the global need. As citizens, Muslims through their *sadaqah* and *zakat* are among the most generous, acting individually or through international relief groups. From the wealthiest to the financially challenged, almost all Muslims take part in voluntary giving. Many of us support aid and relief organizations, yet there is a gap in awareness and availability of halal food to places receiving aid. We work with international organizations to assure that halal is recognized as an important factor in delivering acceptable sustenance to places in need.

In the US, consumers face food insecurity as well in many spaces. Hospitals, universities, and prisons are some of these spaces. A qualitative study has shown

that many halal consumers have macronutrient deprivation often leading to impairment in leading a healthy active life. Students following strict halal standards on campus have reported physical and mental impairment. Recent MSA activism has built awareness around the needs of Muslim students with campus dining services and has sent the message up the foodservice supply chain, slowly transforming the way industry adeptly meets the needs of halal consumers. IFANCA has been an indispensable partner in this journey. With students leading the effort, we are seeing a growth in availability of halal options in foodservice. Consumers, activists, and industry are impacting the availability of halal options for generations to come.

Food is a basic need. Following halal is an obligation for all Muslims. Consumers, activists, and industry all play a critical role in addressing food insecurity.

Sincerely,

Muhammad Munir Chaudry *president*

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# *Soups & Stews*

**By Chef Demetrios Haralambatos**







## With winter and cool weather upon us, a hardy bowl of soup and stew is the perfect way to help take the chill out of your system.

By stocking your freezer with homemade soup stocks, you will have soup stock that is lower in salt and more flavorful than the watered-down versions available in local grocery stores. The stock would be just like professional cooks and chefs make.

Stocks are simply bones and vegetables, which slowly simmer in lightly salted water. The longer they simmer, the more water evaporates, resulting in a more intense flavor. Here are some tips for creating a soup stock featuring incredible character.

### Tips for Soup and Stock Making

- Always, start your stock by placing your ingredients, in cold water.
- The vegetables, herbs, and spice ingredients you utilize, may be any combination of chopped carrots, celery, and leeks; chopped onions (no need to remove the peels); garlic cloves; parsley (the greens and the stems); thyme; bay leaves.
- Salt.
- Whole peppercorns (added only in the last 30 minutes).

By meats, we really mean bones. For example, if you have a whole chicken, simmer the chicken first for thirty minutes, then remove the chicken and debone. Refrigerate the meat for future use and then return the bones back into the stock pot, and simmer for at least thirty minutes. A turkey carcass is excellent for making turkey stock (follow the chicken stock process above). Beef bones may be purchased from your local halal butcher.

When making beef stock, always roast the bones, and place vegetables under the bones. When making poultry and vegetable stocks, roasting is not necessary; but if you do roast them, you will achieve a more complex, flavorful stock.

Simmering is a must! Bring bones to a boil and immediately lower the heat to a simmer. This will allow you to skim the foam that surfaces to the top and provide a cleaner, clearer stock.

Strain the liquid through a sieve or colander lined with some cheesecloth and immediately refrigerate it to prevent bacterial growth.

Store in an airtight container, such as a Mason jar for up to a week in the refrigerator. You may also freeze it for up to six-months in an airtight container or in ice cube trays. Once frozen, remove from the ice cube trays and store in re-sealable plastic bags.

### Equipment:

- Use only stainless steel, ceramic shop pots, or Dutch-style ovens, with a capacity of at least six-quarts.
- A fine-mesh sieve or a colander with cheesecloth, to strain all stocks.
- An immersion blender to purée cream soup.

### Soup Groups:

- **Broth** is a clear stock/soup, such as an egg drop or consommé. As an example, bring clear stock (like beef) to a boil, and add Tortellini for a 'Tortellini en Brodo.'
- **Chunky** is a soup that can be described as being full of many vegetables, legumes, and meat, like Minestrone or a soup containing a lot of cubed potatoes and/or heavy cream, like a Chowder.
- **Puréed** is a creamy, or blended soup, like split pea.

When looking for recipes in cookbooks or online, should you find one that lists ham or pork stock as an ingredient, simply substitute that with a 50/50 portion of chicken and beef stock combined. 🍲

**CHEF DEMETRIOS HARALAMBATOS** has been the Corporate Executive Chef at Kontos Foods for over 23 years. He is a classically trained chef, historian, food writer, lecturer, and culinary judge. He has earned the title Archimagiros and is a member and volunteer with numerous organizations. Chef Demetrios has been a demonstrator at the I Heart Halal™ Festival the past two years.





## CHICKEN STOCK (Basic)



### Ingredients

- 1 large onion, quartered
- 3 stalks celery, chopped into 1-inch pieces
- 1 large carrot, chopped into 1-inch pieces
- 1-pound halal chicken pieces
- 1 teaspoon salt
- 3 whole cloves
- 6 cups water

### Preparation

1. Place onion, celery, carrot, chicken pieces, salt, and cloves in large soup pot.
2. Add 6 cups water and bring to a boil.
3. Reduce heat, cover, and simmer for 1-hour.
4. Remove chicken and vegetables. Strain stock and skim fat off the surface.

## BEEF STOCK (Basic)



### Ingredients

- 6 pounds halal beef soup bones
- 1 large onion, quartered, peel and all
- 3 large carrots, chopped into 1-inch pieces
- 1/2 cup water
- 1 medium potato, cubed
- 2 stalks celery, including some leaves, chopped
- 1 large tomato, chopped
- 1/2 cup chopped parsnip
- 8 whole black peppercorns
- 4 sprigs fresh parsley, chopped with stems
- 1 bay leaf
- 1 tablespoon salt
- 2 teaspoons dried thyme
- 2 cloves garlic
- 12 cups water

### Preparation

1. Preheat oven to 450 degrees F (230 degrees C).
2. In a shallow roasting pan, place soup bones, onion, and carrots.
3. Bake, uncovered, turning occasionally, for about 30-minutes or until the bones are browned.
4. Remove from oven and drain off fat. Place the browned bones, onion, and carrots in a large soup pot.
5. Add the water into the roasting pan, scrape the bottom, and pour this liquid into your soup pot.
6. Add potato, celery, tomato, parsnip, peppercorns, parsley, bay leaf, salt, thyme, and garlic to the pot.
7. Pour in all the water.
8. Bring mixture to a boil, reduce heat, cover, and simmer for 5 hours.
9. Strain stock and discard the vegetables, meat, and seasonings.

## VEGETABLE STOCK (Basic)



### Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped into 1 inch pieces
- 2 stalks celery, chopped into 1 inch pieces
- 2 large carrots, chopped into 1 inch pieces
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh parsley
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 teaspoon salt
- 2 quarts water

### Preparation

1. Heat oil in your soup pot.
2. Add onion, celery, carrots, scallions, garlic, parsley, thyme, and bay leaves.
3. Cook over high heat for 5 to 10-minutes, stirring frequently.
4. Add salt and water, bring to a boil, then lower heat and simmer, uncovered, for 30-minutes.
5. Strain and discard the vegetables.



# For the Love of Spice!

By Amirah Nasir





**In 1492, Christopher Columbus set off to sail the world in hopes of finding a better trade route to India. Thus began the colonization of the west as we know it. But why was Columbus so desperately seeking to reach India? One word: spices.**

Spices of all sorts are now used globally to enhance food quality and taste. Spices can range from a vast scale of mild to extreme levels of heat. Today, there are a variety of food festivals dedicated to hosting competitions of consuming spicy food. Spicy food can be found across cultures and borders to bring people the experience of indulging in many exotic cuisines. This global bond of enjoying spicy food is one that is inherently scientific in nature.

There are two chemical categories in which spices are placed: piperine (also known as Bioperine) and capsaicin. While piperine is the active ingredient exclusive to black pepper, “Capsaicin occurs in the fruits of plants in the Capsicum family, including jalapeño peppers, cayenne peppers, and other chili peppers.” (Alfaro 2019) According to Samar Kullab RD, LDN, “When we eat a pepper, capsaicin binds to nerve receptors on our tongue called TRPV1. These receptors then send a signal to our brain which causes our body to respond to it as a “threat,” making our nose run and our eyes to tear up.” Although this might seem like an unattractive result of consuming spicy food, there are physiological explanations why our bodies enjoy enduring that pain. According to Spruce Eats, capsaicin can also provide the feeling of euphoria from the production of released endorphins. (Alfaro 2019) Research done by Paul Bosland, co-founder and director of the New Mexico State University’s Chili Pepper Institute, shows that, “The endorphins work to block the heat. The body produces them in response to the heat, which it senses as pain.” (Carollo 2012) This self-inflicted pain is also a uniquely human trait. The preference of choosing spicy peppers for consumption is not usually found in animals. (Alfaro 2019)

In regards to capsaicin, the level of spiciness can be measured according to heat units on the Scoville Scale, also referred to as SHU (Scoville Heat Units). Because black pepper comes from peppercorn and falls under the piperine family, it does not get measured on the SHU scale. As Danilo Alfaro puts it, “The SHU is a method of describing how many drops of sugar water are required to dilute the heat of any given pepper. SHU range from thousands for more mild peppers to millions for the



hottest peppers.” (Alfaro 2019) He also describes the capsaicin compound as “oil-like” and explains that for this reason, drinking water is an ineffective solution to soothe the spiciness. A more effective solution would be cold dairy products like milk or yogurt. (Alfaro 2019)

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**“When we eat a pepper, capsaicin binds to nerve receptors on our tongue called TRPV1. These receptors then send a signal to our brain which causes our body to respond to it as a “threat”, making our nose run and our eyes to tear up.”**

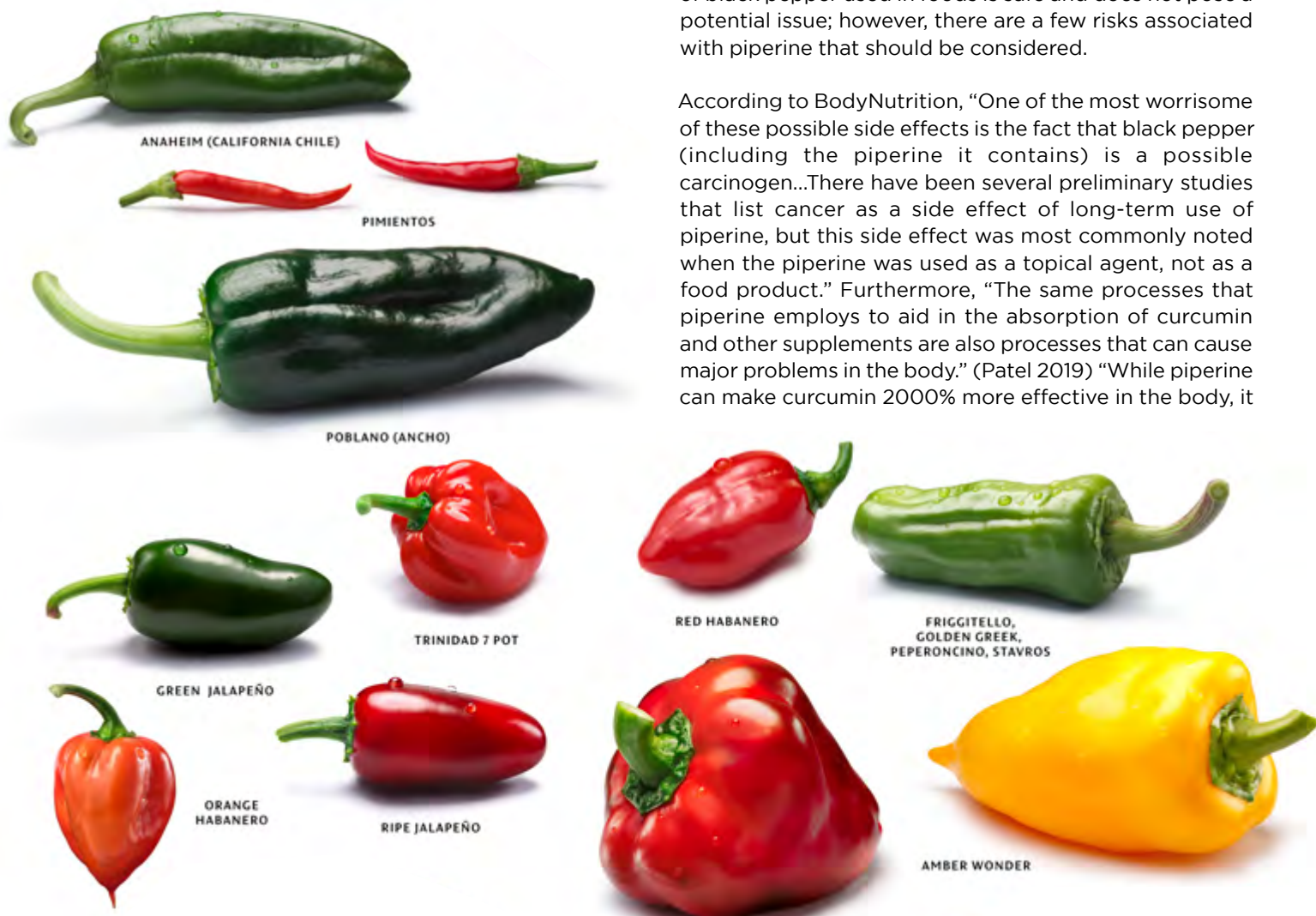
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If consumed on the higher end of the SHU scale, capsaicin can have some dangerous effects on the body. These include symptoms such as abdominal pain, burning diarrhea, nausea, and vomiting. Exposure to the eyes can

also cause pain, intense tearing, blepharospasm, and conjunctivitis. (Saljoughian 2009) However, in safe amounts, there are quite a few health benefits of consuming peppers from the capsicum family. They have been used to treat a variety of issues, including common ailments such as ear infections, arthritis pain, neuropathic pain, and dermatologic ailments such as psoriasis. Some research also indicates that it may play a role in things like appetite suppression for weight loss as well as the killing of prostate cancer cells. (Carollo 2012)

Piperine has also been shown to have a variety of health benefits. According to BodyNutrition.Org, piperine can help as an inhibitor to expel drugs and supplements through urine, allowing the body to benefit from the intake of those drugs and supplements for a longer time. It is also known as an anti-inflammatory, commonly cited in aiding with arthritic pain. (BodyNutrition 2018) NeuroHacker Collective has also cited benefits of piperine to include improved metabolism, raised levels of dopamine and serotonin, improved immune system function, and even improved mental skills and memory. (NeuroHacker Collective 2018) In most cases, the amount of black pepper used in foods is safe and does not pose a potential issue; however, there are a few risks associated with piperine that should be considered.

According to BodyNutrition, “One of the most worrisome of these possible side effects is the fact that black pepper (including the piperine it contains) is a possible carcinogen...There have been several preliminary studies that list cancer as a side effect of long-term use of piperine, but this side effect was most commonly noted when the piperine was used as a topical agent, not as a food product.” Furthermore, “The same processes that piperine employs to aid in the absorption of curcumin and other supplements are also processes that can cause major problems in the body.” (Patel 2019) “While piperine can make curcumin 2000% more effective in the body, it







*"The SHU is a method of describing how many drops of sugar water are required to dilute the heat of any given pepper. SHU range from thousands for more mild peppers to millions for the hottest peppers."*

can also stop a particular protective measure the body takes against toxic xenobiotics." (Srinivasan 2007) For this reason, it is recommended to limit the dosage of piperine to 5-15mg a day. (BodyNutrition 2018) When it comes to consuming spicy food, Kullab suggests these points of consideration:

**[Peppers from the capsicum family] have been used to treat a variety of issues, including common ailments such as ear infections, arthritis pain, neuropathic pain, and dermatologic ailments such as psoriasis.**

#### The pros:

- It may keep your heart healthy by lowering levels of LDL. LDL is known as "bad cholesterol". "Bad cholesterol" increases the risk of heart disease.
- It may promote weight loss and increase your metabolism. While many factors contribute to weight gain, a little spice may help kick start your metabolism, which means you will burn more calories.
- It can be used as a pain reliever. Since capsaicin causes heat, it's used in topical creams to help with aches and injuries.
- It contributes to a healthy gut. Capsaicin attaches to receptors in your digestive tract, creating a chemical called anandamide. This chemical has been proven to be anti-inflammatory. It may fight off H. pylori, a bacteria known to cause stomach ulcers.
- It may help prevent cancer. When ingested in safe amounts, research has shown that capsaicin may slow down or even kill cancer cells.
- It can help relieve symptoms of the cold and flu. Your body reacts to spice as a threat, causing your nasal passages to open up and ultimately relieving congestion.

#### The cons:

- While recent studies have shown that spicy foods do not cause ulcers, if you already have an ulcer (which may be caused by NSAIDS, H. pylori, etc) it is very important to limit or avoid spicy foods as they can be very irritating to an already present ulcer.
- Spicy foods may cause abdominal pain in some people. They have been proven to worsen symptoms in those with indigestion, GERD, or IBS.

"Overall, it's important that we are being intuitive eaters and paying attention to how foods are making our bodies feel. Ask your pharmacist if your medications may have a food-drug interaction considering there are known topical capsicum interactions. Remember, spices are sold in various blends and mixes. It is essential to always check the nutrient labels and avoid spices with added salts. Many people season their foods with salt, then use a pre-mixed spice not being aware there is salt included, and high amounts of salt are linked to hypertension. Try making your own spice mixes at home or buy ones without the added salt. If you aren't sure how your body responds to foods that people are commonly allergic, sensitive, or intolerant to, I'd advise you to create a food journal. Write down how foods make you feel and rule out the ones causing symptoms. Preparing food and feeling connections will help bring awareness of what changes need to be made and optimize your health status," says Kullab.

#### SHU Levels for Some Peppers

Bell Pepper	0-100
Jalapeno	2,500-20,000
Cayenne Pepper	30,000-50,000
Habanero	100,000-350,000
Ghost Pepper	855,000-1,463,000
Carolina Reaper	2,000,000-2,200,000

Source: Pepper Joe's ([www.pepperjoe.com](http://www.pepperjoe.com))



**AMIRAH NASIR** is the programs associate at the Abrahamic Center for Cultural Education (ACCE), an Islamic art gallery and resource center located in downtown Chicago. She studied anthropology and sociology at the University of Illinois at Urbana-Champaign.





# The “ApPEEL of Bananas”

By Kelly Izdiyar Crosby



**B**ananas, with their creamy texture and yummy flavor, are a staple of American breakfast food. As one of the most popular fruits, they are found on many kitchen counters. Their sweet and smooth flesh makes food preparation very easy. Surprisingly, bananas are botanically considered berries due to their fleshy skin and no stone. They are usually long, curved, and covered in a rind. When ripe, the rind could be yellow, green, red, purple, brown, or even blue! Here's an interesting fact: the genus name for bananas is *Musa*, the Latinization of the Arabic name for banana, *mauz*. The Quran mentions this blessed fruit as a reward for the people of Paradise. *"The companions of the right-what are the companions of the right? [They will be] among lote trees with thorns removed, and [banana] trees layered [with fruit]."* [Quran 56:27-29].

Bananas are native to the lands of Indomalaya and Australia. They are believed to have first been domesticated in Papua New Guinea. Bananas are primarily grown in Asia, Latin America, and Africa. Currently, India and China provide up to 38% of the world's bananas, but in the United States, most of the bananas sold in grocery stores come from Central and South America. Like any fruit, there are many varieties, but the most familiar one is the Cavendish banana. There are also plantains, sometimes referred to as cooking bananas, which are firmer and starchier than the Cavendish dessert banana. Some lesser-known varieties are the Blue Java bananas, red bananas, pink bananas, and Fe'i bananas. You can generally find bananas at any time of the year.

Blue Java bananas are called ice cream bananas because of their ice cream consistency and vanilla flavor. Red bananas tend to be smaller, denser, and contain more vitamin C. Pink bananas are hot pink and covered in a bright fuzzy peel. Fe'i bananas have orange flesh with red-orange peels, the color being due to the high beta-carotene content. Beta-carotene is a red-orange pigment found in many plants. When ingested, beta-carotene is converted into vitamin A, which is "important for normal vision, the immune system, and reproduction and helps the heart, lungs, kidneys, and other organs work properly." (National Institutes of Health) Other varieties include apple bananas, silk bananas, and sugar bananas.

While bananas are cultivated primarily for their fruit, they are also used as decorative ornaments. Pink and red bananas are often selected for their bright, vibrant colors in gardening and landscaping. Banana plants also have many practical uses. Because banana leaves are large and waterproof, they can be used as instant umbrellas, as some banana leaves can grow up to eight feet long and two feet wide. Banana fiber from fruit stalks is being used to make "vegan" silk as an earth-friendly alternative. Banana leaves are great for wrapping and serving food. The waterproof surface holds in the food juices while also

emitting a sweet aroma. In 2019, a supermarket chain in Thailand went viral on social media, due to its decision to bundle all of its fruits and vegetables in banana leaves and flexible bamboo, discarding conventional plastic wrapping. Banana waste products can also be used to feed livestock.



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**Surprisingly, bananas are botanically considered berries due to their fleshy skin and no stone... When ripe, the rind could be yellow, green, red, purple, brown, or even blue!**

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**“One dessert banana has 89 Calories, 31% of the US recommended Daily Value (DV) of vitamin B6, and moderate amounts of vitamin C, manganese, and dietary fiber.”**

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and repair of all body tissues. It's involved in many body functions, including the formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.” (<https://www.marsvenus.com/p/buffered-vitamin-c>). Bananas also contain potassium, which is great for managing blood pressure by relaxing blood vessels and helping the body expel more sodium.

Bananas can be consumed in many different ways. You can slice them up and add them in a bowl of cereal or oatmeal. Sliced bananas and peanut butter are delicious on toast. Fresh bananas or banana powder can add a nice frothy texture to smoothies and milkshakes. When bananas are overripe, you can make banana bread, muffins, cakes, and pudding. Create vegan ice cream by freezing one whole banana; when frozen solid, slice it and place it into a food blender and blend until smooth. Banana chips make a sweet, crispy snack without too much sugar. Discover ways to add bananas to your desserts so you can enjoy a sweet, savory treat packed with vitamins, fiber, and potassium! 🍌

**KELLY IZDIHAR CROSBY** is a freelance writer and visual artist living in Atlanta, Georgia.

A raw Cavendish banana, not including the peel, is about 75% water, 23% carbohydrates, 1% protein, a tiny amount of fat. “One dessert banana has 89 Calories, 31% of the US recommended Daily Value (DV) of vitamin B6, and moderate amounts of vitamin C, manganese, and dietary fiber.” (<https://en.wikipedia.org/wiki/Banana>) One plantain, or cooking banana, has 122 calories, and 33% of the US recommended Daily Value (DV) of vitamin B6, and moderate amounts of vitamin C, manganese and dietary fiber. Vitamin B6 (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy. “Vitamin C, also known as ascorbic acid, is necessary for the growth, development,



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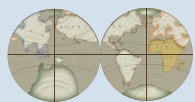
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## *Banana and Parsley Winter Salad*

By: Maryam Funmilayo

Servings: 6

### INGREDIENTS

- 2 small bananas, diced
- 4 cups of fresh parsley
- ½ big red onion
- ½ cup dried cranberries
- ½ cup lemon juice
- 1 tablespoon organic chia seeds
- 1 tablespoon organic shelled hemp seeds
- 1 teaspoon red flakes pepper
- 2 tablespoons halal cream salad dressing

### DIRECTIONS

1. Rinse, peel, and dice the bananas into small pieces.
2. Rinse the parsley thoroughly and chop them into small pieces.
3. Peel, rinse, and grate the onion.
4. Add the bananas, parsley, and onion together in a medium-sized bowl.
5. Add cranberries, lemon juice, chia seeds, hemp seeds, and red flakes pepper into the bowl and mix.
6. Add the cream salad dressing and mix.
7. Serve immediately. 🍴





## Spicy Catfish Soup

By: Maryam Funmilayo

Servings: 6

### INGREDIENTS

- 30 medium-sized Roma tomatoes
- 3 big white onions
- ½ cup of dried chile de arbol (stemless) peppers
- 3 small habanero peppers
- 1 garlic bulb
- 3 cups water
- 2 cups of extra virgin olive oil
- 2 medium-sized catfish
- 2 small lemons
- 1 tablespoon paprika
- 1 tablespoon thyme
- 1 tablespoon bay leaves
- 1 tablespoon ground basil
- 1 tablespoon ground rosemary
- 1 tablespoon curry powder
- 1 tablespoon ground turmeric
- 1 tablespoon cayenne pepper
- 1 teaspoon of salt

### DIRECTIONS

1. Blend the tomatoes, onions, peppers, and garlic together.
2. Pour the mixture along with water into a large pot and set aside.
3. Cut the catfish into smaller pieces and clean them thoroughly with water.
4. Marinate the fish with lemon juice, paprika, thyme, basil, rosemary, curry powder, and turmeric.
5. Set aside in a large bowl.
6. Add olive oil, cayenne pepper, and salt into the pot.
7. Stir very well and boil on very low heat for only 15 minutes.
8. Add the catfish into the pot and boil for another 15 minutes.
9. Serve alone or with steamed green vegetables. ©





## *Vegan Vanilla Bean and Oat Milk Smoothie*

By: YaQutullah Ibraheem Muhammad MS, RD, LD

Servings: 4-6

### INGREDIENTS

- 1 cup oat milk (vegan milk)
- 1 cup spinach, fresh
- 1 medium banana, frozen
- ½ cup strawberries, frozen
- ¼ cup blueberries, frozen
- ¼ teaspoon vanilla bean powder
- 1 Natural Delight Medjool date for extra sweetness
- 1 cup of ice

### DIRECTIONS

1. Combine ingredients in blender.
2. Blend until smooth and creamy.
3. Serve chilled. 🍷



## *Spirulina and Almond Milk Superfood Protein Smoothie*

By: YaQutullah Ibraheem Muhammad MS, RD, LD

Servings: 4

### INGREDIENTS

- 1 cup almond milk
- 1 tablespoon almond butter
- 1 tablespoon Spirulina powder
- ¼ teaspoon vanilla powder
- 1 cup baby spinach
- 1 banana, frozen
- 1 cup ice (optional)

### DIRECTIONS

1. Combine ingredients in blender.
2. Blend until smooth and creamy.
3. Serve chilled. 🍷



# Dates on Food Labels

By Summaya Ali, MS, RD



## Dates on food labels are often the cause of confusion in many households. With a variety of terms listed on food packaging, consumers face a dilemma: toss or keep?

A 2019 U.S. consumer survey published in the journal *Waste Management* highlighted how consumers decipher different dates on food packaging. The expiration date or “use-by” date was mostly interpreted as a signal towards food safety, prompting consumers to discard products that have passed this date. The “best if used by” date was interpreted as a means of assessing the best quality of food. When the messages are misunderstood, it leads to a wastage of perfectly healthful food. An overwhelming 84% of individuals end up throwing away food that is past the listed date or even approaching the date. As a consumer and dietitian, I wanted to understand how to interpret these terms correctly and how they are regulated. If we can understand their meanings and use some reasonable judgment, we can work through the confusion and enjoy all of the wholesome food we purchase.

### **How are the dates regulated?**

Almost all food products we bring in to our homes contain some date on the packaging. This includes meat, fish, and poultry; dairy products; packaged and canned foods; and refrigerated and frozen foods. It is important to know that these dates are not federally regulated. Federal regulations only require dates on infant formulas, which must contain a “use-by” date. Infant formulas lose essential nutrients over time and should be used by the listed date. Dating on other items is voluntary. Due to the lack of established federal standards, forty-one states have created their regulations and use various dating terms on food products. These dates do not necessarily determine if the product is still safe to use, rather it is a quality measure. Many manufacturers are starting to increase the use of the “best if used by” designation on food labels to standardize usage.

### **Dates can appear in different formats**

Dates are usually listed in one of two formats. Open dating includes terms such as “sell-by,” “use-by,” and “best if used by” followed by a date with month, day, and year. Open dating is used for most products, including dairy items, meat, poultry, eggs, and baked goods. Closed dating (also known as coded format) is used on packaged, boxed, or canned items that are stored on shelves. They are a series of codes to indicate when the item was manufactured, not to express how long the product will remain fresh. This format is also helpful when manufacturers try to track their products during food





recalls. These items may additionally contain dates in open format.

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**Almost all food products we bring in to our homes contain some date on the packaging...It is important to know that these dates are not federally regulated.**  
.....

#### **How do supermarkets keep track of expiration dates?**

Tracking expiration dates on products is a tedious task for supermarkets. I remember witnessing it during a foodservice rotation as part of my dietetics training. There are several methods used for this purpose, with the most common one being the first-in, first-out stock rotation. Employees manually move the older stock forward on the shelves, and newer stock is moved to the back according to the expiration date. Quick selling items such as dairy, eggs, and bread are received multiple times a week, so they are generally checked more often. Expired items are removed, and items that are approaching the expiration date are sometimes marked down for quick sale. I wanted some insight into how stores make sure they do not carry expired items on shelves. I spoke with merchandise managers at a local grocery store and received brief information—they did not wish to discuss this topic in more detail. They have a series of codes for all merchandise the stores receive. These codes are used to keep track of the items based on how long they can be sold. When restocking, employees make use of these codes and the

manual stock rotation method to determine which items need to be removed from shelves. Generally, the process is efficient, but items can be missed. When we pick up an item from the shelf, it is most likely suitable for purchase and not expired, but we must be proactive shoppers and check the dates before purchasing.

#### **Understanding the terminology**

**Best if used by:** Indicates the consumer should use the item by this date for the best taste and quality of the product. This does not relate to food safety, but consumers should monitor for signs of spoilage if using past this date.

**Use-by:** The date until which the product will be at peak quality. This does not relate to food safety. Perishables such as dairy products often contain this label. Except for infant formula, items can be used for up to one week after this date, provided they were stored correctly or refrigerated.

**Expires on:** Manufacturers use this date to indicate the anticipated best quality of the product. Do not purchase items past the expiration date. For items on hand, pay special attention to signs of spoilage, especially in dairy products.

**Sell-by:** Stores use this date to know how long they can sell the product. Ideally, stores should remove items that have passed the date. Consumers should monitor for signs of spoilage.

**Freeze-by:** The date recommended to freeze items to maintain the best quality. Once items are frozen properly, they can last for long periods.

## Storage Tips

PRODUCT CATEGORY	SAFE STORAGE	SIGNS OF SPOILAGE
Meat/fish/poultry	<ul style="list-style-type: none"> <li>• In sealed package refrigerated: 2-3 days</li> <li>• In freezer-safe package: 3-4 months</li> </ul>	<ul style="list-style-type: none"> <li>• Slimy texture</li> <li>• Discolored appearance</li> <li>• Foul odor</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>• Store in the middle of the refrigerator.</li> <li>• Whole (raw): in refrigerator 3-4 weeks past sell-by date</li> <li>• Hard-boiled (in-shell): in refrigerator up to one week</li> <li>• Hard-boiled (peeled): use the same day</li> </ul>	<ul style="list-style-type: none"> <li>• Egg floats in cold water (indicates the egg is old, needs to be tested further)</li> <li>• Strong, sulfur-like smell</li> <li>• Foul odor immediately after cracking the egg</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• Must be refrigerated</li> <li>• Do not return unused portions into the original container</li> <li>• Tightly close lids and packets</li> </ul>	<ul style="list-style-type: none"> <li>• Green mold</li> <li>• Curdled or slimy appearance</li> <li>• Foul odor</li> <li>• Sour taste</li> <li>• Gas formation</li> </ul>
Canned foods	<ul style="list-style-type: none"> <li>• Do not purchase dented or rusted cans</li> <li>• Unopened cans should be stored in a cool, dry place</li> <li>• Transfer leftovers to resealable plastic bags or airtight containers</li> <li>• Keep the liquid along with the food - this preserves taste and texture</li> <li>• Store in the back of the refrigerator where the temperature is coldest</li> </ul>	<ul style="list-style-type: none"> <li>• Swollen can</li> <li>• Foul odor</li> <li>• Cloudy liquid</li> <li>• Mushy texture</li> </ul>
Breads and baked goods	<ul style="list-style-type: none"> <li>• Use airtight package or container</li> <li>• Store in a cool, dry place</li> </ul>	<ul style="list-style-type: none"> <li>• Fruity odor</li> <li>• Cotton-like white spots</li> <li>• Green mold</li> <li>• Ropiness (yellowing, sticky texture)</li> </ul>



Keeping track of the plethora of items in our pantries and refrigerators can be overwhelming. If we can gain a better understanding of the intended messages of dates on foods, it will significantly reduce the amount of wholesome food that is discarded. As a dietitian, I urge consumers to learn about proper food storage (what items go where, techniques to prolong food life, and safe food handling). Another important piece (my favorite) is to use leftovers or items which must be used up in quick recipes. Soups are an excellent idea for leftover meats or vegetables, bread can be diced and toasted for a crunchy soup topping or easy snack, and fruits can be used in smoothies, frozen treats, or jams. This is a fun way to get the family involved and enjoy delicious creations while minimizing food wasteage. 🍴

**SUMMAYA ALI** holds a Master's degree in Nutrition from the University of Illinois and is a Registered Dietitian. She is excited to begin her career in Dietetics.

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# Mitigating Disease with a Healthier Lifestyle

**By Ali Othman, CPT**



**P**hysical activity is an essential part of living a healthy life, but sometimes it gets pushed to the rear of our increasingly technologically dependent lives. It is also a critical factor in mitigating many different diseases that have become epidemic in nature over the last few decades. According to the Centers for Disease Control (CDC), more than one-third of adults in the United States are obese. Obesity-related medical complications result in several of the top preventable causes of death in the United States, costing Americans almost 150 billion dollars in medical expenses annually. (CDC) Heart disease, stroke, several different types of cancer, diabetes, high blood pressure, arthritis, liver disease, asthma, and depression are some of the ailments associated with obesity and thus, are preventable to an extent with a lifestyle adjustment. Increased physical activity, along with healthier lifestyle choices, can help prevent the onset of many of these debilitating diseases.

An early start at an active lifestyle is crucial in setting the stage for continued activity as we age. From the time a child starts to walk up to about age five, give them every opportunity to actively play, walk, run, climb, and move around. During this period of a child's life, they learn balance and coordination, and it can be quite entertaining watching them explore their environment. They'll go from stumbling and tumbling to running and jumping, and before you know it, they'll be maneuvering around tight corners like a finely tuned Italian sports car. From age five into and through the teenage years, maintaining the proper level of physical activity becomes more difficult as school, television, social media, and handheld devices begin to take over. At this age, children and young adults need about sixty minutes of daily physical activity. During these years, children are enrolled in school where gym class typically fulfills this requirement. It also gives them an opportunity to explore different types of physical activities, find ones they enjoy, and deplete some of that pent-up energy that we wish we still had as adults.

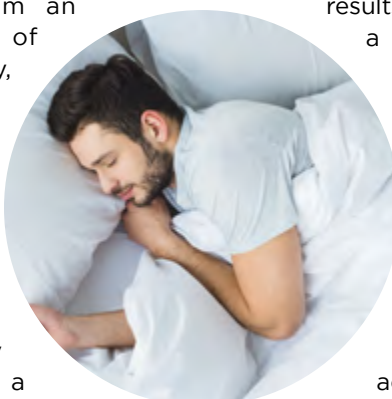
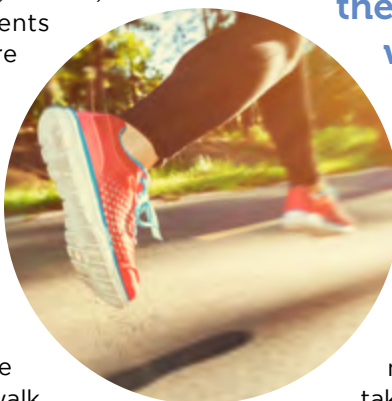
Finally, we get to the largest category of people. The CDC recommends that adults get at least 150 minutes a week of what they call "moderate-intensity aerobic activity." (CDC) As adults, we fall short on the amount of aerobic activity we engage in, which has resulted in a

devastating impact on our health and quality of life. The average adult burns around seventy calories per hour while sedentary. While immersed in moderate-intensity activities, this number increases six-fold.

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Without considering any of the other benefits of these 150 minutes a week of moderate-intensity aerobic activity, let's take a look at this in terms of caloric expenditure. The average healthy person burns around 70 calories an hour while resting. These calories are used for normal bodily functions such as heartbeat, breathing, digestion, etc. A person who gets the recommended 150 minutes a week burns six times this number during those minutes. That's 1,050 calories in the week compared to the 175 a sedentary person would burn. Over one year, the active individual burns 45,500 more calories than the sedentary person. Via simple mathematics we know that if you eat more calories than you burn, you gain weight. The opposite is also true; burn more calories than you eat and you lose weight. In terms of calories, think of 3,500 as the golden number. A caloric deficit of 3,500 typically results in the loss of one pound of body fat. That's a potential thirteen pounds that an active individual can shed in a single year with only a small adjustment in their lifestyle.

If hearing these numbers motivates you to get up and get active, I don't blame you. If you are healthy enough, go for a brisk bike ride, play a game of tennis, or shovel your driveway in the winter instead of contracting someone else to do it. There are countless ways to fit some active time into your day while making them

enjoyable, or at least bearable. Spread it out across the span of the week, thirty minutes a day, five out of seven days, if possible. According to the CDC, losing five percent of your body weight can result in remarkable health benefits like lowering your blood pressure and cholesterol, decreasing your insulin resistance and stress on your heart, improving your mood, and increasing your self-confidence.

Moving away from some of the more apparent benefits of physical activity, let's explore a few of the lesser-known advantages. Bones are the structural support of our body; without them, we would be an immobile gelatinous blob of tissue. Bones are comprised of the elastic protein collagen interwoven with dense minerals such as calcium. This combination allows our bones to be strong and rigid while being relatively lightweight. Up to about age thirty, we can increase bone mass with diet and activity. Around age thirty, we reach our peak bone mass, and from that point on, the goal is limited to maintenance in an attempt to stave-off bone degeneration and osteoporosis. Limiting bone degeneration is especially important for women, as they are more likely to develop the disease.

According to the National Institute on Aging, acting early to fight osteoporosis is important because the first symptom of the disease is usually a fractured or broken bone. By that time, bone density has already decreased significantly. Consistent intake of the recommended amount of both calcium and vitamin D is paramount. Calcium intake helps to build and maintain bone mass and should be taken in tandem with vitamin D, which helps the body absorb the calcium efficiently. That is the reason the dairy industry fortifies milk with Vitamin D. In addition to nutrient intake, weight-bearing and resistance exercises help to build and maintain bone density. Walking, jogging, sports, climbing stairs, dancing, and weight training are all beneficial to strengthening your bones alongside your muscles. Next time someone tells you to "Take a hike," you might thank them for thinking about your bone health.

As we age, hopefully gracefully, we begin to notice a decline in the functional efficiency of our bodies. This is the natural course of life; our bodies were not designed to last forever, and the human brain is not immune to this decline. Aside from the obvious functions, the brain assists us in nearly all aspects of our lives. Studies have shown that those who are physically active are less likely to suffer from age-related degenerative cognitive

Next time someone tells you to "Take a hike," you might thank them for thinking about your bone health.

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function. (Mayo Clinic) Physical exercise has positive biological and physiological effects on the brain. It increases cerebral blood flow, which delivers more oxygen, reducing the risk of stroke. Exercise also raises the level of serotonin and other hormones, which leads to a better overall mood; and increases the level of endorphins, which helps reduce our perception of pain, stress, and anxiety. That in turn helps fight off symptoms of depression. Regular exercise has been shown to result in increases in all of these areas. (National Institutes of Health [NIH])

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**Unfortunately, many diseases are linked to a genetic chain, moving through generations, leaving some at a higher risk than others. Our genes and our environment are either engaged in battle or are working together to influence our health. If heart disease runs in your family, you should actively pay more attention to your diet and exercise than others.**

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One factor to keep in mind is your family's medical history. Unfortunately, many diseases are linked to a genetic chain, moving through generations, leaving some at a higher risk than others. Our genes and our environment are either engaged in battle or are working together to influence our health. If heart disease runs in your family, you should actively pay more attention to your diet and

exercise than others. Eat more leafy green vegetables, raw fruits, and garlic; reduce your consumption of animal fats, and make better food choices. Increase your aerobic activity with regular sessions of cardiovascular exercise. Although you may have been dealt a more difficult genetic hand, play your cards right by using your environment to your advantage.

Sleep is an essential part of our day. While we sleep, our blood pressure and breathing rate decrease giving the heart a well-needed break. The less we sleep, the shorter the break, causing our heart to work harder than it should. Studies show that even one hour less than the recommended eight hours of sleep each night can have adverse effects on attention, problem-solving skills, reflexes, and mood. A consistent lack of sleep increases the risk of long-term problems with our immune system and our blood pressure, and decreases the body's ability to efficiently repair tissue. (NIH) Exercise and diet can promote a more regular and restful sleep cycle and lead to improvement in all of these areas.

Making healthy choices throughout the day is not always easy, but a few small lifestyle changes can result in long-lasting health benefits. Consult with your physician for safe ways to become more active, make small adjustments to your diet, and get on a regular sleep schedule to do your part to fight off disease and increase your quality of life.®

**ALI OTHMAN** has been an NSCA certified personal trainer for the past 13 years with specialization in weight loss, functional training, muscular hypertrophy, and human nutrition. He also works in the Technical Department at IFANCA and manages IFANCA business activities in South Korea.





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# MOOOOVE OVER MILK... THE NEW "DAIRY"



**By Husna T. Ghani**





**They're in restaurants, grocery stores (and not just in the kale-happy ones), gas stations, and most likely in your in-laws' house. What are they? Vegan dairy options! Don't worry; you don't need to move to California or register for a 15K to join the dairy-free movement.**

What does "vegan dairy" mean, and what does it include? Dairy foods are eggs and animal milk products. Vegan dairy foods do not contain any eggs or animal milk. After centuries of consuming conventional animal dairy, why change now? Well, there are several reasons why people may choose vegan dairy, the most common is health. Still, others choose vegan dairy out of concern for the treatment and care of dairy animals, or the impact that dairy farming has on the environment.

According to Dr. Mohammad N. Fareed, an internist in Wisconsin (coincidentally, the dairy capital of America), "About two percent of children under age four have an allergy to cow milk. This can result in asthma, eczema, urticaria (a skin rash or hives that can be triggered by certain foods), and other anaphylactic reactions." While most young children can handle non-vegan milk and milk products, the narrative on dairy tolerance changes as we grow older. As we age, many people have difficulty consuming regular dairy. According to the National Institutes of Health (NIH), approximately sixty-five percent of adults have some level of intolerance to lactose, the sugar found in milk and milk products. A person with lactose intolerance has difficulty breaking down lactose in their small intestine due to a reduced production of the enzyme lactase. According to the United States Department of Agriculture (USDA), allergies to cow's milk and eggs are the most common food allergies in children and adults. The common symptoms of dairy intolerance are stomach pain, cramping, and diarrhea, which can lead to dehydration. Adults can have more severe health issues that can be exacerbated by dairy. Dr. Fareed goes on to state that, "As adults, dairy can cause inflammation due to an immune-mediated response. This can trigger migraines, sinus congestion, eczema, nausea, diarrhea, dizziness, and even seizures."

According to the Mayo Clinic, the following factors can increase a person's risk of sensitivity or intolerance to dairy products:



- **Ethnicity:** People of Asian descent and specifically east Asians, Middle Easterners, Greeks, Italians, and West Africans are mostly affected.
- **Aging:** As people age, the ability to tolerate dairy becomes challenging because our bodies stopped making the enzyme lactase from around age five.
- **Infants born prematurely:** Babies born prematurely have a higher chance of lower lactase levels because lactase is produced in the intestines, which fully develop in the later stage of the last trimester.
- **Diseases:** Illnesses can reduce lactase production. Diseases of the small intestine, such as Crohn's, ulcerative colitis, and celiac disease, reduce lactase production.
- **Cancer treatments:** Radiation and chemotherapy can increase the risk of lactose intolerance because they can make the digestive lining more sensitive.

Aside from health concerns, why would people forego animal dairy products? Consumers are paying more attention to animal care and the environment. As with all industries, farmers are always looking for ways to improve efficiency, increase profits, and decrease costs. There is concern that today's farming methods do not pay enough attention to animal welfare. Chickens may be confined in cages that do not provide room for movement, which can increase salmonella risks in both the chicken and the eggs. Even cage-free eggs come from chickens that are kept indoors with little room for movement. Free-range eggs are from birds that are allowed to be outdoors and "range freely."

There are also concerns about the dairy farming industry. Some animal welfare groups have stated that calves are separated from their mothers soon after birth to conserve the milk for sale, that the environment of the cows does not meet animal welfare requirements, and that the cows are injected with hormones to increase milk production. These hormones include estrogen, progesterone, testosterone, and artificial growth hormones such as recombinant bovine growth hormone (rBGH), which is also known as recombinant bovine somatotropin (rBST). According to the American Cancer Society, there are reports indicating rBGH has adverse effects on cows; however, there is no research concluding an adverse impact on humans from consuming milk from these cows and the Food and Drug Administration has approved its use. Interestingly, Canada, Japan, and the European Union prohibit the use of many of these hormones in their dairy farms.

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**A farm with 2,000 cows produces about ninety-million pounds of manure a year. The manure seeps into the soil and waterways. The soil then emits nitrate gases such as nitrous oxide (which is 298 times more powerful than carbon dioxide) into the atmosphere, causing a greenhouse effect. Manure seepage into the waterways can cause water pollution.**

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The environment is a hot topic these days, from online discussions to political debates. According to the Environmental Protection Agency (EPA), a farm with 2,000 cows produces about ninety-million pounds of manure a year. (The larger dairy farms have more than 15,000 cows!). The manure seeps into the soil and waterways. The soil then emits nitrate gases such as nitrous oxide (which is 298 times more powerful than carbon dioxide) into the atmosphere, causing a greenhouse effect. Manure seepage into the waterways can cause water pollution.

Ok, so you cannot or will not eat animal dairy, now what? Well, lucky for you, it is 2020, and there are a lot of options to be vegan in your dairy choices. First of all, vegan dairy is now available in all grocery stores, not just the expensive specialty stores that make you reconsider sending the children to college. Here's a comparison of the nutrition of some dairy and vegan milk options:



## Dairy and Vegan Milk (per 8 ounce serving)

Milk Type	Calories	Protein, grams	Carbs, grams	Fat, grams	Sugars, grams
Cow (whole)	150	8	12	8	12
Cow (skim)	80	8	12	0	12
Almond	40	2	1	3	0
Cashew	25	1	1	2	N/A
Coconut	50	0	2	5	0
Oat	118	3	16	5	N/A
Pea	70	8	0	4	N/A
Rice	120	0	22	2	10
Soy	80	7	4	4	1

Source: <https://www.healthline.com>



In addition to milk, there are vegan substitutes for butter, yogurt, cheese, sour cream, and ice cream as well as vegan egg substitutes. Most are made using soy, nut, or coconut milk along with several other plant-based ingredients, including algae.

Eggs are a main component of baked goods. As an avid vegan baker, I have substituted eggs with applesauce, bananas, and coconut cream mixed with baking powder and baking soda. For macaroni and “cheese,” you can use tofu, nut blend “cheese,” or nutritional yeast (a deactivated yeast that has a nutty, cheesy taste). Butter can be substituted with margarine. However, if you want something a bit healthier, then nut oils work well. I have made vegan chocolate chip cookies with coconut oil and coconut cream, and you do not miss the butter or eggs at all. Nowadays, you may be in the minority in your local coffee shop when you ask for your latte with regular cow’s milk. There are numerous varieties of nut “milk” choices, such as the traditional soy, almond, and coconut milk, as well as the newer cashew and pea milk. For those of you who have a nut allergy and are dairy-free (seriously, what do you eat?), try oat, rice, and hemp milk. Instead of

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**[Substitute] eggs with applesauce, bananas, and coconut cream mixed with baking powder and baking soda. For macaroni and “cheese,” you can use tofu, nut blend “cheese,” or nutritional yeast (a deactivated yeast that has a nutty, cheesy taste). Butter can be substituted with margarine.**

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dairy yogurt, you can try soy, coconut, or any of the many nut yogurts on the market (give cashew yogurt a try). Ice cream may seem difficult to replace, however with the formulas these dairy-free companies have; the nut milk ice creams are great options.

So, the dilemma is to be dairy or not to be dairy? You can be vegan dairy or vegan dairy adjacent (based on your mood of the day), or a vegan dairy supporter (you’ll cheer your dairy-free buddies while you have that whole milk mocha with extra cream). However, there are some things to consider when choosing any vegan or non-vegan dairy options. Some of these factors include your health, the sourcing of food, the environment, farming practices, animal care, the organic cost, and your commitment to eat and drink food that is healthy and halal in all of its forms. After all, you are reading *Halal Consumer*® magazine! 🍌

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## HALAL-CERTIFIED PRODUCT LOCATOR

Not all of the company products are halal-certified. Look for the Crescent-M logo on the product label or verify the certification using the Certified Products listing on [www.ifanca.org](http://www.ifanca.org).

## HALAL-CERTIFIED PRODUCT LOCATOR

Brand	Product Type	Company Name	Available At
<b>Abbott</b>	<ul style="list-style-type: none"> <li>Nutritional Product</li> <li>Infant/Baby Food Products</li> </ul>	Abbott Nutrition	Supermarkets and drugstores throughout the United States and Canada
<b>Amara</b>	Cosmetics	Baqi Inc.	Visit their website: <a href="http://www.amaracosmetics.com">www.amaracosmetics.com</a>
<b>Bard Valley</b>	Food Products	Bard Valley Natural Delights	Kroger, Publix, Meijer, Walmart, Whole Foods, and various markets throughout the United States
<b>Cabot</b>	Cheese	Cabot Creamery	Supermarkets throughout the United States
<b>Campbell</b>	Food Products	Campbell Company of Canada	Supermarkets throughout Canada
<b>Carole's Cheesecake</b>	Bakery Item	Carole's Cheesecake Company Ltd.	<ul style="list-style-type: none"> <li>Select markets, restaurants, and bakeries throughout Canada</li> <li>Visit their website for a complete list of locations: <a href="http://www.carolescheesecake.com">www.carolescheesecake.com</a></li> </ul>
<b>English Biscuits</b>	Bakery Items	English Biscuit Manufacturers (Pvt.) Ltd.	Ethnic (Indo/Pak) stores throughout the United States and Canada
<b>Enjoy Life®</b>	Snack Food	Enjoy Life Natural Brands	Supermarkets, convenience stores, drugstores
<b>Fruitfull®</b>	Food Products	Happy & Healthy Products Inc.	Supermarkets, convenience stores, mini marts, gas stations
<b>Godiva</b>	Candy / Chocolate	Godiva Chocolatier	Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States
<b>Golden Bonbon</b>	Candy / Chocolate	Asti Holdings Ltd.	Visit their website: <a href="http://www.goldenbonbon.com">www.goldenbonbon.com</a>
<b>Hahn's® Green Mountain Farms™ Lombardi's®</b>	Dairy Products	Franklin Foods Inc.	Supermarkets, discount stores
<b>Impossible™ Burger</b>	Food Products	Impossible™ Foods	Select restaurants throughout the United States
<b>J&amp;M Food Products</b>	Food Products	J&M Food Products	Visit their website: <a href="http://www.halalcertified.com">www.halalcertified.com</a>
<b>Kontos</b>	Bakery Items, Bread	Kontos Foods, Inc.	Ethnic (Arab, Indo/Pak) stores and fruit & vegetable markets throughout the United States

Brand	Product Type	Company Name	Available At
<b>La Yogurt®</b>	Dairy Products	Johanna Foods, Inc.	Supermarkets, fruit/vegetable markets, discount stores
<b>Love &amp; Quiches</b>	Brownies and Cakes	Love and Quiches Desserts	Visit their website for outlets: <a href="http://www.loveandquiches.com">www.loveandquiches.com</a>
<b>Maya</b>	Cosmetics	Maya Cosmetics	Visit their website <a href="https://www.maya-cosmetics.com/">https://www.maya-cosmetics.com/</a>
<b>Mead Johnson</b>	Infant/Baby Food Products	Mead Johnson Nutritionals	Department stores, supermarkets, and drugstores throughout the United States
<b>Melaleuca</b>	<ul style="list-style-type: none"> <li>• Personal Care Products</li> <li>• Nutritional Supplements</li> </ul>	Melaleuca, Inc.	Visit their website for distributors: <a href="http://www.melaleuca.com">www.melaleuca.com</a>
<b>Mountain High™ Yoghurt</b>	Dairy Products	General Mills	Supermarkets throughout the United States
<b>My Own Meals</b>	Food Products	My Own Meals	Visit their website: <a href="http://www.myownmeals.com">www.myownmeals.com</a>
<b>Natavi™</b>	Nutritional Supplement	Krona Therapeutics Inc.	Visit their website <a href="https://www.natavihealth.com/">https://www.natavihealth.com/</a>
<b>National</b>	<ul style="list-style-type: none"> <li>• Food Products</li> <li>• Sauces &amp; Dressings, Condiments</li> <li>• Dessert Mixes</li> <li>• Spices &amp; Seasonings</li> </ul>	National Foods Limited	Ethnic (Indo/Pak) stores throughout the United States and Canada
<b>Nestle</b>	<ul style="list-style-type: none"> <li>• Food Products</li> <li>• Beverages / Beverage Concentrates</li> <li>• Dairy Products</li> <li>• Drink Mixes, Dessert Mixes</li> </ul>	Nestle Pakistan Ltd.	Ethnic (Indo/Pak) stores throughout the United States
<b>Nutrilite</b>	Nutritional Supplements	Access Business Group, LLC	Visit their website for distributors: <a href="http://www.nutrilitelife.com">www.nutrilitelife.com</a>
<b>Olympia</b>	Gyros, Flat Bread	Olympia Food Industries, Inc.	Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada
<b>OneCoffee</b>	Coffee	Canterbury Coffee	Supermarkets throughout Canada



Brand	Product Type	Company Name	Available At
<b>Organic Valley</b>	Dairy Products	Cropp Cooperative/ Organic Valley	Supermarkets throughout the United States
<b>POM Wonderful</b>	<ul style="list-style-type: none"> <li>• Beverages / Beverage Concentrates</li> <li>• Tea</li> <li>• Fruits Processed</li> </ul>	POM Wonderful, LLC	Supermarkets throughout the United States
<b>Saffron Road</b>	<ul style="list-style-type: none"> <li>• Food Products</li> <li>• Snack Food</li> <li>• Appetizers</li> </ul>	American Halal Co., Inc.	<ul style="list-style-type: none"> <li>• Target, Whole Foods, Kroger, Publix, HEB, and various markets throughout the United States</li> <li>• Visit their website to locate a store near you: <a href="http://www.saffronroadfood.com">www.saffronroadfood.com</a></li> </ul>
<b>Sunrider</b>	<ul style="list-style-type: none"> <li>• Personal Care Products</li> <li>• Cosmetics</li> <li>• Food Products</li> <li>• Nutritional Supplements</li> </ul>	Sunrider International	Visit their website for distributors: <a href="http://www.sunrider.com">www.sunrider.com</a>
<b>Tom's of Maine</b>	Personal Care Products	Toms of Maine, Inc.	Department stores, supermarkets, and drugstores throughout the United States
<b>Turtles® Flipz®</b>	Candy / Chocolate	DeMet's Candy Company	Supermarkets, drugstores, discount stores
<b>Wonderful</b>	Pistachios and Almonds	Paramount Farms	Supermarkets and drugstores throughout the United States

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