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The Call to
Calisthenics

Winter 2023

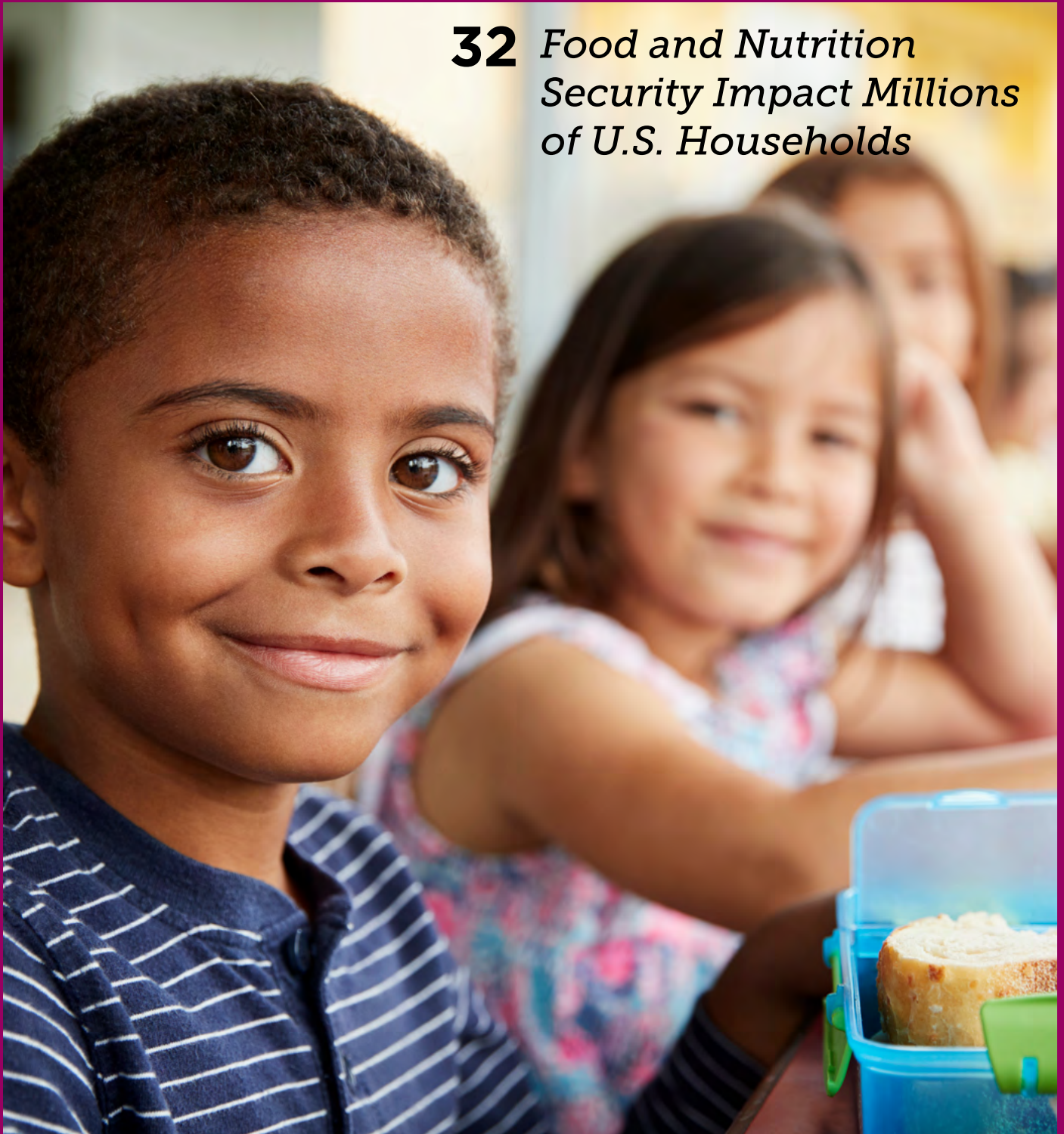
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Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America

Magazine

32 *Food and Nutrition
Security Impact Millions
of U.S. Households*





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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
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Editor's Note

Assalaamu alaikum,

I hope you have been enjoying the new year! Though this is our last issue for 2023, we have lots of exciting topics on the agenda for 2024. Stay tuned for more news on trending topics in food, health, nutrition, exercise, and wellness.

Speaking of trends, alternative seafood has become more and more popular in recent years. Read about the role seafood made from plants, algae, and cultured cells will play in the food industry on page 6.

Ultraprocessed food is another phrase that's taken the world by storm. There's still some debate about its impact on a person's overall health, and the article "Food for Thought" on page 24 is a great introduction to the discussion.

This issue also takes a look at grief, a feeling most of us are familiar with. Though grief is normal, there are instances where dealing with it might require professional help. Read more in the article on page 14.

Though women's health isn't a new topic by any means, it's still an important subject to visit from time to time. Visit page 10 for a refresher on the issues affecting women and what to be on the lookout for.

Calisthenics have experienced a resurgence in the workout world. They're a form of exercise you can do almost anywhere, making them a great addition to an existing exercise routine. Discover some ideas for getting started in "The Call to Calisthenics" on page 28.

Lastly, promoting food and nutrition security continues to be of great importance to IFANCA's mission. Learn how we are committed to addressing this issue in the article on page 32.

Remember to follow us on [Facebook](#), [Instagram](#), [LinkedIn](#), and [X](#). We're also available by email at halalconsumer@ifanca.org if you have any questions.

Thank you for reading!

Sincerely,

Alison DeGuide **editor**

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Halal Consumer Magazine

A quarterly magazine published with resources to support the Halal community. In every issue you can find:

- Notes from IFANCA
- Articles, Resources, and Recipes
- Halal Product Locator



Embracing Alternative Seafood for a Sustainable Future

By Asma Jarad



IF YOU FIND YOURSELF CRINGING AT THE THOUGHT of "alternative" and "seafood" in the same sentence, you are not alone! However, as we face an increasing global demand for seafood and challenges with environmental sustainability, it's time to accept alternative seafood for what it is: a viable and ethical solution.

Let's explore the revolutionary concept of alternative seafood that promises to redefine our relationship with the ocean's bounty while navigating the pressing need to alleviate the strain on our marine ecosystems. By the end, we'll discover the potential of alternative seafood to offer nutritious, ethical, and sustainable choices.

Understanding Alternative Seafood

Alternative seafood breaks away from traditional fishing practices, relying instead on innovative techniques. This developing category currently offers three production approaches, each with its own merits:

- Plant-based seafood is crafted from ingredients like seaweed, legumes, and grains cleverly processed to mimic the taste and texture of conventional seafood. This alternative also contains protein levels similar to traditional seafood, lower levels of saturated fat, and zero cholesterol.
- Lab-grown seafood is cultivated through cellular agriculture, where fish or shellfish cells are grown to produce meat that resembles traditional seafood. Unlike traditional seafood, this alternative may also contain dietary fiber, which is beneficial for digestive health.
- Algae-based seafood products primarily use algae, a sustainable and highly nutritious source, as the primary ingredient to create seafood alternatives. This alternative is often fortified with plant-based omega-3s to mimic traditional seafood's fatty acid content.

Convincing consumers to switch to alternative seafood is also challenging due to the perception that these alternatives differ from traditional seafood in taste and texture.



As human populations continue to grow, so does the global projected reliance on fish. [According to the Food and Agriculture Organization of the United Nations \(FAO\)](#), aquatic animal production is projected to grow 14% by 2030 compared to 2020. As you might expect, traditional fishing methods cannot sustain this human demand for seafood. Alternative seafood presents a promising avenue for scaling seafood production and delivering high-quality protein.

Environmental & Human Impact

A survey on marine threats and impacts by Sturla Kvamsdal et al. for *Marine Policy* revealed that global threats and

impacts in marine environments are “overfishing, climate change (global warming, ocean acidification), pollution (plastics), and habitat damage.” These issues underscore the need for more sustainable seafood options.

Concerns about the mistreatment of marine life in industrial fishing practices have also pushed consumers to seek ethical alternatives. Bycatch and trawling are common examples of harmful behavior. Bycatch, for instance, captures not only the desired seafood for human consumption but also dolphins and turtles. Similarly, trawling, [as indicated by the Coastal and Marine Hazards and Resources Program](#), is a lethal fishing practice that “destroys the natural seafloor habitat by essentially rototilling the seabed. All of the bottom-dwelling plants and animals are affected, if not outright destroyed, by tearing up root systems or animal burrows.”

More alarming are the reports of human rights abuses, specifically forced labor in the seafood industry. [According to research done by Trevor Sutton and Avery Siciliano in their article “Seafood Slavery,”](#) “human trafficking related to the seafood sector has been documented in countries and markets as diverse as New Zealand, Thailand, Ghana, Ireland, and—most recently—U.S.-registered fishing vessels docked in Hawaii.” Workers, which sometimes include children, are forced to work long hours in poor conditions with little or no pay. In the U.S., there are reports of migrant workers being subjected to work on





Embracing alternative seafood is also crucial in fulfilling our responsibility to care for our planet and its inhabitants, as we are God’s elevated creation entrusted with maintaining balance and acting with moderation, thoughtfulness, and justice.



vessels or in seafood processing plants under harsh conditions by threat of deportation.

Challenges for the Emerging Alternative


Despite the promise of alternative seafood, several challenges exist, including regulatory concerns regarding safety standards and labeling, emphasizing the need for stringent quality requirements. Convincing consumers to switch to alternative seafood is also challenging due to the perception that these alternatives differ from traditional seafood in taste and texture. [In a Telegraph article](#), Sue Quinn asserts, “Fishless fish has lagged behind mock meat in popularity for a variety of reasons. Seafood is

widely regarded as healthy, so consumers aren’t inclined to give it up as readily as they are red meat...”

Protecting Allah’s Creation

Shifting toward alternative seafood is a necessary evolution in our dietary practices to ensure a sustainable future. Alternative seafood offers promising solutions to the urgent challenges posed by traditional seafood production, including the critical issues of overfishing, biodiversity loss, ecosystem damage, and human suffering. While challenges exist, the increasing awareness and adoption of alternative seafood highlights a collective move toward a more ethical and sustainable relationship with our oceans, environment, and workers’ rights.

Embracing alternative seafood is also crucial in fulfilling our responsibility to care for our planet and its inhabitants, as we are God’s elevated creation entrusted with maintaining balance and acting with moderation, thoughtfulness, and justice. Let us recall God’s words: *“O children of Adam...eat and drink, but be not excessive. Indeed, He likes not those who commit excess”* (Quran 7:31).


Indeed, God created a perfectly balanced world based on sustainability and circularity. 

ASMA JARAD is a Chicago writer, editor, and communications strategist. Her diverse work spans platforms encompassing health, food trends, and Islam in America.

A Special Focus on Women's Health

By Kelly Izdiyar Crosby





GOD IS AL-MUSAWWIR, THE BESTOWER OF Form, the Shaper of Unique Beauty. He has charged us to maintain the health of our bodies. While health challenges vary from person to person, we do share commonalities that shape our collective experience. He has given unique qualities to our male and female forms and within our own individual selves. As God says, “And the male is not like the female” (Quran 3:36). Men and women can suffer from the same ailments but have them show up differently in our bodies. Due to their unique genetic and hormonal makeup, women have distinct health needs and challenges.

The most obvious place to start with women's health is the female reproductive system. Dysmenorrhea is the name for abnormal, severe, and frequent cramps and pain. For many women, this is a normal but unfortunate experience that can be a nuisance for some but debilitating for others. Cramping can be accompanied by dizziness, diarrhea or loose stools, headaches, fatigue, and nausea. Over-the-counter pain relievers can help with period pain, such as NSAIDs (non-steroidal anti-inflammatory drugs). Ibuprofen or naproxen can reduce prostaglandins, the hormones that cause the painful contractions that lead to menstrual cramps. Applying a heating pad or soaking in a hot bath can ease pain as well. And, while it may sound counterintuitive when you're in pain, exercise can provide natural pain relief by releasing feel-good hormones called endorphins.

Sometimes, cramps are caused by uterine fibroids, which are noncancerous growths in or on the wall of the uterus. Most fibroids are benign, and common symptoms include heavy menstrual bleeding or painful periods, longer or more frequent periods, pelvic pain, frequent urination, or trouble urinating. Endometriosis is another painful condition in which tissue like that of the uterine lining grows outside the uterus. It can cause painful periods, along with fertility issues.

Polycystic ovary syndrome (PCOS) is a condition that affects a woman's hormone levels. It is the most common endocrine disorder for reproductive-aged women. The name is derived from the cysts that sometimes form on the ovaries, though this is not the underlying cause of this ailment. Its symptoms vary and can include excess body and facial hair, acne, difficulty getting pregnant, weight gain, irregular or nonexistent menstrual periods, and enlarged ovaries. Currently, the exact cause of PCOS is unknown, and there is no cure. Treatment involves a combination of diet and exercise, medication, and birth control pills.

Despite the risks, pregnancy and childbirth are often viewed with joy and optimism. With regular health screenings and check-ups, it is possible to manage any



Polycystic ovary syndrome (PCOS) is a condition that affects a woman's hormone levels. It is the most common endocrine disorder for reproductive-aged women.



possible health risks. One of these risks is gestational diabetes. [The Centers for Disease Control \(CDC\) state that](#) “every year, 2% to 10% of pregnancies in the United States are affected by gestational diabetes.” Most women with gestational diabetes have normal pregnancies. Still, there are risks for complications such as the baby growing larger than usual, leading to a need for induced labor or a cesarean section. When a doctor diagnoses a patient with gestational diabetes, the patient is prescribed insulin to lower blood sugar levels and is advised to engage in moderate aerobic exercise.

However, not all pregnancy risks are physical. Another risk that has gained more attention is postpartum depression. Depression after childbirth can vary, with some mothers experiencing “baby blues.” These feelings of

sadness, anxiety, irritability, trouble sleeping, and crying usually last for a week or two. Postpartum depression is more intense and longer lasting, sometimes occurring during pregnancy and enduring a year after birth. The main symptoms include feelings of hopelessness, severe mood swings and anxiety, difficulty bonding with the baby, and crying too much. New mothers are encouraged to not only share their concerns with their obstetricians but also seek help from mental health professionals and support other mothers who are experiencing or have experienced postpartum depression.

While cancer is a health problem that does not discriminate according to gender, it does impact men and women differently. Women are at increased risk for breast cancer. In fact, one out of eight women will receive a breast cancer diagnosis in the United States. But the future is optimistic! With self-testing and mammograms, breast cancer can be detected early and treated in time. [According to the American Cancer Society](#), “breast cancer death rates declined 40% from 1989 to 2017 among women.” Women can perform monthly self-breast exams at home by checking for changes in shape or size, lumps or thickening, pain, discharge, or redness.

Women should also be aware of gynecological cancers or cancers that affect women's reproductive organs. These cancers can occur in the cervix, ovaries, uterus, vagina, or vulvar area. Each cancer is unique, so we must be aware of our bodies and what we consider abnormal changes. There is no routine test for ovarian cancer, but symptoms



include abdominal bloating, pelvic pain, and changes in bowel habits.

Women are at a greater risk of developing urinary tract infections (UTIs) than men. UTIs affect the kidneys, ureters, bladder, and urethra. They don't always cause discomfort but can be quite painful if ignored. The urethra is a tube that carries urine from the bladder outside the body, and a shorter urethra makes it easier for bacteria to reach the bladder and cause an infection. [According to the Mayo Clinic](#), "being sexually active tends to lead to more UTIs [and] having a new sexual partner also increases risk." Certain types of birth control, such as diaphragms or spermicidal agents, can increase your risk as well. Lastly, menopause also increases your risk of a UTI because of a decline in circulating estrogen.

Men and women are at risk for osteoporosis as they age, but women are at higher risk due to menopause. Osteoporosis is a disease that weakens bone density and makes a person more susceptible to broken bones and bone fractures. This is because estrogen, the female hormone, is essential for healthy bones. After menopause, estrogen levels fall, which leads to a rapid decrease in bone density. A bone density test can determine the proportion of minerals in the bones. Treatment includes bisphosphonates and estrogen therapy.

It is said that women tend to outlive men, but we do have our share of immune health complications. Our immune systems are wonderful defense mechanisms

Women can perform monthly self-breast exams at home by checking for changes in shape or size, lumps or thickening, pain, discharge, or redness.



that protect our bodies from potential infections and illnesses. However, they may have trouble discerning the difference between threats and non-threats. [According to Melinda Wenner Moyer in an article for Scientific American](#), "women account for an estimated—and astonishing—78 percent of people who have these disorders...Autoimmune diseases are now the fifth-leading cause of death in women younger than 65." Some of these common ailments include psoriasis, type 1 diabetes, rheumatoid arthritis, and lupus. Living with an autoimmune disease can be challenging, but they can be managed through medication, a healthy diet, and moderate exercise.

Social and cultural factors play a role in how women deal with stress and mental health. Depression, anxiety, and eating disorders are more common among women than men. Declining mental health can often be a response to social pressures that women face throughout the world due to body issues, poverty, sexual abuse, and assault. Add the hormonal changes that come with pregnancy, menstruation, and menopause, and this also adds to our mental strain.

Despite these unique challenges, women can flourish and have good health. Teenage girls can visit a gynecologist to discuss questions about sexual health, menstruation, and reproductive health. It is recommended for women in their twenties who are sexually active to visit their gynecologist for an annual pelvic exam. Guidelines vary, but pap smear tests may start at age twenty-one. For women in their thirties and forties, the frequency of visits will depend on health factors, but pap smears and mammograms are par for the course. Women over fifty and post-menopausal women will need regular check-ups along with discussions about hormonal changes and bone density exams.®

KELLY IZDIHAR CROSBY is an artist and freelance writer who lives in Atlanta, Georgia.

Good Grief

By Tayyaba Syed



BETWEEN 2012 AND 2013, DR. TAMARA GRAY'S life changed dramatically. She had been settled in Syria for the last twenty years but was now back in Minneapolis, Minnesota, due to the country's civil war. She was a well-known and sought-after educator in Damascus yet could not even get an interview here. She felt like a fish out of water. She wanted to stay positive and productive and spent the year writing essays on joyful faith and spiritual peace instead, which then went on to become an award-winning book called *Joy Jots: Exercises for a Happy Heart*. What Dr. Gray did not realize was that she had actually published a book on grief.

"I had white-knuckled myself through that year writing essays that were as much of a salve to me as they were to those who read them," shares Dr. Gray, co-founder, executive director, and chief spiritual officer of a Muslim women's and children's educational non-profit called Rabata. "Deep thinking about faith helped me through my grief and became my [biggest] 'joy jot.'"

Grief can manifest in many different shapes and forms. It is how we cope with the loss of anything or anyone, whether it be a relationship, job, home, or loved one. It is a very common aspect of life but is often misunderstood.

Farhan Ahmed is a licensed clinical professional counselor (LCPC) and founder of the non-profit organization Ihsan Coaching. He not only views grief as a normal and natural reaction to loss but also recovery from the loss itself.

"It's not fair to put a timeline on how long it takes to recover from grief, though," states Ahmed, who lives in Illinois with his wife and three kids. "Everyone is on their own grief journey and might not be ready. Some people need time to process the grief and accept it before they can seek help."

The late psychiatrist Dr. Elisabeth Kübler-Ross proposed that there are five stages of grief: denial, anger, bargaining, depression, and acceptance. Yet Ahmed says that individuals may not experience these stages in a linear fashion—or any of them, for that matter.

"A person may not go through the anger stage," Ahmed says. "For example, after seeing a grandmother suffer for a long time, you may be relieved to see her not in pain anymore. A Muslim might just accept it by saying 'innā lillāhi wa innā 'ilayhi rāji'ūn' ['Surely to Allah we belong and to Him we will (all) return' (Quran 2:156)] and go directly to the last stage or they could be dealing with denial or anger and may need professional help to process these very real emotions."

This is where Dr. Lubna Qazi is at after losing her younger sister Nadia more than two years ago. She has gone

from anger to sadness to denial repeatedly and has been seeking help to carry her intense level of grief. Nadia was thirty-six years old when she died suddenly from cardiac arrest.

"There were times I couldn't even function," recalls Dr. Qazi, a pediatrician and mom of three. "The shock has affected every aspect of my being, and our family dynamics have changed forever, both with my siblings and parents and with my husband and own children."

Initially, Dr. Qazi took some time off from work and just turned inward. She did not want to talk to anybody or really see anyone besides her immediate family. She went into a deep depression and began seeing a psychiatrist and therapist.



"It's not fair to put a timeline on how long it takes to recover from grief..."

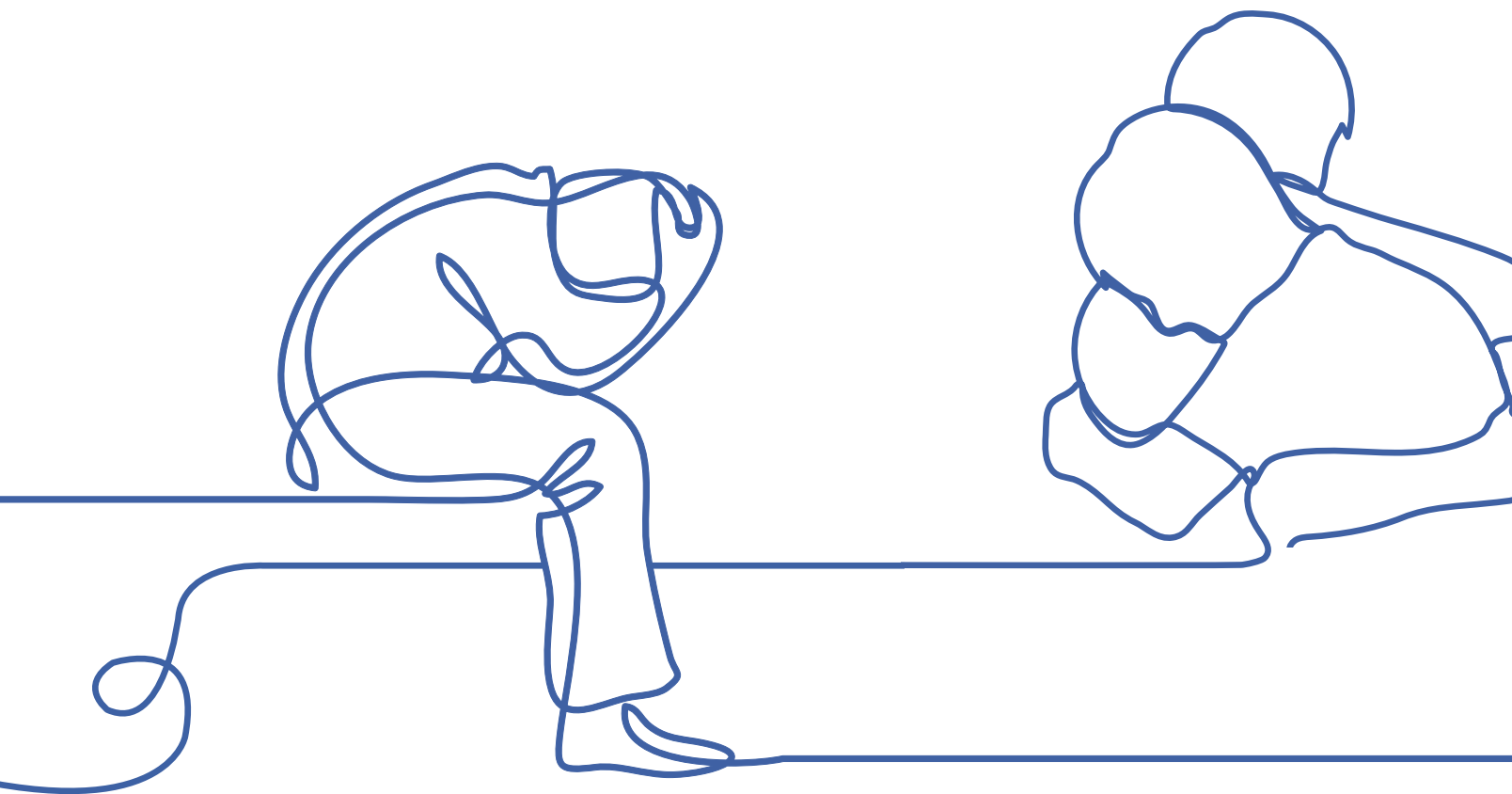
How does an individual experiencing grief determine that professional help is needed? According to Ahmed, grief can lead to certain physical and mental symptoms, such as loss of health, high stress, weight loss, lack of appetite, depression, anxiety, endless thoughts, absentmindedness, or severe behavioral changes like seclusion and isolation, mood swings, or being less talkative/engaging less.

"Get help as soon as you possibly can," Ahmed advises. "If you notice that your health is deteriorating and you can't help yourself, then find the help you need to get yourself back on track."

Ahmed breaks down some ways to process one's grief:

1. Gaining awareness: be aware of your emotional state
2. Accepting responsibility: realize you are in control and can change your situation
3. Identify recovery: figure out how you can help yourself
4. Take action: physically move through that feeling of grief

He recommends being proactive, which can look different for everyone, and finding ways to release endorphins, whether through meditation, hiking, finding someone to listen to your feelings, seeking companionship, or exer-



cising. Ahmed also suggests looking into cognitive behavioral therapy.

"The way you perceive and think of things: 'I will *never* forget...I can't move on...I'm permanently broken.' Are you truly *always* broken? With these 'absolutes,' we unconsciously lose hope. We have to correct this. Say instead 'sometimes my heart feels broken.' You may never forget, but you can move on. Talk to someone to restructure how you think about it," says Ahmed. "I have my clients write a letter about how they feel and what they would have liked to say when they lost the relationship. Processing the emotion is better than keeping it in because it will keep resurfacing. The more we talk about it [to the right people], the easier it becomes to work through the grief. And remember that spiritual and mental/emotional healing is all intertwined. Talk to Allah as He tells us in the Quran, 'Truly, do hearts find peace only in the remembrance of God.'"

We also learn from Prophet Muhammad (peace be upon him [PBUH]) that he sought refuge in God from grief. He used to say, "O Allah, I seek refuge with You from worry, grief, incapacity, laziness, miserliness, cowardice, debt, and being overpowered by [other] men."

Founder and President of the Yaqeen Institute Dr. Omar Sulaiman states in his book *For Those Left Behind: Guidance on Death and Grieving*, "You are not supposed to move on *from* them. Instead, strive to move forward *with* them." He goes on to give the example of Prophet Muhammad (PBUH) and how he never fully moved on

after his beloved wife Khadijah passed away, always cherished moments with her, and kept her memory alive. Dr. Sulaiman goes on to encourage the reader to ask themselves if the deceased (their respective loved one) would be pleased with their idleness and lethargy, or would they want them to continue living as an active and productive force for good and keep their legacy alive?

For Dr. Qazi, not only does she have to deal with her own grief but also that of her children. Keeping Nadia's memory alive has been part of the healing process for her. The children were so close to their aunt, and accepting her loss has been very difficult for them, especially for Dr. Qazi's daughter.

"They still have their whole lives ahead of them," realizes Dr. Qazi. "I'm trying to not show them my emotions but help them acknowledge their feelings through talking about her and journaling. Something that has helped me help them is writing a children's book to honor her



"You may never forget, but you can move on. Talk to someone to restructure how you think about it," says Ahmed.

memory and their beautiful relationship with her called *They Called Her Yaya*. I want them to be more like her and learn from her example, and I hope they carry her life forward."

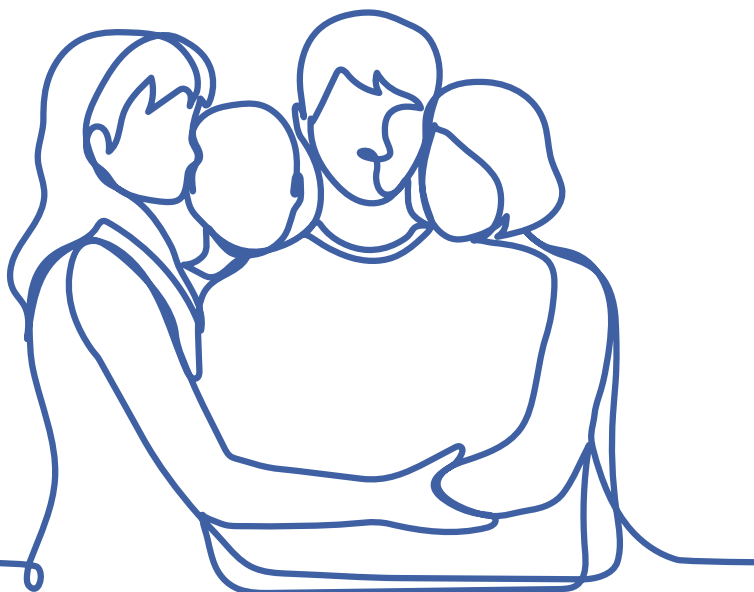
Another aspect of grief Dr. Qazi has had to face is the guilt she feels at not being able to express her love more to her sister or not making the most of their time together. At times, she feels she took her for granted.

Psychiatrist and psychotherapist Dr. Shoaib Memon works with grief patients at his medical practice in Chicago. He states, "It is important to remember that all relationships have challenges and missed opportunities. Imagine what the deceased person would want for you: only positive wishes. Try to apply what you learned from these missed opportunities to the relationships you currently have with your spouse, kids, and co-workers."

Grief is a part of who we are as humans, and Dr. Tamara Gray does not think that grief is a pathology that we need to cure. She believes it is an important emotion that we need to hold on to.

"It teaches us where real happiness lies," writes Dr. Gray in *Joy Jots*. "It reminds us of the temporal nature of this life. And it humbles us. I am grateful for my grief." ®

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 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.



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Banana Coconut Granola

By Omolara Funmilayo

Servings: 6 | Time: 1 hour 15 minutes

INGREDIENTS

- 2 cups oats (rolled or old-fashioned)
- 1 cup unsweetened coconut flakes
- ½ cup pumpkin seeds
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt
- 1 ripe banana, mashed
- 2 tablespoons coconut oil, melted

DIRECTIONS

1. Preheat oven to 300°F (149°C).
2. In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon, and sea salt.
3. Add the mashed banana and coconut oil to the bowl with the oat mixture. Use a spoon to stir until it is very well combined and the mixture is evenly coated.
4. Spread the mixture in an even layer on a large baking sheet. Press down slightly and place in the oven.
5. Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove it from the oven. As it cools, it will crisp up even more, so do not overbake.
6. Once cooled, store in an airtight container at room temperature for up to 1 week or in the freezer for a few months.

Notes:

Refrigerate in an airtight container for up to 4 days.

One serving is roughly ½ cup of granola.

Serve with yogurt, oatmeal, almond milk, and/or fresh fruit. 🍌



Colorful Fall Quinoa Salad

By Amelia Keleher


INGREDIENTS

- 2-3 medium sweet potatoes, scrubbed and diced
- 1 cup quinoa, rinsed and drained
- ½ cup pumpkin seeds, toasted
- 1 small bunch sage, chopped
- soft goat cheese for garnish (optional)
- kale (optional)
- lemon juice (optional)

Tahini Dressing Ingredients

- ¼ cup tahini
- 3-5 tablespoons olive oil
- 1 teaspoon red chili flakes
- salt and pepper (to taste)

DIRECTIONS

1. Preheat oven to 390°F.
2. Toss the diced sweet potatoes with olive oil and distribute evenly on a baking tray. Bake for 45 minutes or until slightly caramelized.
3. Pour the quinoa into a rice cooker with 1½ to 2 cups of water, depending on how soft you like your quinoa. If you don't have a rice cooker, you can cook the quinoa in a pan on the stove. Bring the water to a boil, then simmer for 15-20 minutes until the quinoa is tender and the water has been absorbed.
4. Heat a cast iron skillet on the stove and add 1 tablespoon olive oil. Add the chopped sage and sauté for several minutes on low heat. Transfer the sautéed sage into a serving bowl.
5. Use the same cast iron skillet to toast the pumpkin seeds on low heat for about 5 minutes until crispy. Watch the seeds carefully and stir them to make sure they don't burn.
6. In a small jar, mix the tahini, olive oil, red chili flakes, salt, and pepper. Stir the dressing into the salad. If using a thicker tahini, you may want to reduce the amount of tahini and add more olive oil to get a thinner consistency.
7. Toss in the toasted pumpkin seeds and serve with crumbled goat cheese, if using.
8. This colorful fall quinoa salad is also delicious served with fresh kale. Massage your kale with olive oil and lemon juice to make the leaves nice and tender. 



Slow Cooker Vegan Chili

By Omolara Funmilayo

Servings: 8 | Time: 8 hours

INGREDIENTS

- 6 cups canned whole tomatoes
- 2 cups red kidney beans, cooked, drained, and rinsed
- 2 cups white navy beans, cooked, drained, and rinsed
- 2 cups frozen corn
- 2 stalks celery, diced
- 2 green bell peppers, de-seeded and chopped
- 2 carrots, chopped
- 1 white onion, diced
- 4 garlic cloves, minced
- 2 teaspoons cumin
- 1 teaspoon oregano
- 3 tablespoons chili powder
- 1 tablespoon sea salt

DIRECTIONS

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands.
2. Add remaining ingredients and stir until combined.
3. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
4. Ladle into bowls and enjoy!

Notes:

One serving is roughly 1½ cups.

Serve with toast, quinoa, brown rice, or salad.

Save time by chopping celery, bell peppers, carrots, and onions ahead of time.

Make it kid-friendly by omitting the chili powder and puréeing the chili until smooth.

Make it spicier by adding 1 to 2 chopped jalapeño peppers, chili flakes, or extra chili powder.

For more nutrients, mix in chopped kale or spinach and stir until wilted.

For more toppings, add green onion or diced avocado.

Refrigerate in an airtight container for up to 5 days or freeze for up to 4 months. ©



Coconut Brownie Bites

By Omolara Funmilayo

Servings: 14 | Time: 15 minutes

INGREDIENTS

- 1 cup almonds
- ¼ cup cocoa powder
- ½ cup unsweetened coconut flakes, divided
 - 1 cup pitted dates, soaked and drained
- 1½ tablespoons coconut oil
- 1 tablespoon raw honey

DIRECTIONS

1. Combine the almonds, cocoa powder, and half of the shredded coconut in a food processor. Process into a fine powder.
2. Add in the soaked dates, coconut oil, and honey. Pulse until a dough-like consistency forms.
3. Roll dough into small bite-sized balls. Roll the balls in the remaining coconut flakes to coat.

Note: Store in the fridge for up to 5 days or in the freezer for up to 3 months. ©



Golden Turmeric Latte

By Omolara Funmilayo

Servings: 2 | Time: 10 minutes

INGREDIENTS

- 1 tablespoon ginger
- 1 cup canned coconut milk
- 1 cup water
- 1 teaspoon turmeric powder
- 1 tablespoon raw honey
- ½ teaspoon cinnamon
- 1½ teaspoons coconut oil

DIRECTIONS

1. Grate the ginger, then squeeze the juice out of it into a saucepan. Discard the pulp.
2. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
3. Carefully transfer the mixture into a mason jar and seal with a lid. Shake vigorously for about 30 seconds or until foam forms. You can also use a blender for this step, but the turmeric can stain the blender cup.
4. Pour through a sieve into glasses and enjoy!

Notes:

If you use fresh turmeric root instead of powder, peel and grate the turmeric root.

Measure out about 1 tablespoon of grated turmeric root per serving.

Avoid turmeric stains by rinsing all glasses and mugs right after use. Use baking soda on turmeric stains if they do happen.

For an on-the-go option, add all ingredients except water to a mason jar. When ready to drink, add hot water from a kettle and shake it up for a warm snack.

To make it vegan, use maple syrup instead of honey. 🌱



Turkey and Barley Soup

By Omolara Funmilayo

Servings: 6 | Time: 30 minutes

INGREDIENTS

- 6½ cups water
- 5 medium carrots, diced
- ½ sweet onion, diced
- 1½ teaspoons italian seasoning
- 1 teaspoon sea salt (to taste)
- ⅔ cup pearl barley, uncooked
- 12-ounce halal turkey breast, cooked and roughly chopped
- 2 cups baby spinach

DIRECTIONS

1. Add the water, carrots, onions, italian seasoning, and salt to a pot over medium-high heat.
2. Once boiling, lower to a simmer and cook until the carrots are tender to crisp, about 5 to 7 minutes.
3. Stir in the barley and cook for 15 minutes.
4. Add the turkey and spinach and cook until the turkey is warmed through and the spinach is wilted, about 3 minutes.
5. Divide into bowls and enjoy!

Notes:

One serving is approximately 2 cups.

Make it gluten-free by using quinoa, gluten-free pasta, or rice instead of barley.

Be sure to adjust the cooking time accordingly.

For more flavor, sauté the onions and carrots in your choice of cooking oil, add minced garlic or ginger, or use broth instead of water.


For more toppings, add parsley, sliced green onions, or red pepper flakes.

Make it vegan by using tofu, edamame, chickpeas, or lentils instead of turkey breast.

Refrigerate in an airtight container for up to 3 days. ©

Food for Thought

By Husna T. Ghani



WE HAVE HEARD OF PROCESSED FOODS, BUT we may or may not have heard of ultraprocessed foods. What is the difference between the two? Gina Van Thomme explains it best [in an article for the University of Texas MD Anderson Cancer Center](#). She tells us to envision food as being on a spectrum. Whole foods that are natural or have extremely low levels of processing are at one end. Processed foods are in the middle and still “resemble whole food ingredients.” These have only a few added ingredients and usually have undergone a physical process such as juicing, blending, heating, or freezing. Some examples are fruit and vegetable juices, frozen or canned whole foods, peanut/nut butter, and whole-grain bread. Ultraprocessed foods are at the opposite end and are referred to as “food-based products.”

[The NOVA classification system](#) states that ultraprocessed foods are “snacks, drinks, ready meals and many other products created mostly or entirely from substances extracted from foods or derived from food constituents with little if any intact food.” Think vending machines and your favorite chips, cookies, and soda, as well as lunch meats such as bologna and hot dogs. Ultraprocessed foods are designed to look and taste appealing while having a longer shelf life. These foods have added salt, sugar, food coloring, and preservatives.

One example of a food consumed in the different stages of processing is corn. Corn on the cob is unprocessed. Canned corn is processed. Corn chips are ultraprocessed. You can see how the corn has been changed from its original form to something that may only be a derivative of the natural product. If it tastes good, comes in a package, does not look like its original form, has a long shelf/refrigeration life, and is extremely easy to obtain from a box, machine, or drive-thru, then chances are it is an ultraprocessed food.



Ultraprocessed foods are designed to look and taste appealing while having a longer shelf life. These foods have added salt, sugar, food coloring, and preservatives.



Corn on the cob is unprocessed. Canned corn is processed. Corn chips are ultraprocessed.



In today's world of incessant "busy-ness," people may compromise healthy eating for convenience. Food is meant to be chewed, digested, and broken down into smaller molecules of nutrients that are absorbed. However, altered and chemically processed foods slow down this process. These foods do not break down easily and usually lack many nutrients and vitamins, thus causing an inflammatory response. According to Dr. Ehtesham Ghani, a board-certified bariatric and internal medicine physician, "over time, this can be dangerous for one's health, raising the risk of obesity, cardiac disease, cancer, diabetes, and other inflammatory diseases." [In a research study by Hyunju Kim et al. spanning almost two decades that was published in the *Public Health Nutrition journal*](#), results showed that individuals in the group that consumed ultraprocessed foods with the highest fre-

quency had a 31% higher risk of mortality compared to those in the lowest group.

So, why are ultra-processed foods so popular? With the advent of new technology over the past several decades, our world has become more instant by the second, and our food has evolved to keep up with the times. We want our food to be accelerated yet palatable. We can see that the cultural shift since the post-World War II era prompted a shift in our diets towards more processed eating. After the Second World War, canned food became a symbol of patriotic convenience. Marketers showcased their products through a new medium: television entertainment. Women (who were generally the main food preparers) entered the workforce in higher numbers.

Do we need to forego all ultraprocessed foods? That depends upon how much research and reading on specific ingredients you are committed to doing. Dr. Ghani states that some soups, cheeses, yogurts, and whole-grain cereals can be safe to consume, depending upon the ingredients and method of processing. However, there are some ultraprocessed foods, such as certain artificial sweeteners and lunch meats, that can increase the risk of cancer.

Does that mean candy and chips will never be a part of your future? Well, Islam tells us that moderation is key. If

Islam tells us that moderation is key. If it is easy to access and tastes appetizing, all while saving time and energy, the cycle of unhealthy eating will continue. That's where healthy moderation can lose the battle to tasty convenience.



it is easy to access and tastes appetizing, all while saving time and energy, the cycle of unhealthy eating will continue. That's where healthy moderation can lose the battle to tasty convenience. If you have access to minimally processed foods, it is best to try to consume pure and *tayyib* (good/lawful) foods. Surah Al-Ma'idah in the Quran states that "...all good, pure foods have been made lawful for you" (5:5).

Always be cognizant and mindful of what you put in your body. Being armed with knowledge, having discussions with your healthcare providers, and making educated choices can help lead to a more balanced and healthier gastronomical journey. And remember, as the old adage goes, "You are what you eat"! 🍌


HUSNA T. GHANI has a degree in biology and chemistry, as well as an MBA. She is a former science teacher who works in data analytics and research while honing her culinary skills on family and friends.





The Call to Calisthenics

By Ali Othman, NSCA-CPT®



CALISTHENICS IS A DYNAMIC AND empowering exercise that uses your body weight to develop a combination of strength, endurance, flexibility, and coordination. Anyone looking for a versatile body-weight-centric workout can benefit from calisthenics. Whether you're new to exercise or a seasoned athlete, you can adapt the calisthenic exercises and concepts to fit any skill level. The fact that it doesn't require much equipment or space makes calisthenics an anytime and any-place routine.

Calisthenics has its roots in continuous progression. With every session, you push a little further towards your goals. Compound movements promote body awareness and add to the functional value of incorporating calisthenics into your fitness routine. Calisthenics will help you burn calories and build lean muscle mass, which leads to fat-burning and weight loss. So, unless your primary exercise goal is to add significant muscle mass or strength, calisthenics can help you redefine your perception of fitness and grace.

Starting a calisthenics routine begins with a conversation with your physician. After being cleared for this type of exercise, you're ready to integrate the fundamentals into your workout. Push-ups, bodyweight squats, and pull-ups—or dead-hangs for those unable to perform a pull-up—will establish the foundation for developing physical strength. Jumping jacks, burpees, and other active recovery exercises will keep your heart rate in the necessary range and build endurance and stamina. Once you are comfortable with these basic movements, begin adding exercises such as dips, lunges, planks, L-sits, and other core-building exercises to help with balance and body awareness.

Exploring the endless list of calisthenic exercises can be part of your routine. Here are five popular options:

Dead Hang

Grab onto a pull-up bar with your hands slightly wider than shoulder-width and palms facing away from your body. Use a stool or jump up to grab hold of the bar. With your legs hanging straight



Calisthenics will help you burn calories and build lean muscle mass, which leads to fat-burning and weight loss.



and your feet flat and parallel to the ground, squeeze your core muscles for the duration of the hang. Hang steadily for thirty to sixty seconds or as long as you can. Be sure to progress to pull-ups as hanging becomes easier.

L-sit

Sit on the ground with your legs extended in front of you and your palms flat on the ground below your shoulders. Squeeze your stomach muscles, push your feet together, and point your toes to keep your whole body in position. Push your hands down against the ground and continue squeezing your stomach to hold your feet up as you lift yourself into the air. Keep your shoulders from shrugging and work your way up to three sets of thirty seconds.

Burpees

Burpees are one of the best ways to kick your heart rate into second gear. Stand with your feet shoulder-width apart, squat in a controlled motion, and gently place your palms on the ground in front of you. Transfer your weight from your feet to your hands, kick your feet back so you're in the push-up position, and you guessed it: perform a push-up. At the top of the push-up, kick your feet forward, transfer your weight back to your feet, and power into a jump reaching for the sky.



Human Pull-Over

Lay on your back with your arms behind your head, holding onto something stable like a bar. While gripping the bar, curl your lower body upward and off the ground by pulling your arms in a downward motion, keeping your body tight, and using your back muscles to perform the movement. Slowly lower your lower body to the ground and repeat the movement without letting your feet hit the ground.

Handstand Push-Up

Face a sturdy wall and place your hands on the ground shoulder-width apart about nine inches from the wall. Kick your legs up into a handstand position with your heels lightly touching the wall for balance. Keep a slight bend in your elbows, tighten your core, keep tight throughout the entire exercise, and slowly lower yourself as far as you are comfortable, then push back up into the starting position.

The ultimate decision between making calisthenics your primary focus or incorporating the exercises and concepts into other routines goes back to your fitness goals and exercise preferences. Variability within exercise is always positive as long as the different types of exercise lead you toward a unified goal.

Here is a thirty-minute calisthenics workout using the exercises we just learned, along with a few classics:

WARM-UP

(three minutes, one minute for each exercise)

Warm-ups prepare the body and mind for exercise. They increase blood flow; increase pliability within muscles and connective tissue; activate the nervous system, resulting in improved coordination; and mentally prepare you for the exercise to come.

1. Jumping jacks
2. Running in place
3. Arm circles

Now that your heart rate is accelerated, your breathing is heavy, and your muscles are warm, you're ready to begin the workout.

WORKOUT (twenty-five minutes)

Throughout the workout, your rest times should be minimal. Rest when you need to, but try limiting yourself to thirty seconds between sets and between exercises.

1. Push-ups: 3 sets of 12 reps
2. Squats: 4 sets of 15 reps
3. Pull-ups or dead hangs: 3 sets of 6 reps or 3 sets of 20-30 seconds each
4. Burpees: 3 sets of 10 reps
5. Human pull-overs: 3 sets of 12 reps
6. Handstand push-ups: 3 sets of 5 reps

CARDIO FINISH

(five minutes, one minute for each exercise)

This last burst of exercise is intended to bring your heart rate into the cardio goal range and is instrumental to your continued progression. By now, you're tired, and your muscles are weak, but this last fifteen percent of the workout is the difference between the championship and almost winning.

1. Running in place with high knees
2. Jumping jacks
3. Planks
4. L-sits
5. Crunches

If a full-blown calisthenic workout is not for you, consider adding some calisthenic exercises to your routine. Jumping jacks are an excellent way to actively rest between sets, L-sits are a great abdominal workout and an admirable way to work up a sweat, and the trusted push-up has a place in every routine. Remember that the ideology behind calisthenics is based on continuous progression, so always challenge yourself within reason, and you'll be surprised by your physical accomplishments.™

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.





Food and Nutrition Security Impact Millions of U.S. Households

IFANCA Is Committed to Addressing This Issue

By Amelia Keleher

FOOD INSECURITY RATES ARE ON THE RISE nationwide, according to the U.S. Department of Agriculture (USDA). [Recent analysis of national data on American Muslims that was carried out by the Institute for Social Policy and Understanding \(ISPU\) highlights](#) levels of food insecurity among American Muslims who observe halal, particularly among students and older adults. According to ISPU:

- The majority of Muslims (83%) in the U.S. either prefer or require keeping a halal diet.
- One in ten Muslims report they either “sometimes” or “often did not have enough to eat” in the last seven days. This is on par with Black (8%) and Hispanic Americans (10%) in the general public, as well as non-affiliated Americans (9%).
- Muslims who are food insufficient are as likely as those who have enough food all of the time to require (37% vs. 42%) or prefer (44% vs. 40%) halal-certified food. This underscores the need for certified halal options in food assistance programs.

[A recent report published by the USDA Economic Research Service \(ERS\)](#) found that food insecurity increased by 31% in 2022 for all individuals in the United States and by 44% for children nationwide. In 2022, 12.8% (17.0 million households) were food insecure, compared to 10.2% in 2021. Additionally, USDA ERS reports that approximately 55% of food-insecure households participate in the Supplemental Nutrition Assistance Program (SNAP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), or the National School Lunch Program (NSLP).

How Are Food and Nutrition Security Defined?

[The USDA defines food security as](#) “access by all members at all times to enough food for an active, healthy life. Food security includes at a minimum: the ready availability of nutritionally adequate and safe foods [and] assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).” [Nutrition security is defined as](#) “all Americans [having] consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being.”

Food security is traditionally measured by asking participants a series of screening questions. However, these questions do not always capture the full nature and nuances of individual or household food insecurity, which can lead to food insecurity being underreported. For example, it is rare that national food security surveys explicitly ask respondents about cultural food preferences and religious guidelines such as kosher and halal, which makes the work of ISPU particularly valu-

able to understanding specific needs in Muslim communities nationwide.

It is becoming more and more common for community-led food and nutrition security studies to ask about cultural food preferences. IFANCA’s partnership with K-12 schools and colleges is largely due to these findings, which indicate high levels of food insecurity among Muslim students.

Earlier this year, IFANCA partnered with the Academy of Nutrition and Dietetics to conduct a study of Muslim college students who observe halal dietary guidelines. Preliminary findings indicate that over half of the Muslim college students surveyed classified as food insecure, with approximately one-third (31.1%) falling under the category of “very low” food security. This is more than double the national average for very low food security amongst college students. According to Dr. Anne Mathews, the principal investigator and associate professor of human nutrition at the University of Florida, this means students may actively be skipping meals and losing weight, which she says can impact their GPA (grade point average) and overall academic success.

One in ten Muslims report they either “sometimes” or “often did not have enough to eat” in the last seven days.



How Is IFANCA Addressing Food and Nutrition Insecurity?

Culturally Important Halal School Meals

Compared to the general U.S. student population, Muslim American K-12 and university students are disproportionately impacted by food insecurity due to a lack of access to certified halal foods. Food and nutrition insecurity in the K-12 and university population often have serious implications for student learning and wellness, such as underdevelopment, underperformance, and lasting physical and socio-emotional effects.



1. The Halal School Meals Network (HSMN), Portland, ME

The HSMN is launching a third-party certified halal school meals program that will eventually reach thirty schools in Southern Maine. The program will start by providing guidelines, oversight, and training to four pilot kitchens across three public school districts. The objective of the HSMN is to ensure that Muslim students who observe halal have equitable access to Maine's universal school meals through the implementation of a

certified halal program, community education and outreach, halal foodservice training and oversight, and community trust and support. The HSMN will bring halal meals to over 12,000 students in the neighboring districts of Portland, South Portland, and Westbrook.

2. Illinois Faith by Plate Act

In an effort to address [widespread food insecurity across the state of Illinois](#), IFANCA partnered with the Illinois Muslim Civic Coalition to provide input on the Illinois Faith by Plate Act. The Act passed the House and Senate but was vetoed by the governor. This led State Senator Ram Villivalam to work with stakeholders and the governor on a mutually agreed upon revision to the proposed measure. The bill, SB457, is currently awaiting approval from the House. If passed, it will ensure that K-12 students have access to halal-certified school meals.

3. Sullivan High School, Chicago, IL

At Sullivan High School, a Chicago Public School with a high percentage of refugee and low-income students, a student-led survey found that halal foods are important to nearly all of the one-hundred respondents. Over 80% of respondents indicated feeling “always” or “often” hungry in school due to a lack of suitable halal food options. Additionally, nearly two-thirds of respondents reported bringing food from home, and 75% of those students said they bring food from home specifically due to the lack of halal options at school.



Food security is traditionally measured by asking participants a series of screening questions. However, these questions do not always capture the full nature and nuances of individual or household food insecurity, which can lead to food insecurity being underreported.

Compared to the general U.S. student population, Muslim American K-12 and university students are disproportionately impacted by food insecurity due to a lack of access to certified halal foods.



Nutrition Assistance Programs

The Farm Bill and Federal Nutrition Assistance Programs

In addition to pursuing institutional partnerships that expand access to certified halal options, IFANCA provides input on proposed changes to state and federal legislation that is directly related to addressing food insecurity among halal-observant consumers. For example, IFANCA submitted input related to the upcoming Farm Bill, a federal bill that is usually renewed every five years that funds numerous food and agricultural programs, as well as federal nutrition programs including The Emergency Food Assistance Program (TEFAP) and the Supplemental Nutrition Assistance Program (SNAP).

In partnership with the Alliance to End Hunger, IFANCA has met with legislative offices to request expanded access to certified halal options through both SNAP and TEFAP. IFANCA is also actively partnering with the USDA and other national partners to continue emphasizing the need for halal options in federal nutrition programs and addressing the barriers to accessing halal foods.®

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.



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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.

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
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