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Impress

Fall 2023

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Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America

Magazine

12

Aging with Grace





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HALAL CONSUMER EDITORIAL STAFF

Publisher | Muhammad Munir Chaudry
Editor in Chief | Alison DeGuide

HEAD OFFICE

2004 Miner St
Des Plaines, IL 60016-4716 USA
+1.847.993.0034
+1.847.993.0038 | fax
halal@ifanca.org
halalconsumer@ifanca.org

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ABOUT HALAL CONSUMER

Halal Consumer is a publication of IFANCA (Islamic Food and Nutrition Council of America). 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
www.annanshehadi.com

Editor's Note

Assalaamu alaikum,

We hope you are having a wonderful autumn! While the changing leaves are quite beautiful, shorter daylight hours often make us feel more tired than usual. Many of us reach for coffee or tea to stay awake, but other caffeinated beverages like yaupon have become more popular in recent years. Check out the article on page 6 to learn more about yaupon's history and why it's one of the latest food trends.

With colder weather comes the resurgence of seasonal sicknesses. Though ensuring we never fall ill is impossible, there are ways to bolster our health. For example, self-checks offer a great opportunity to check in with ourselves and our bodies to see how we feel. To get started, read the article on page 8.

Consumers have started taking a closer look at what is in their food, which is why the term "clean label" is gaining traction. Though it's a growing trend, there is still some confusion about what exactly qualifies as clean label. For more information on the topic, check out page 24.

Whether we like it or not, aging is a reality for all of us. But growing older doesn't have to be a bad thing! Read "Aging with Grace" on page 12 to find tips for staying healthy throughout your life.

Getting regular exercise is one way to ensure our bodies remain in tip-top shape as we age, and stretching is essential to a healthy exercise routine. Check out "Stretch to Impress" on page 28 to get started.

At some point in our lives, all of us have felt afraid. It's a normal human emotion, and it's necessary for our survival. However, when that fear develops into a phobia, it may be time to seek help. Discover more on page 16 in the article "Phobias: Where Fear and Anxiety Collide."

As mentioned in the previous issue, the IFANCA team had the opportunity to attend the 2023 Society for Nutrition Education and Behavior annual conference this year. Read about IFANCA's interactive session and the essential takeaways on page 32.

If you have any questions, please reach out to halalconsumer@ifanca.org. Otherwise, follow Halal Consumer Magazine and IFANCA on [Facebook](#), [Instagram](#), [LinkedIn](#), and [X](#) to stay up to date with the latest news.

Sincerely,

Alison DeGuide *editor*

From the Publisher's Desk

Assalaamu alaikum,

In light of the recent case against Senator Robert Menendez, there has never been a greater need for integrity and transparency in matters of halal certification. When scandals like these arise, it is customers who suffer the effects, whether they be higher prices or increased confusion and doubt about the legitimacy of a halal claim. As a halal-certifying body, IFANCA has a responsibility to uphold high standards of certification for our consumers. It is a responsibility we do not take lightly.

At IFANCA, we pride ourselves on maintaining the highest levels of transparency and trust. For over forty years, our team has been comprised of highly capable, impartial religious and food science experts who have been thoroughly trained to uphold our high standards of certification. Doing right by the consumer is at our core, and our organization holds service, adaptability, and integrity in the highest regard.

In addition to making halal accessible to all, we want to remove the doubt for consumers. The presence of the Crescent-M service mark on a food label means that the product in question is in accordance with the highest standards of halal conformity. When IFANCA certifies a product as halal, you can rest assured that the product is halal without a doubt.

Our organization was founded by halal consumers for halal consumers, and we will continue working to make halal accessible for all. Thank you for putting your continued trust in us.

Sincerely,

Muhammad Munir Chaudry **president**

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Yaupon

By Alison DeGuide

WHEN YOU NEED A PICK-ME-UP, YOU MIGHT turn to a few different beverage options. Some prefer to start their day with a cup of coffee, while others may enjoy tea in the afternoon. Energy drinks and soda are also popular, though these options can leave you with a sugar crash.

Another energy-providing beverage that has become more popular recently is yaupon tea. Yaupon is a type of holly and the only caffeine-producing plant native to North America. Its scientific name is *Ilex vomitoria*, but don't let that worry you! [According to Vicki Shufer in an article for HerbalGram](#), the name was coined by Scottish botanist William Aiton, who based it on "the Native American ritual that involved consuming a strong brew of yaupon, possibly combined with other herbs, resulting in ceremonial vomiting." That is to say, yaupon on its own does not induce vomiting, no matter what the name suggests.

Although yaupon is similar to tea in that it is brewed and caffeinated, those who have tasted it describe it as having a much milder taste thanks to its lack of tannins. Some have described it as earthy, similar to green tea or yerba mate (which is in the same family as yaupon). And, like tea, it boasts a number of health benefits. Yaupon is filled with antioxidants, which the body uses to combat oxidative stress that can lead to all kinds of health issues. Yaupon leaves also contain polyphenols that have been shown to have anti-inflammatory and chemopreventive (cancer-preventing) properties, [according to a 2011 study by Giuliana D. Noratto et al. for the journal Filoterapia](#).

Yaupon also has theobromine, a compound that supports brain function. Theobromine is typically recognized for its presence in chocolate, and its effects on cognition have been the subject of numerous studies. For example,


For those that tolerate caffeine well, yaupon tea is a good alternative to energy drinks and soda if one's aim is remaining alert.



[a study by Rafiad Islam et al. for the journal *Nutrients*](#) found that rats given theobromine supplements had better working memory than those that did not. [Other research by L. Gao et al. for the *Journal of Prevention of Alzheimer's Disease*](#) examined nearly 3,000 participants and found that those who consumed higher amounts of theobromine had more improved cognitive function than those who did not, though the authors concede that further research is still necessary.

One of the most significant benefits (and consequently, one of the biggest drawbacks) is yaupon's caffeine content. Steve Talcott, a professor of food chemistry at Texas A&M University, said [in an NPR article](#) that the level of caffeine in yaupon is similar to that of black or green tea. For those that tolerate caffeine well, yaupon tea is a good alternative to energy drinks and soda if one's aim is remaining alert. However, not everyone can or should consume caffeine, and if you are negatively impacted by caffeine or your doctor advises against it, yaupon tea isn't for you.

Yaupon is primarily grown in the southern United States, where most yaupon tea is produced and sold. This means that for those living in the U.S., yaupon typically has a smaller carbon footprint than coffee or traditional tea since it does not need to travel as far to get to the end consumer. The plant is also easy to keep on hand. If you purchase yaupon tea, just make sure to store it in an airtight glass or jar as you would other kinds of loose-leaf tea.

Yaupon may be new to some, but it has a long history of consumption. Though its scientific name gives it an unfortunate reputation, yaupon boasts a number of health benefits. So, the next time you need an afternoon pick-me-up, try a cup of yaupon tea to appreciate a beverage that has been enjoyed for centuries. 

ALISON DEGUIDE is the media manager at IFANCA, as well as the editor of Halal Consumer Magazine. She is interested in food, nutrition, and sustainability, especially how to prevent food waste.



Self-Checks

By Summaya Ali, MS, RD



WITH ALL THE BUSY HAPPENINGS IN OUR LIVES, we often forget to pay close attention to what keeps us going: our body. Luckily, it has powerful ways of alerting us if something is not right. Self-checks help us develop a better awareness of what our bodies need and fix any issues early on.

When to Perform Self-Checks

This can vary depending on the person and their condition. For the general healthy population, it is a good idea to check yourself once or twice a month. Give your body and emotional health a check-up and quickly address any items that require attention.

For specific conditions, a self-check might be done more often. For example, I advise diabetic patients to check their feet daily since they have a greater risk for slow healing wounds and neuropathy symptoms, such as a loss of sensation.

What to Check

This list is not comprehensive but is a good starting point. You can add items that are of interest to your personal health and lifestyle needs.

Body and Skin

- Does something suddenly look or feel unusual?
- Do your clothes fit remarkably differently?
- Are you feeling intolerant to hot or cold?
- Is there swelling in your arms or legs?
- Do you see a mole? Does it look uneven, get bigger, or change its color?

Exercise Capacity

- Are you unable to do your normal activities?
- Do you notice excessive fatigue, labored breathing, or pain?

Food

- How do you space your meals?
- How long does it take you to eat a meal?
- Do you feel hungry soon after eating?
- Do you feel your body is getting enough food?
- Do you have frequent gastrointestinal symptoms after eating (bloating, stomach pain, or heartburn)?
- Are you constantly craving sugar, ice, or non-food items?
- Do you have any new food intolerances?

Nails and Hair

- Do you notice brittle or easily chipped nails?
- Are your nails spoon-shaped, discolored, or very hard?
- Are you experiencing excessive hair shedding or dryness?

Feet

- Do you feel burning or tingling?
- Are your feet cold?
- Are you experiencing a loss of sensitivity to pain or temperature?
- Are there cuts or bruises that are not healing? Do you see any bleeding?
- Do you have very thick toenails that are hard to cut?

Emotions

- Are you having sudden mood shifts or irritability?
- Do you repeat negative self-talk?
- Are you unable to concentrate?
- Have you lost interest in your normal activities?

Sleep

- Have you noticed changes in how long you are sleeping?
- Do you wake frequently at night?
- Do you snore loudly, stop breathing, or wake up with a dry throat?
- Do you have headaches or morning fatigue?

The next two checks are for adults over age twenty and should be accompanied by imaging or further work-up as needed.

Breast Check

- Do you see or feel new lumps?
- Is there dimpling or a change in texture on the surface of your skin?
- Are there changes around the nipple, such as inversion or discharge?
- Is there swelling under your arms?

Testicular Check for Men

- Do you see any swelling or lumps?
- Is there unusual firmness?
- Do you have dull, aching pain in the lower abdomen?



The body is very good at indicating when something is in trouble. Sometimes, it will be one sign; other times, it will be a cascade of disturbances. These signs should not be ignored, regardless of how small they may seem.

When to See a Healthcare Provider

If you notice something unusual, your symptoms are not going away, or they are worsening, it is imperative to have yourself checked out by your provider. The body is very good at indicating when something is in trouble. Sometimes, it will be one sign; other times, it will be a cascade of disturbances. These signs should not be ignored, regardless of how small they may seem. Getting an early start on any treatment will make your recovery much easier and faster.

Making Connections

Aside from identifying possible problems, self-checks also help us make connections between our behaviors and their outcomes. Remember that our body's organ systems do not work alone. Everything is deeply connected. For example, our skin is an indicator of our hydration status, gut health, and hormonal changes, especially in women. Our energy levels tell a story about sleep patterns, emotional health, and food choices. Sometimes, these signs are very apparent, while others require deeper investigation.

As a practitioner, I use such clues to understand the root cause of a patient's nutrition concerns. I think back to consults for patients with newly diagnosed fatty liver disease. As the name implies, in fatty liver disease, there is fat build-up around the liver. If left untreated, it can result in liver failure and heart attack.

Hoping to fix this, patients often go on a fat-free diet. Much to their surprise, it actually worsens their symptoms. Frequent hunger pangs and mood swings take over, cravings never seem satisfied, and their increased food intake leads to more fat storage. The result? More fatty liver, flaky skin, and brain fog. After an assessment and some simple swaps, these symptoms can be mitigated, and the patient can be pointed in a healthier direction. It all comes down to taking time to reflect on what your body is trying to say.

Closing Thoughts

Making self-checks a regular part of your routine can keep you in tune with your physical and emotional well-being. The more you do this, the easier it is to sustain long-term.

Remember that the body also needs a breather. Make sure to give yourself some time to let go and relax your body and mind. This body we live in each day is an *Amanah*, a trust gifted to us in this life. It is incumbent upon us to take care of it. In turn, our best self is one of the greatest gifts we can give to ourselves and the people closest to us. 🌱

SUMMAYA ALI holds a master's degree in nutrition from the University of Illinois and is a registered dietitian. She is a regular contributor to Halal Consumer Magazine. She works with a variety of conditions, with two of her favorite areas of practice being chronic kidney disease and cardiovascular disease.



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AGING WITH GRACE

By Tayyaba Syed



AGING IS WHAT HAPPENS TO OUR BODIES OVER time. Some of it is caused by natural occurrences, while some is accumulative, such as skin damage due to excessive sun exposure. In this age-obsessed culture, looking and feeling young is a vulnerability for consumers. [According to Matej Mikulic in an article for Statista](#), data shows that in 2021, the global anti-aging market was valued at around sixty-two billion dollars, and it is expected to grow to around ninety-three billion by 2027. Despite the resistance, aging is inevitable and a natural phenomenon that every human experiences and must accept.

God says in the Holy Quran, “*And whoever We grant a long life, We reverse them in development. Will they not then understand?*” (36:68). Aging is meant as a sign for us to reflect. Research shows that there are different types of aging, including cellular, hormonal, metabolic, immunological, genetic, and environmental. Smoking, diet, and stress can be factors that make us age faster, but aging is unavoidable regardless.

As we age, the body changes in a number of ways. For example, [according to the American Lung Association](#), by the time a person turns twenty, lung tissues begin to lose their elasticity, rib cage muscles start to deteriorate, and overall lung function begins to diminish. Similarly, the production of digestive enzymes also slows, which affects how we absorb nutrients and what we can digest. Blood vessels also lose their flexibility as we age. In people who are sedentary and eat poor diets, this loss of elasticity, paired with the accumulation of fatty deposits, can lead to atherosclerosis (hardening of the arteries).

The late American psychologist Dr. Bernice Neugarten was one of the first to look deep within the field of aging. She made a distinction between the “young-old” and the “old-old,” considering the loss of a spouse, retirement, and changes in physical health to be critical determinants between the two. In her *New York Times* best-selling book *Another Country: Navigating the Emotional Terrain*



...data shows that in 2021, the global anti-aging market was valued at around sixty-two billion dollars, and it is expected to grow to around ninety-three billion by 2027.

of *Our Elders*, Dr. Mary Pipher attributes the loss of health as the main factor.

I personally witnessed both my parents catapult into old-old almost overnight. My dad had a major heart attack and quintuple bypass surgery when I was only ten years old. His quality of life was never the same after that, and his health was always up and down. Yes, he aged quickly, but so did we.

Watching a parent age is hard for any child. My youngest starts crying every time she sees a new gray hair on my head. Maybe she associates aging with dying, as we lost my beloved mother last year. After my father passed away, my mother immediately went from young-old to old-old. She stopped working, driving, and socializing. Shortly thereafter, she had multiple strokes.

Dr. Pipher states that it takes a village to raise our children as well as to take care of our elders. Samia Khan tag teams with her sister to take care of their elderly mother, who lives with Khan. Khan is part of the sandwich generation, meaning that she takes care of both her mother and two young children at the same time. While Khan works as a high school teacher during the day, her sister comes over and works remotely so that she can be with their mother. Last year, Khan took time off of work to exclusively care for her mother.

Khan has been trying to help her seventy-two-year-old mother remain independent despite her severe health issues. For example, Khan has made it easier for her mother to make herself a cup of tea by keeping things accessible and within her reach. Since her mother cannot lift a gallon of milk, Khan has a small dispenser for her to use instead.

“These are little things we’re working on with her, because feeling dependent on others takes a toll on you as well,” Khan shares.

One thing that Khan has not been able to do for her mother is maintain her social well-being. Many women in her age group are not going through what Khan’s mother is and have naturally been cut off from her. Khan states that there is a lack of empathy among elders and for elders within our community, which creates a sense of loneliness.

This is one of the biggest issues that geriatrics specialist Dr. Ayesha Mohammed sees in her elderly patients. However, they experience a different kind of loneliness.

“Their loneliness arises from losing members of their inner circle,” says Dr. Mohammed. “Their siblings and friends are dying, their kids are married and moved away, or their

Baig wishes more Muslims knew about the [Long Term Services and Support (LTSS)] program, as taking care of our parents and elders is an intricate part of our faith.



spouse may have passed away. That [emotional strain] can be harder to deal with than their physical ailments.”

In Illinois, there are options to find help for elderly care through the state. Namrah Baig works as a Long Term Services and Support (LTSS) Care Management Coordinator and assesses homecare needs for the aging population of sixty and over, determining the level of informal (family, friends, neighbors) and formal (paid) support a patient may have and need.

“I have members that live by themselves and have no informal support, so they depend on formal support only,” states Baig. “Then I have members that have joint family systems like four generations living in the same household, so they get plenty of informal help. Sometimes they’re in a worse situation because no one is able to help them get up in the morning and make them breakfast if everyone goes to work or school. We try to convince them to get non-family member help to fill in that gap, but they say they don’t like strangers in the house and [would] rather have their children get paid by the state as their caregivers.”

Baig wishes more Muslims knew about the LTSS program, as taking care of our parents and elders is an intricate part of our faith. LTSS provides adult day service, in-home service (homemaker services), automated medication dispensers, and emergency home response services to individuals ages sixty-five or older and individuals with physical disabilities ages sixty to sixty-four years who meet a nursing facility level of care. They can even help overcome language and cultural barriers or socioeconomic concerns that may deter someone from seeking the help they need.

According to Dr. Mohammed, there are two types of aging: physiological (slowing down of organs and brain function) and chronological (adapting well to physiological changes and aging gracefully). Here is what she recommends to age with grace:

- Consistent primary care visits
- Making healthy choices early on
- Healthy, sustainable diets
- Sleeping early
- Staying hydrated
- Power walks and cardiac exercises
- Healthy lifestyle changes that become routine
- Educating ourselves
- Preventative health and preventive care

Dr. Farhat Quadri, seventy-nine, is a food scientist at IFANCA who feels aging has not been hard to expect or accept. He took his older brother’s advice to continue working and not retire as long as “you are walking and talking and able.”

“My eldest brother regretted retiring at the age of sixty,” shares Dr. Quadri. “However, he still chose to not stay home and continued to volunteer and serve his community. I agree that if I can still work, then why not? I am grateful to still be independent, move around, and drive around on my own. I honestly think working has kept me going as it is not in my nature to sit around and do nothing. Yes, with age, I have become slower in completing my tasks and experience more fatigue now, but I thank Allah for whatever ability He has given me and continue doing the best I can.”

Whenever Dr. Quadri does decide to stop working, he hopes to then pursue memorization of the Quran. Suzane Derani thinks memorizing the Quran is a great way to preserve our memory and help us physically and spiritually age. She is pursuing a master’s in divinity and recently worked in hospice care.

“If we strengthen our relationship with the Quran, it can help us with our memory,” says Derani, who memorized the Quran as a teen and continues to advance in her Quranic studies to this day. “I have seen it...it’s like their memory was never affected despite their other health ailments. Connecting with the Quran and its meanings and living by it can help carry us through life.”[®]

TAYYABA SYED is a multiple award-winning author, journalist, and Islamic studies teacher. She conducts literary and faith-based presentations for all ages, serves on the board of directors for a women’s nonprofit called Rabata, and is an elected member of her local school district’s board of education in Illinois, where she lives with her husband and three children. Learn more at www.tayyabasyed.com.



*Phobias:
Where Fear and
Anxiety Collide*

By Kelly Izdihar Crosby





YOU'VE PROBABLY HEARD THE FOLLOWING phrases: "He's such a germophobe" or "She's xenophobic." As Muslims, we are familiar with the term Islamophobia. It's a word used in everyday language. But few know the difference between what is considered prejudice, fear, or a medically classified phobia. It is important to make this distinction so that those with a phobia can get an adequate diagnosis, treatment, and relief.

[The American Psychology Association \(APA\) Dictionary of Psychology](#) defines fear as "a basic, intense emotion aroused by the detection of imminent threat, involving an immediate alarm reaction that mobilizes the organism by triggering a set of physiological changes." When we feel fear, it takes only milliseconds for our sympathetic nervous system to react. Our bodies decide how we should respond to the threat, usually by choosing one of the four Fs: fight, flight, freeze, or fawn.

For example, while walking around her neighborhood, a woman is surprised when she hears a growling dog. Within seconds, her body reacts to the aggressive stimuli with an accelerated heartbeat and breathing. All her cognitive functions are reacting to and assessing the threat to gauge what will be the appropriate response.



While fear is considered a rational response to a perceived threat, a phobia is usually defined by anxiety rather than fear.

As unpleasant and uncomfortable as it feels, fear is a necessary emotion for survival. It is one of our most basic human emotions, and it equips us with the ability to sense danger. Our lives are full of challenges to overcome, and God has designed our brains to respond to these challenges effectively.

We will certainly test you with a touch of fear and famine and loss of property, life, and crops. Give good news to those who patiently endure— (Quran 2:155)

While fear is considered a rational response to a perceived threat, a phobia is usually defined by anxiety rather than fear. Fear is an appropriate short-term response to a clear and present threat. However, anxiety is a future-oriented, long-term response focused on potential threats.

The [APA Dictionary of Psychology](#) defines phobia as “a persistent and irrational fear of a specific situation, object, or activity (e.g., heights, dogs, water, blood, driving, flying), which is consequently either strenuously avoided or endured with marked distress.”

Phobias are irrational, uncontrollable, and long-lasting fears, and someone with a phobia will go to great lengths to avoid the source of their fear. Phobias are unique because when a sudden feeling of intense panic or dread overwhelms a person, there is usually no real danger. Someone who fears or dislikes spiders may simply avoid or kill them. Some may even capture the spider and place it somewhere outdoors. For a person with arachnophobia—a severe fear of spiders—these responses are nearly impossible.

[According to an article for Johns Hopkins Medicine](#), “about [nineteen] million Americans have one or more phobias that range from mild to severe.” There are a variety of causes for why a phobia develops, which can include negative childhood experiences, learned behaviors, or past traumatic experiences. Genetics and brain chemistry may also play a role.

One should seek help for a phobia when avoidance behaviors interfere with daily life. Left untreated, a phobia can hinder a person’s personal and professional life and cause other mental health disorders like depression.

People can react to phobias in a variety of ways. Notable physical and psychological symptoms include:

- Hot or cold flashes
- Nausea, vomiting, or diarrhea
- Panic attacks
- Feeling dizzy or lightheaded
- Fear of dying
- Fear of fainting
- Fear of losing control

There are four major specific phobia categories: fear of the natural environment, fear of animals, fear of medical treatment or issues, and fear related to specific situations. ***There are a multitude of various medically classified phobias. Below are the ten most common ones.***

Acrophobia	Fear of heights
Aerophobia	Fear of flying
Agoraphobia	Fear of being in a place where escape is difficult
Arachnophobia	Fear of spiders
Astraphobia	Fear of thunder and lightning
Cynophobia	Fear of dogs
Mysophobia	Fear of germs and dirt
Ophidiophobia	Fear of snakes
Social phobia (or social anxiety disorder)	Fear of social situations
Trypanophobia	Fear of injections

Thankfully, there are many treatments and therapies to help overcome any phobia. Exposure therapy is a method of changing a person’s response to an object or situation that causes fear. Gradual exposure to the source of the phobia and related thoughts can help an individual learn to manage their anxiety. So, if you have nyctophobia, or an extreme fear of the dark, a therapist will gradually acclimate you to varying levels of darkness until you become desensitized.

Cognitive behavioral therapy (CBT) also involves gradual exposure to the source of a phobia, but it equips an individual with ways to challenge how they view their fear. CBT helps change how a person thinks, as it is a mode of therapy based on the interconnectedness of thoughts, beliefs, and feelings. If you can change your thoughts about a certain fear, you can change your belief, therefore reducing or eliminating your fear.

Eye movement desensitization and reprocessing (EMDR) therapy is a technique that involves moving the eyes a particular way while a therapist helps a person process traumatic memories. Instead of focusing on the object of a phobia, the participant focuses on memories of their



Eye movement desensitization and reprocessing (EMDR) therapy is a technique that involves moving the eyes a particular way while a therapist helps a person process traumatic memories.



phobic responses. The participant then examines the source of their phobia by looking into their past experiences and potential traumatic circumstances.

To manage some symptoms of a phobia, doctors may prescribe medications. These usually include selective serotonin reuptake inhibitors (SSRIs), beta-blockers, or anti-anxiety drugs. Serotonin is a neurotransmitter, a “feel good” chemical that naturally occurs in the body. Low levels of serotonin are linked to mood disorders, and SSRIs block the absorption, or reuptake, of serotonin, increasing the amount of it in the brain. Beta-blockers are used for heart and circulatory issues. They work by slowing down certain cell activity, which slows down heart rate and lowers blood pressure. Anti-anxiety medications, or benzodiazepines, are medications that relieve anxiety and muscle spasms and reduce seizures. They slow down the central nervous system and induce a relaxed mood.

When treating phobias, doctors may choose one or a combination of the treatments listed above. If you or someone you know is undergoing the effects of a phobia, please seek out proper medical guidance and treatment. Remember that the Quran says,

Allah does not require of any soul more than what it can afford. (Quran 2:286)

Start by reaching out to your primary healthcare physician and ask for a referral to a therapist or psychologist. Suffering from a phobia can be a debilitating experience, but there is always a way forward toward managing our fears and anxieties.📧

KELLY IZDIHAR CROSBY is an artist and freelance writer based in Atlanta, GA.

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Immunity Bone Broth

By Omolara Funmilayo

Servings: 6 | Time: 8 hours, 20 minutes

INGREDIENTS

- 4 pounds halal beef bones (or halal goat bones)
- 2 medium carrots, roughly chopped
- 1 yellow onion, cut into quarters
- 10 garlic cloves
- 12 cups water
- 3 stalks celery, roughly chopped
- 2 bay leaves
- 1 tablespoon apple cider vinegar
- sea salt & black pepper (to taste)

DIRECTIONS

1. Preheat the oven to 450°F.
2. Roast the bones, carrots, onion, and garlic in a large roasting pan for 20 minutes, or until browned. Stir occasionally.
3. In a large pot over high heat, add the water, celery, bay leaves, apple cider vinegar, salt, and pepper.
4. Add the roasted bones and vegetables, including any juices.
5. If needed, add more water until all contents are covered
6. Bring to a boil, then lower to a simmer.
7. Cook with the lid slightly open for at least 8 hours. Skim any foam or fat from the surface and discard.
8. Add more water as needed.
9. Remove from heat and let cool a bit. Strain the broth and remove the bones and vegetables.
10. Transfer to storage containers and refrigerate or freeze until ready to use. Enjoy!

Notes:

One serving equals approximately 1½ cups.

Refrigerate in an airtight container for up to 4 days or freeze for longer.

The longer the broth cooks, the more flavor it will develop.

Optional: After roasting the bones and vegetables in step 1, add all the ingredients to a slow cooker instead of using the stovetop. 🍲



Watermelon & Cucumber Quinoa Salad

By Omolara Funmilayo

Servings: 2 | Time: 30 minutes

INGREDIENTS

- ½ cup quinoa
- ⅛ seedless watermelon, cut into small cubes
- ½ cucumber, cubed and diced
- 2 tablespoons red onion, finely chopped
- 2 tablespoons lime juice
- 2 tablespoons hemp seeds
- 1½ tablespoons mint leaves
- ⅛ teaspoon sea salt

DIRECTIONS

1. Cook the quinoa according to package directions.
2. When the quinoa is cooked, let it cool.
3. In a large mixing bowl, combine the watermelon, cucumber, red onion, lime juice, mint, and salt.
4. Stir in the cooked quinoa and season with additional salt or lime juice, if necessary.
5. Chill and garnish with hemp seeds before serving. Enjoy!

Notes:

Refrigerate leftovers in an airtight container for up to 2 days. Add a drizzle of extra-virgin olive oil for more healthy fat. You can substitute basil or parsley for mint. ©



Salsa Black Beans & Rice

By Omolara Funmilayo

Servings: 2 | Time: 20 minutes

INGREDIENTS

- ½ cup jasmine rice
- ½ cup red onion, finely chopped
- 2 garlic cloves, minced
- ½ red bell pepper, finely chopped
- ¾ cup vegetable broth, divided
- 2 teaspoons cumin
- ¼ teaspoon sea salt
- 2 cups black beans
- ½ cup salsa
- ¼ cup cilantro (optional)

DIRECTIONS

1. Cook the rice according to package directions.
2. Meanwhile, add the onion, garlic, and bell pepper to a pot with ½ of the vegetable broth. Cook for about 5 minutes, or until the onions have softened.
3. Add cumin and salt and cook for another minute.
4. Stir in the black beans, then add salsa and the remaining broth.
5. Bring the beans to a simmer and continue to cook for 8 to 10 minutes, or until the sauce begins to thicken and the beans are warmed through. Stir in the cilantro and season with additional salt, if needed.
6. To serve, divide the rice between plates and top with the salsa black beans. Enjoy!

Notes:


Refrigerate leftovers in an airtight container for up to 4 days.

One serving is approximately equal to 1½ cups of black beans and ¾ cup of rice.

Add other dried herbs and spices like coriander or chili powder for more flavor.

Add avocado, cheese, or sour cream for additional toppings.

Add kale or spinach for more veggies.

You can substitute brown rice or cauliflower rice for jasmine rice. 



Chocolate Zucchini Muffins

By Omolara Funmilayo

Servings: 12 | Time: 30 minutes

INGREDIENTS

- 2 cups almond flour
- ¼ cup cocoa powder
- ¼ teaspoon sea salt
- ¼ teaspoon baking soda
- ¼ cup extra-virgin olive oil
- ¼ cup maple syrup
- 3 eggs
- 1 medium zucchini, grated


DIRECTIONS

1. Preheat your oven to 350°F and line a muffin tin with muffin liners.
2. Brush each liner with a small amount of coconut oil to prevent sticking.
3. In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
4. In a medium-sized bowl, whisk together the olive oil, maple syrup, and eggs.
5. Add the wet ingredients to the dry.
6. Mix until combined, then stir in the zucchini.
7. Spoon the muffin batter between cups so it's evenly divided, then bake for 18 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Let cool completely before eating to prevent the muffins from sticking to the liners.

Notes:

One serving is equal to one muffin.

One medium zucchini is equal to about 2 cups of grated zucchini.

Store in the fridge for 5 days or in the freezer for a few months. 

The Clean Label Trend

By Omolara Funmilayo



CONSUMERS' GROWING INTEREST IN THE transparency of their food and other consumables has led the food industry to adopt the term "clean label," which is one of the latest marketing buzzwords. This movement has grown steadily over the years as more consumers pay particular attention to the number and familiarity of ingredients in the products they spend their hard-earned money on. These consumers often choose clean labels because of their concern for both human and environmental health.

The term "clean label" generally refers to food, beverages, and other consumer products with easy-to-understand labels. These products are made up of natural, organic ingredients and free from unbeneficial additives and synthetic chemicals. Contrary to popular belief, a clean label does not necessarily imply only a few ingredients. Rather, it implies more functional or kitchen-level ingredients. In other words, products can contain lengthy ingredient lists if the ingredients are real.

Consumers who choose clean labels mainly for health reasons typically choose products that align with their health goals and, in most cases, protect them from reliance on highly processed foods loaded with artificial additives and preservatives. [A 2017 article by Heitor A. Paula Neto et al. published in the journal *Frontiers in Immunology*](#) showed that certain additives often found in highly processed foods negatively impact the immune system, resulting in various side effects like weight gain, metabolic health issues like insulin resistance, and gut microbiome imbalances. With clean-label foods, ingredients are nutrient-dense, while artificial additives and preservatives are replaced with kitchen-level ingredients like herbs and spices.

Consumers interested in clean labels understand the consequences of exposure to food allergens and other ques-



Contrary to popular belief, a clean label does not necessarily imply only a few ingredients. Rather, it implies more functional or kitchen-level ingredients. In other words, products can contain lengthy ingredient lists if the ingredients are real.



...the food industry has become very complicated and...a product may contain over fifty different ingredients, which makes it hard for a halal certifier to track each ingredient and understand if it was sourced from halal sources or not.



tionable ingredients, which explains why they invest in brands that support their well-being. They are aware of the benefits of consuming quality products made with functional, natural, simple, and minimally processed ingredients. Such consumers have been known to choose products free from pesticide residues; heavy metals; high fructose corn syrup; artificial colors; flavors; sweeteners like aspartame, saccharin, sucralose; synthetic growth hormones; or hydrogenated oils.

One ingredient that is often avoided is red dye 40. [According to a 2023 article from the Cleveland Clinic](#), red dye 40 contains benzene, a known cancer-causing agent. The same article notes that red dye 40 has also been linked to hyperactivity in children, including ADHD.

Environmental sustainability is also important to those who follow the clean-label trend. These consumers sometimes shop at their farmer's market for locally and seasonally grown produce, buy organic and/or fair-trade products, and appreciate recyclable packaging. Increasing awareness about how a person's food choices impact the environment explains why many prefer to invest in brands with environmentally sustainable practices. For instance, burning fields is known to deplete soil nutrients, and the increased use of agrochemicals has been linked to a decline in biodiversity and water contamination, and eventually, these chemicals can enter the food chain.

Clean-label consumers choose products or brands with a complete list of ingredients, those that are responsibly sourced in the supply chain, and those that have sustainability certification labels issued by third-party independent bodies. [According to research cited in a 2022 Cargill article](#), almost sixty percent of global consumers surveyed indicate they are more likely to purchase products labeled with a sustainability claim.

One such claim is the EU Ecolabel. Launched by the European Commission, the EU Ecolabel indicates that a company's products and services have met high environmental standards. Other common labels include B Corp, Rainforest Alliance, Certified Vegan, Fairtrade, OEKO-TEX, Climate Neutral, and USDA Organic.

To stay competitive in the marketplace, product manufacturers have responded to consumer demands for clean labels by reformulating their products. Some have replaced synthetic food colors with natural food colorings




from ingredients like freeze-dried berries, turmeric, beets, and matcha powder. Some companies are also seeking certifications, such as organic, gluten-free, non-GMO, kosher, halal, and eco-friendly, to further assure consumers of their commitment to product quality and safety.

Clean label is related to halal certification as well. “Halal is concerned about each ingredient in the product and each chemical that is involved in the process. Halal also includes other [materials] that may come in touch [with] or may contaminate the product such as lubricants, processing aids, packaging materials, and cleaning chemicals,” explains Saeed Hayek, quality manager at IFANCA. He goes on to explain that the food industry has become very complicated and that a product may contain over fifty different ingredients, which makes it hard for a halal certifier to track each ingredient and understand if it was sourced from halal sources or not. He notes that consumers also have a hard time understanding these ingredients and identifying halal acceptable products.

“With clean labels, less ingredients are involved, clear ingredients are [being] used, [and] most unnecessary artificial preservatives, colors, flavors, and chemicals are [being] avoided. Products with clean labels are considered more [halal]-friendly,” says Hayek. He notes that an additional aspect of clean label is healthy products, which are also important to halal certification.

A good way to start finding clean-label products is by paying attention to what you consume and reading ingredient labels. It’s important to note that product ingredients are listed in order of quantity, so paying par-

ticular attention to the first few ingredients will be helpful in your purchase decision. Do your research to know the brands that promote your core values, and shop at your local farmers’ market for whole, unprocessed, nutrient-dense foods.

Clean labels are popular with consumers for their health and sustainability benefits. Health-conscious consumers have become more interested in the way their food and other consumer products are processed, which is evident in their growing preference for clean labels. It’s noteworthy that the “cleanliness” of product ingredients exists on a spectrum that depends on consumers’ familiarity and knowledge of the ingredients. Whatever your reasons may be for choosing clean labels, be sure to invest in reputable sources whose claims have been verified. 

OMOLARA FUNMILAYO is the owner of nourishedsupermom.com. She is a certified nutrition and holistic wellness coach. She supports her clients by giving them the tools they need for transformation in health and wellness for themselves and their families.

A close-up photograph of a person's hand reaching down to hold another person's hand, likely for a stretching exercise. The person being held is wearing dark blue leggings and dark blue sneakers with white soles. The background is blurred, showing other people in a gym setting.

Stretch to Impress

By Ali Othman, NSCA-CPT®

STRETCHING CAN BE BEST DESCRIBED AS A WAY for your muscles to find their freedom and for your body to discover new dimensions of motion. Athletes and dancers can witness firsthand how pliability and power unite to produce unmatched agility and strength.

The benefits of stretching have been known for ages, but science has since proven its prowess in a variety of circumstances. Improved flexibility, range of motion, posture, and joint health; increased blood flow; and corrected muscular imbalances are some benefits of stretching. Different types of stretching offer different benefits, so grab a seat for a comprehensive exploration of stretching's transformative power.

Static stretching is the simplest and most common type. To perform a static stretch, extend the target muscle group as far as you are comfortably able and hold the position for around thirty seconds. Static stretching works best after activating your muscles through warm-ups. Take a few minutes to warm up your muscles and connective tissue and allow the flow of synovial fluid to lubricate your joints.

You shouldn't perform static stretches before an athletic event or competition due to their potential to temporarily reduce strength and power. On the other hand, static stretching before recreational sports is a great idea because it can increase flexibility and reduce your risk of injury. To realize the full potential of static stretching,

always warm up beforehand and listen to your body to be sure you don't overdo it.

Dynamic stretching involves active movements that take your muscles and joints through their full range of motion. Unlike static stretching, dynamic stretching uses controlled motions and mimics the activity you are about to perform. This type of stretching also works well as a warm-up before exercising or performing a static stretch, as it increases blood flow, body temperature, and heart rate and prepares your body for the coming activity.

Myofascial release is a technique that targets the connective tissue surrounding your muscles, also known as the fascia. Myofascial tissue surrounds the body's organs, joints, bones, nerves, and other structures. This tissue can sustain injury from trauma such as a car accident, repetitive stress like poor posture, and even inflammation, and when this tissue is injured, it can hurt. To perform myofascial release, apply pressure to specific points on your body using your hands, a foam roller, a small ball, or another device. This action helps release muscle tension and ease pain stemming from myofascial tissue.

Proprioceptive neuromuscular facilitation, or PNF, is a technique used to improve your range of motion. It is used by physical therapists on clients after injury or surgery and by trainers on clients whose goal is an improved range of motion. PNF involves a combination of contracting and relaxing muscles and is often performed with a partner.





Periods of extended sitting or years of repetitive movements that encourage poor posture, like a dentist leaning over a patient to work on those hard-to-reach back teeth, can lead to muscular imbalances.



To perform PNF stretching, stretch the target muscle group to its comfortable limit for twenty seconds. Follow this by actively engaging the muscles against the resistance of a partner for around ten seconds, then reengage the stretch for another twenty seconds. Each muscle engagement results in a temporary increase in the joint's range of motion and can be followed by a deeper stretch.

Knowing the different types of stretching and when to apply each method will allow you to realize their many benefits. Of these benefits, improved flexibility is the most obvious. Stretching improves flexibility by length-

ening muscles and connective tissue, making them more pliable. Over time, repeating this practice with the proper form will increase a joint's range of motion and allow it to move more freely. Muscle memory will allow your body to adapt to the increased range of motion, eventually making it easier to get into a stretched position and less strenuous to hold the pose.

One of the body's physiological responses to stretching is increased blood flow. Stretching triggers a response called vasodilation, or a widening of the blood vessels. Wider vessels mean reduced resistance to blood flow, increased circulation, and a positive effect on your blood pressure.

While stretching, you contract and relax your muscles, forcing the movement of blood through your vessels. This aids in circulation, nutrient delivery, and the removal of metabolic waste. Stretching inevitably increases your heart rate, causing your heart to pump more vigorously, thereby increasing blood circulation throughout your body.

Stretching also plays a vital role in maintaining joint health by promoting the circulation of nutrients to the synovial membranes lining the inner surfaces of our joints. When these membranes are healthy and properly nourished, they produce enough synovial fluid of the right consistency to lubricate your joints.



Incorporating a combination of stretches that target muscles in your hips, back, shoulders, and neck can improve your posture. Periods of extended sitting or years of repetitive movements that encourage poor posture, like a dentist leaning over a patient to work on those hard-to-reach back teeth, can lead to muscular imbalances. Muscles can become overactive and tight or underutilized and weak.

Muscle memory is a good friend to those who pay its dues. However, it can hinder us if we ignore it for too long. Continuous slouching tricks the brain into believing that slouching is your new neutral. Muscle memory will revert you to that position without fail, even though it's painful and uncomfortable, unless you make a conscious effort to win the battle.

Stretching can release tension in muscles that are commonly tight due to poor posture. Releasing this tension relaxes the muscles, causing them to stop pulling the body into an incorrect posture. Similarly, stretching helps activate muscles that have been underused. Activating these muscles will strengthen them, allowing them to once again contribute to proper alignment.

Consistent stretching helps build a connection between your mind and muscles. Ultimately, it helps you understand the limits of your muscles, allowing you to map out

their range of motion. Becoming more conscious of your body's neutral position will help you catch yourself slouching so you can quickly correct your posture.

Stretching has emerged as a multifaceted practice with an almost unbounded opportunity to enhance your physical well-being. It offers a pathway to optimizing muscle performance and promoting healthy joints, and it's an activity that anyone can do at any time or place. Always consult your physician before incorporating stretching or any new type of exercise into your routine, then fuse science, health, and movement by stretching to impress. TM

ALI OTHMAN is an NSCA-certified personal trainer with over fifteen years of experience in the health and wellness industry. He is passionate about giving people the tools to live a healthier and better-informed tomorrow.

Ensuring Equitable Access to Halal Foods for Students: Takeaways from IFANCA's Interactive Session at the Society for Nutrition Education and Behavior (SNEB) Annual Conference

By **Amelia Keleher**

DUE TO A LACK OF ACCESS TO HALAL FOODS, MUSLIM STUDENTS NATION-wide experience food insecurity at critical points throughout their school day. This has direct implications for student wellness, academic performance, and overall development.

IFANCA hosted an interactive session in collaboration with the U.S. Department of Agriculture (USDA), the American Academy of Nutrition and Dietetics (AAND), and Chartwells Higher Education Dining Services to highlight the barriers and opportunities for students who observe halal. The panel was held during the Society for Nutrition Education and Behavior (SNEB) annual conference in Washington, D.C., on July 23, 2023. This initiative is part of IFANCA's broader mission to address food and nutrition security.

The session "Ensuring Equitable Access to Halal Foods for K-12 and College Students: Stories from Food Equity Advocates" brought together an accomplished interdisciplinary panel of food equity advocates:

- **Heather Hopwood**, senior technical advisor with USDA Food and Nutrition Service Child Nutrition Programs
- **Ridwan Abdul Rashid**, youth activist and sophomore student at Loyola University in Chicago, Illinois
- **Dr. Anne Mathews**, professor at the University of Florida and lead investigator of the national research survey "Halal Food Access and Nutrition Security of Muslim College Students in the United States" conducted by the American Academy of Nutrition and Dietetics
- **Nadeem Zafar**, division president northeast at Chartwells Higher Education Dining Services
- **YaQutullah I. Muhammad**, registered dietitian with the Academy of Nutrition and Dietetics (AND) and past chair of the AND Religious Member Interest Group (RMIG)



Pictured from left to right: Nadeem Zafar, Dr. Anne Mathews, Ridwan Abdul Rashid, Heather Hopwood, and YaQutullah I. Muhammad

Food and Nutrition Security

[The USDA defines food security as](#) “access by all people at all times to enough food for an active, healthy life.” The USDA also recognizes the importance of [nutrition security](#), ensuring that all people have consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being.

Heather Hopwood shared that food insecurity and malnourishment can lead to underdevelopment and underperformance. Under guidance from the Biden administration, the USDA is committed to addressing the needs of communities that have traditionally been underserved and left out of nutrition programs, such as the national school lunch and breakfast program, and ensuring that all people have access to foods that meet their faith-based and cultural dietary needs.

Barriers to Food and Nutrition Equity for Halal-Observing Students

K-12 Students

Prompted by lived experiences of hunger while attending Sullivan High School in Chicago, IL, Ridwan Abdul Rashid and several of his fellow students led a survey to convey to the administration that Muslim students were

going hungry at school and to explain how this impacted their behavior and well-being.

Sullivan High School is a Chicago Public School where approximately 15% of the students identify as Muslim. Many of these students come from immigrant or refugee households.

The survey results indicated that access to halal options is incredibly important to students:

- 87.9% of students stated that halal is “very important” to them, and the remaining students said it was “important” or “fairly important.”
- 61.1% of students said they bring lunch from home, and 75.8% of these students said this is because they “do not like the current halal options at school.”
- Nearly all of the ninety-one students surveyed said they “always,” “often,” or “sometimes” feel hungry at school because “there are no suitable halal options.”

University Students

According to the Institute for Social Policy and Understanding (ISPU), American Muslims are more likely to be students than other groups in the U.S. (13% vs. 3-5%). They also tend to be more active in their faith than their non-Muslim peers.

Similar to the Sullivan High School K-12 survey, AAND's national Halal Food Access and Nutrition Security survey of college students across the U.S. found that there is a strong relationship between halal-observing students experiencing food insecurity and a lack of suitable halal options.

The survey results will be made available to the public in early 2024, but Dr. Anne Mathews, principal investigator of the survey, presented the preliminary findings during our SNEB session:

- Over half of the halal-observing Muslim respondents classify as food insecure, and approximately one-third (31.1%) fall under the category of "very low" food security.
- A lack of access to halal foods impacts student GPA, course load, and other aspects of student and personal life.
- Regardless of food security status, the majority of survey respondents shared that halal is an important consideration when making food decisions.
- For these students, it is "very important" that products be certified halal.
- Additionally, the majority of students who were surveyed said they look for halal certification when purchasing food. The most frequent reason they gave for not being able to access halal foods on campus is because these items aren't labeled.



Trust, Transparency, and Accountability

Trust, transparency, and oversight are key components to developing credibility across the halal supply chain. Therefore, third-party engagement and relationship building are essential to the success of any halal food-service program.



AAND's national Halal Food Access and Nutrition Security survey of college students across the U.S. found that there is a strong relationship between halal-observing students experiencing food insecurity and a lack of suitable halal options.



A lack of access to halal foods impacts student GPA, course load, and other aspects of student and personal life.



In asking the audience, “Is your halal my halal?” YaQutullah Ibraheem Muhammad pointed out that not all Muslims observe halal in the same way or to the same extent, which is why it’s important to have clear standards and guidelines that are followed and cited in a halal program. Third-party organizations such as IFANCA establish clear guidelines, implement training, and provide oversight. This enables schools, foodservice directors, and foodservice staff to implement credible halal programs while deepening trust and promoting transparency with students and families.

Halal Education and Foodservice Training

One of the fundamental components of developing a third-party halal-certified foodservice program is ensuring that foodservice management and staff have the tools they need to succeed. This entails hands-on halal training and education on how to comply with halal guidelines in the specific facility or facilities that staff work in.

During our panel, Nadeem Zafar discussed how IFANCA has supported Chartwells in implementing a trusted halal meal program in higher education.

And YaQutullah emphasized that there are numerous educational resources that may be helpful for students, staff, and community members interested in learning more about what halal is and why it’s important. [®]

As the food and health equity program coordinator at IFANCA, **AMELIA KELEHER** advocates for expanding access to halal options in schools, on college campuses, and through federal nutrition assistance programs. Based in Portland, ME, she is committed to cultivating sustainable and equitable food systems in her local community and beyond.

How to Bring About Change: Tips from Our Food Security Advocacy Panelists

1. Partner with Muslim Student Association (MSA) groups on campus who can help elevate your concerns.
2. Voice concerns to your teachers, faculty, and the administration by initiating a conversation with a teacher or staff member you trust.
3. Ensure that the decision-makers in your community are aware of the issue at hand—a lack of access to halal foods—and request a timeline for action.
4. Reach out to existing organizations who can help establish a halal program.
5. Utilize experts such as IFANCA to help guide these conversations and this process.
6. Be an advocate! Uplift the needs you are hearing and share resources and educational materials.

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.

HALAL-CERTIFIED PRODUCT LOCATOR

Brand	Product Type	Company Name	Available At
Cabot®	Cheese	Cabot Creamery	Supermarkets throughout the United States
Campbell's®	Food Products	Campbell Soup Company	Supermarkets throughout Canada
Casa Grande Farms Green Mountain Farms® Hahn's®	Dairy Products	Franklin Foods Inc.	Supermarkets, discount stores
Desi Natural™	Dairy Products	Desi Fresh Foods™	Visit their website: desifreshfoods.com
Dr. Chen® Kandesn® Oi-Lin® SunBreeze® Sunrider® SunSmile® SunTrim® VitaShake®	<ul style="list-style-type: none"> • Cosmetics • Food Products • Nutritional Supplements • Personal Care Products 	Sunrider International	Visit their website for distributors: home.sunrider.com
Elecare® Ensure® Glucerna® Pediasure® Pedialyte® Similac® ZonePerfect®	<ul style="list-style-type: none"> • Infant / Baby Food Products • Nutritional Supplements 	Abbott	Supermarkets and drugstores throughout the United States and Canada
Enfagrow® Enfakid® Enfamil® Enfapro®	Infant / Baby Food Products	Mead Johnson B.V.	Department stores, supermarkets, and drugstores throughout the United States
Enjoy Life®	Snack Food	Enjoy Life Natural Brands	Supermarkets, convenience stores, drugstores
Flipz® Turtles®	Candy / Chocolate	DeMet's Candy Company	Supermarkets, drugstores, discount stores
Fruitfull® Happy Indulgence®	Food Products	Happy & Healthy Products Inc.	Supermarkets, convenience stores, mini marts, gas stations

Brand	Product Type	Company Name	Available At
Godiva	Candy / Chocolate	Godiva Chocolatier	Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States
Golden Bonbon™	Candy / Chocolate	Asti Holdings Ltd.	Visit their website: www.goldenbonbon.com
Impossible™	Food Products	Impossible Foods Inc.	Grocery stores and select restaurants throughout the United States
J&M®	Food Products	J & M Food Products Company	Visit their website: www.halalcertified.com
Kontos®	<ul style="list-style-type: none"> • Bakery Items • Bread 	Kontos Foods, Inc.	Ethnic (Arab, Indo/Pak) stores and fruit & vegetable markets throughout the United States
La Yogurt®	Dairy Products	Johanna Foods, Inc.	Supermarkets, fruit/vegetable markets, discount stores
Love & Quiches Gourmet®	Brownies and Cakes	Bello LLC, dba Love and Quiches	Visit their website for outlets: www.loveandquiches.com
MAYA™	Cosmetics	Maya Cosmetics	Visit their website: www.maya-cosmetics.com
Melaleuca	<ul style="list-style-type: none"> • Nutritional Supplements • Personal Care Products 	Melaleuca, Inc.	Visit their website for distributors: www.melaleuca.com
Mountain High™	Dairy Products	General Mills	Supermarkets throughout the United States
My Own Meal®	Food Products	My Own Meals, Inc.	Visit their website: www.myownmeals.com
National®	<ul style="list-style-type: none"> • Dessert Mixes • Food Products • Sauces & Dressings, Condiments • Spices & Seasonings 	National Foods Limited	Ethnic (Indo/Pak) stores throughout the United States and Canada
Natural Delights®	Food Products	Datepac, LLC	Kroger, Meijer, Publix, Walmart, Whole Foods, and various markets throughout the United States

Brand	Product Type	Company Name	Available At
Nestlé	<ul style="list-style-type: none"> • Beverages / Beverage Concentrates • Dairy Products • Drink Mixes • Dessert Mixes • Food Products 	Nestle Pakistan Ltd.	Ethnic (Indo/Pak) stores throughout the United States
Nutrilite™	Nutritional Supplements	Access Business Group, LLC	Visit their website for distributors: amway.com/en_US/nutrilite
Olympia® Foods	<ul style="list-style-type: none"> • Flat Bread • Gyros 	Olympia Food Industries, Inc.	Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada
Organic Valley®	Dairy Products	Organic Valley	Supermarkets throughout the United States
Peek Freans	Bakery Items	English Biscuit Manufacturers (Pvt.) Ltd.	Ethnic (Indo/Pak) stores throughout the United States and Canada
POM Wonderful®	Beverages / Beverage Concentrates	POM Wonderful, LLC	Supermarkets throughout the United States
Saffron Road™	<ul style="list-style-type: none"> • Appetizers • Food Products • Snack Foods 	American Halal Company, Inc.	HEB, Kroger, Publix, Target, Whole Foods, and various markets throughout the United States Visit their website to locate a store near you: saffronroad.com
Tom's of Maine	Personal Care Products	Toms of Maine, Inc.	Department stores, supermarkets, and drugstores throughout the United States
Wonderful Pistachios®	Pistachios & Almonds	Wonderful Pistachios & Almonds	Supermarkets throughout the United States

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