

Muslim Consumer Group :: INGREDIENTS LIST



























✓ - Halal





✗ - Not Halal

🔒 - Halal if no alcohol is used in flavor

Halal	Ingredient	Category	Description
✓	Acetic acid	Mineral, Chemical, Synthetic based Ingredients	A chemical
🔒	Acid Casein	Dairy Ingredients	It is a milk protein obtained commercially from skim milk by precipitation with lactic acid or hydrochloric or sulphuric acid.. It is Halal if it is Halal or kosher certified because addition of starter culture bacteria. It is not Halal if it is not Halal or Kosher certified.
✓	Agar	Grain & Plant based Ingredients	It is a gum obtained from plant source
✓	Albumin	Ingredients from Egg and Fish	It is made from egg white.
✗	Alcohol as solvent in flavor	Haram Ingredients from Alcoholic Fermentation	Alcohol is used as a solvent in natural and artificial flavors
✗	Alcohol in dry form is used as an ingredient	Haram Ingredients from Alcoholic Fermentation	Alcohol made in dry form.
✓	Algin	Grain and Plant based Ingredients	It is a gum obtained from seaweeds.
✓	Allspice	Grain & Plant based Ingredients	It is a spice of plant origin
✓	Alum	Mineral, Chemical, Synthetic based Ingredients	A chemical preservative.
✓	Aluminum Ammonium Sulfate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Ammonium (Bicarbonate, Carbonate, Chloride, Sulfate)	Mineral, Chemical, Synthetic based Ingredients	A chemical
✓	Amylase (alpha)	Grain & Plant based Ingredients	It is an enzyme obtained from plant and bacterial sources
✓	Anise	Grain & Plant based Ingredients	It is a spice of plant origin
✓	Annatto	Grain & Plant based Ingredients	It is a natural color extracted from plant pigment without alcohol
✓	Arrowroot	Grain & Plant based Ingredients	It is a starch obtained from plant rhizomes
🔒	Artificial Colors or FD&C Yellow No. 5 and others	Mineral, Chemical, Synthetic based Ingredients	Artificial colors or FD&C colors are chemical dyes and they are Halal if use as is in powder or granular form. If they are as liquid colors a solvent such as vegetable oil or glycerin has to be added. If glycerin is used as a solvent in liquid colors they are Halal if plant fat glycerin is used, Haram if pork fat glycerin is used.
🔒	Artificial Flavors	Mineral, Chemical, Synthetic based Ingredients	Artificial Flavors are usually made from chemical and synthetic raw material. For Halal artificial flavor the synthetic raw material has to be Halal and solvent should not be alcohol. Not Halal artificial are made from non Halal raw material and alcohol is used as a solvent.
✓	Ascorbic acid or Vitamin C	Mineral, Chemical, Synthetic based Ingredients	A chemical
✓	Aspartame	Mineral, Chemical, Synthetic based Ingredients	A synthetic sweetener.






















Halal	Ingredient	Category	Description
✓	Azodicarbonamide	Mineral, Chemical, Synthetic based Ingredients	A chemical enrichment for flours.
✗	Bacon	Haram Ingredients from Pig	It is part of pig stomach.
✗	Bacon bits.	Haram Ingredients from Pig	Bacon bits is obtained from pork stomach.
✓	Baker's Yeast	Grain & Plant based Ingredients	It is a single celled plant which ferment sugar into carbon dioxide. It is used in bread baking.
✓	Baker's Yeast Extract	Grain & Plant based Ingredients	It is a flavoring agent obtained as solubles of mechanically rupturing the baker yeast cells.
✓	Baking Powder	Mineral, Chemical, Synthetic based Ingredients	A chemical leavener.
✓	Baking Soda	Mineral, Chemical, Synthetic based Ingredients	A chemical leavener.
✓	Basil	Grain & Plant based Ingredients	It is a spice obtained from plant source.
✓	Bay Leaves	Grain & Plant based Ingredients	It is a spice.
✗	Beer	Haram Ingredients from Alcoholic Fermentation	It is a fermented alcoholic drink.
✗	Beer Batters	Haram Ingredients from Alcoholic Fermentation	These are coating on meat and fish products containing beer as an ingredient.
✗	Beer Flavor	Haram Ingredients from Alcoholic Fermentation	Actual beer is added as an ingredient.
✓	Beeswax	Grain & Plant based Ingredients	It is pure wax obtained from the honeycomb of the bee.
✓	Benzaldehyde	Mineral, Chemical, Synthetic based Ingredients	A chemical flavorant.
✓	Benzoic acid	Mineral, Chemical, Synthetic based Ingredients	A chemical preservatives.
⚠	Beta-Carotene	Grain & Plant based Ingredients	Beta Caroten is natural color obtained from plant but it is not sold as is but with carrier must be added for mixing purpose for dy products or liquid products. If vegetable oil I or fish gelatin is added as carrier the it is considred as Halal beta carotene. A Halal or Kosher symbol on food product conatining beta carotene indicate either vegetable oil or fish gelatin is added as a carrier. OR Pork gelatin may be used as a carrier for proper dispersion of Beta-Carotene.
⚠	BHA or BHT	Mineral, Chemical, Synthetic based Ingredients	A chemical preservative but always avaiable with fat based carrier. Halal if vegetable oil is used as a carrier. Not Halal if animal fat is used as a carrier. A Halal or Kosher symbol on the food package containing BHA or BHT indicate only vegetableoil is used as a carrier.
✓	Bran	Grain & Plant based Ingredients	It is out part of a cereal seeds
✗	Brewer's Yeast Extract or Autolyzed Yeast from beer making	Ingredients from plant	Brewer yeast is a single celled bacteria. In food products especially for meaty flavors or strong flavors, only brewer's yeast extract from beer making is used. According to ulema it is Haram ingredients because alcohol, beer flavor compounds are leached inside the yeast cell and is not subjected to any change.
✓	Bulqur wheat	Grain & Plant based Ingredients	It is a type of wheat



















Halal	Ingredient	Category	Description
	Butter fat Lipolyzed	Dairy Ingredients	It is Halal if it is Halal or Kosher certified because of source of enzyme. It is not Halal if it is not Halal or Kosher certified.
	Buttermilk Solids	Dairy Ingredients	Buttermilk solids are obtained from buttermilk. It is Halal if Halal or Kosher certified. Not Halal if it is not Halal or Kosher certified.
	Caffeine	Grain & Plant based Ingredients	It is odorless powder occur in tea leaves and coffee beans.
	Calcium (Carbonate, Chloride, Citrate, Sorbate, Sulfate)	Mineral, Chemical, Synthetic based Ingredients	A chemical
	Calcium Stearate	Ingredients made from plant or animal fat	Calcium Stearate is the calcium salt of stearic acid. It is Halal only if stearic acid is obtained from vegetable fat or if it is Halal or Kosher certified
	Calcium Stearoyl Lactylate	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Canola Oil	Grain & Plant based Ingredients	It is fully refined, bleached, and deodorized oil obtained from certain varieties of rapeseeds.
	Caramel	Grain & Plant based Ingredients	It is a colorant obtained from the controlled heat treatment of plant carbohydrates such as dextrose.
	Caraway	Grain & Plant based Ingredients	It is a plant spice.
	Carboxymethylcellulose (CMC)	Grain & Plant based Ingredients	A cellulose gum.
	Cardamom	Grain & Plant based Ingredients	It is a plant based spice.
	Carnauba Wax	Grain & Plant based Ingredients	It is plant wax obtained from leaf buds and leaves of Brazilian wax palm.
	Carob	Grain & Plant based Ingredients	It is a cocoa substitute obtained from pods of carob tree.
	Carob Gum	Grain & Plant based Ingredients	It is a gum obtained from the pods of carob tree.
	Carrageenan	Grain & Plant based Ingredients	It is a seaweed gum.
	Caseinates	Dairy Ingredients	Caseinates are milk protein obtained from curdling the milk. It is Halal if Halal or Kosher certified. Not Halal if it is not Halal or Kosher certified.
	Cheese & Dairy Culture	Grain & Plant based Ingredients	These are starter culture bacteria added to milk to provide flavor and texture to cheese and other dairy products
	Cheese Powder	Dairy Ingredients :	Cheese powder is made by drying the cheese. It is Halal if Halal or Kosher certified. Not Halal if it is not Halal or Kosher certified.
	Chives	Grain & Plant based Ingredients	It is a plant based spice.
	Chlorine	Mineral, Chemical, Synthetic based Ingredients	A chemical gas.
	Chocolate	Grain & Plant based Ingredients	It is obtained from cocoa nibs of cocoa beans.
	Chocolate Liquor	Grain & Plant based Ingredients	It is fluid(liquor) obtained by grinding of cocoa nibs from the cocoa beans. No alcohol or liquor is added, it is just the name.
	Cinnamon	Grain & Plant based Ingredients	It is a plant based spice.
	Citric Acid	Mineral, Chemical, Synthetic based Ingredients	A chemical
	Citrus Oil	Grain & Plant based Ingredients	It is oil obtained from rinds of citrus fruits.
	Clove	Grain & Plant based Ingredients	It is plant based spice.






















Halal	Ingredient	Category	Description
	Cochineal/Carmine color	Ingredients from insects	It is a red color obtained from insects.
✓	Cocoa Butter	Grain & Plant based Ingredients	It is fat obtained from nibs of cocoa beans.
✓	Cocoa Powder	Grain & Plant based Ingredients	It is powder obtained by grinding coacoa presscakes which is obtained from nibs of cocoa beans.
✓	Coconut	Grain & Plant based Ingredients	It is a nut obtained from coconut palm.
✓	Coriander	Grain & Plant based Ingredients	It is a plant based spice.
✓	Corn	Grain & Plant based Ingredients	
✓	Corn Bran	Grain & Plant based Ingredients	It is a out part of corn seeds.
✓	Corn Flour	Grain & Plant based Ingredients	It is a flour obtained by grinding corn.
✓	Corn Gluten	Grain & Plant based Ingredients	It is a corn protein.
✓	Corn Meal	Grain & Plant based Ingredients	It is a ground corn.
✓	Corn Oil	Grain & Plant based Ingredients	It is a oil obtained from corn seeds
✓	Corn Starch	Grain & Plant based Ingredients	It is a starch obtained from endosperm of corn seeds.
✓	Corn Syrup	Grain & Plant based Ingredients	It is sweetener obtained from corn.
✓	Corn Syrup Solids	Grain & Plant based Ingredients	It is a dry form of corn syrup.
✓	Cranberry	Grain & Plant based Ingredients	It is a fruit.
✓	Cream	Dairy Ingredients :	Cream is a milk fat obtained by seperating it from milk.
✓	Cream of Tarter	Grain & Plant based Ingredients	It is a acid potassium salt of tartaric acid occuring as a powder or crystal. In USA & Canada it is made from crushed grapes but in other countries it is made from wine deposits on the wine barrel.
	Cultured Cream Lipolyzed	Dairy Ingredients	The enzyme use has to be Halal.
	Cultured Milk	Dairy Ingredients	The cultures added to milk has to be from milk sources not from meat. The media use to grow these cultures has to be Halal.
✓	Cumin	Grain & Plant based Ingredients	It is a plant based spice.
✓	Curry Powder	Grain & Plant based Ingredients	It is a blend of plant based spices.
	DATEM (Di- Acetyl Tartrate Ester of Monoglycerides)	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
✓	Dextrin	Grain & Plant based Ingredients	It is a part of plant starch.
✓	Dextrose	Grain & Plant based Ingredients	It is a corn sweetener from corn starch.
✓	Dicalcium Phosphate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
	Diglyceride	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
✓	Dill	Grain & Plant based Ingredients	It is a plant based spice.

Halal	Ingredient	Category	Description
✓	Dipotassium Phosphate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
⚠	Dried Milk	Dairy Ingredients	Milk is Halal but dryers use to dried milk should not use for drying the Haram dairy products, it has to be Halal or Kosher certified.
✓	Durum Flour	Grain & Plant based Ingredients	It is a flour obtained from durum wheat.
✓	EDTA	Mineral, Chemical, Synthetic based Ingredients	A chemical chelating agent.
✓	Egg White	Ingredients from Egg and Fish	It is a egg white products.
✓	Egg Yolks	Ingredients from Egg and Fish	It is egge yolk product.
✓	Eggs	Ingredients from Egg and Fish	It is whole eggs.
⚠	Enzyme	Grain & Plant based Ingredients or animal source	Enzymes are protein obtained from plant and animal sources.
⚠	Enzyme Modified Soya Lecithin	Ingredients made from plant or animal enzyme	Soy lecithin is modified by use of lipase enzyme. It is Halal only if microbial lipase is used or Halal or Kosher certified.
⚠	Ethoxylated Mono- and Diglycerides	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
✓	Farina	Grain & Plant based Ingredients	It is a ground particles of durum wheat.
✓	Fennel	Grain & Plant based Ingredients	It is a plant based spice.
✓	Fenugreek	Grain & Plant based Ingredients	It is a plant based spice.
✗	Fermented Cider	Haram Ingredients from Alcoholic Fermentation	It is a fermented apple juice.
✓	Ferric Oxide	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Ferrous Sulphate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Fish Gelatin	Ingredients from Egg and Fish	It is made from bones of fish.
✓	Flour	Grain & Plant based Ingredients	It is obtained by grinding cereal seeds.
⚠	Folic Acid	Mineral, Chemical, Synthetic based Ingredients	Folic acid is a vitamin B. It is obtained synthetically or from Vitamin B. It is Halal if is Halal or Kosher certified. It is not Halal if it is obtained from non Halal sources.
✓	Fructose	Grain & Plant based Ingredients	A sweetener obtained from sugar or sucrose.
✓	Fumaric Acid	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Garlic	Grain & Plant based Ingredients	A plant based spice.
✗	Gelatin	Ingredients made from animals	It is Haram product if it is made from pig. Many ulema consider it Haram if it is made from non zabiha beef.
✓	Gellan Gum	Grain & Plant based Ingredients	A plant based gum.

Halal	Ingredient	Category	Description
✓	Ghatti Gum	Grain & Plant based Ingredients	A plant based gum.
✓	Ginger	Grain & Plant based Ingredients	A plant based spice.
✓	Glucon-Delta-Lactone	Mineral, Chemical, Synthetic based Ingredients	It is a acidulant and used in chemical leavening.
✓	Gluten	Grain & Plant based Ingredients	A plant protein.
⚠	Glycerin	Grain & Plant based Ingredients or animal source	Glycerin is a polyhydric alcohol (not ethyl alcohol) used as a humectant. It is made from fat either plant or animal.
⚠	Glycerol Ester	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
⚠	Glycerol Monostearate	Ingredients from plant or animal fat	Glycerol Monostearate is emulsifier. It is Halal only if it is obtained from plant fat or Halal or Kosher certified.
✓	Graham Flour	Grain & Plant based Ingredients	It is a whole wheat flour.
✓	Grape	Grain & Plant based Ingredients	It is a fruit.
✓	Guar Gum	Grain & Plant based Ingredients	It is a gum obtained from plant.
✗	Ham	Haram Ingredients from Pig	It is a pig meat.
✗	Hard Cider	Haram Ingredients from Alcoholic Fermentation	It is a fermented apple juice.
✓	High Fructose Corn Syrup	Grain & Plant based Ingredients	A sweetener obtained from corn.
✓	Honey	Grain & Plant based Ingredients	It is a natural syrup sweetener.
✓	Horseradish	Grain & Plant based Ingredients	A spice obtained from horseradish plant.
✓	Hydrogenated Vegetable Oil	Grain & Plant based Ingredients	Oil obtained from plant fat.
✓	Hydrolyzed Vegetable Protein	Grain & Plant based Ingredients	A flavor enhancer obtained from vegetable protein.
⚠	Hydroxylated Lecithin	Ingredients made from plant or animal fat	It is Halal if it is Halal or Kosher certified.
✓	Invert Sugar	Grain & Plant based Ingredients	A plant based sweetener. It is a mixture of dextrose and fructose.
✓	Iron	Mineral, Chemical, Synthetic based Ingredients	A metal.
✓	Karaya	Grain & Plant based Ingredients	A tree gum.
✓	Kelp	Grain & Plant based Ingredients	It is a brown seaweed grown on ocean water.
⚠	L-Cysteine	Mineral, Chemical, Synthetic based Ingredients	L-Cysteine is a non essential amino acid and use in bakery products as a reductant or dough conditioner. L-Cysteine is obtained from human hair, chicken/duck feathers and petroleum by products. Only Petroleum based L-Cysetiene is considered Halal. Lysteine from other sources is not consider Halal.
✓	Lactic Acid	Mineral, Chemical, Synthetic based Ingredients	An acid.

Halal	Ingredient	Category	Description
	Lactose	Dairy Ingredients	Lactose is milk sugar and obtained from whey during cheese making, so it has to be Halal or Kosher certified for its Halal status.
	Lard	Ingredients made from Pig Fat	It is a pig fat.
	Licorice Root	Grain & Plant based Ingredients	A flavoring obtained from plant root.
	Locust Bean Gum	Grain & Plant based Ingredients	A plant based gum.
	Mace	Grain & Plant based Ingredients	A plant based spice.
	Magnesium Carbonate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
	Magnesium Stearate	Mineral, Chemical, Synthetic based Ingredients	It is a Magnesium salt of stearic acid and used as an anticaking agent or llubricant. It is Halal if the stearic acid is from plant fat or Halal or Kosher certified. It is Haram if the stearic acid is from pork fat.
	Maize	Grain & Plant based Ingredients	It is a another name of corn.
	Malt	Grain & Plant based Ingredients	It is produced from barley a source of enzymes.
	Maltodextrin	Grain & Plant based Ingredients	A product obtained from starch.
	Maltose	Grain & Plant based Ingredients	It is a one of the part of starch.
	Maple Sugar	Grain & Plant based Ingredients	It is a sugar obtained from maple tree.
	Maple Syrup	Grain & Plant based Ingredients	It is a natural syrup obtained from maple tree.
	Margarine	Grain & Plant based Ingredients	A product whose consitancy and application similar to butter. It is made by mixing milk, fat (either plant or animal) and artificial flavor to provide butter flavor.
	Marjoram	Grain & Plant based Ingredients	A plant based spice.
	Marshmallow containing pork gelatin	Haram Ingredients from Pig	Pork gelatin used in making of marshmallow.
	Methylcellulose	Grain & Plant based Ingredients	A gum composed of cellulose.
	Modified Food Starch	Grain & Plant based Ingredients	A plant starch chemically modified.
	Molasses	Grain & Plant based Ingredients	A by-product of sugar production from sugar cane.
	Mono- and Diglycerides	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Monocalcium Phosphate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
	Monoglyceride	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Monosodium Glutamate	Mineral, Chemical, Synthetic based Ingredients	Monosodium Glutamate is a flavor enhancer and it si a sodium salt of glutamic acid. It is Halal & Kosher crtified in USA andf made in USA and Brazil.
	Mustard	Grain & Plant based Ingredients	A plant spice.
	Natural Flavoring	Grain & Plant based Ingredients	Oleoresin of Spices such as Black Peppers Paprika and other spices are also called Natueral flavoring, it is not same as natural flavor. It is mostly used in Tomato Ketchups and other products. The extracting chemical is acetone.













Halal	Ingredient	Category	Description
	Natural Flavors	Grain & Plant based Ingredients or meat	Natural flavor is made from any natural material including meat. It is Halal if it is Halal or Kosher certified and alcohol is not used as a solvent. A natural flavor could be Kosher certified but alcohol could be used as a solvent then in this case it is not Halal. So there are two requirements, one the Halal material is used as a raw material and second no alcohol is used as a solvent.
	Niacin	Grain & Plant based Ingredients or meat	It is water soluble Vitamin B3. It can be obtained from animal or plant or synthetic sources. Niacin is Halal only if it is obtained from Halal sources and Halal or Kosher certified. Niacin is not Halal if it is obtained from animal sources.
	Nonfat Dry milk	Dairy Ingredients	Milk is Halal but dryers used to dry milk should not use for drying the Haram dairy products, it has to be Halal or Kosher certified.
	Nutmeg	Grain & Plant based Ingredients	A plant based spice.
	Oat	Grain & Plant based Ingredients	A cereal.
	Oat Flour	Grain & Plant based Ingredients	Flour obtained from oat cereal.
	Oatmeal	Grain & Plant based Ingredients	Meal obtained from oats.
	Oleoresins of spices or natural flavoring	Grain & Plant based Ingredients	This is a spice extract and acetone is used as an extracting agent.
	Olive Oil	Grain & Plant based Ingredients	Oil obtained from olive fruits.
	Onion	Grain & Plant based Ingredients	A vegetable.
	Oregano	Grain & Plant based Ingredients	A plant based spice.
	Palm Oil	Grain & Plant based Ingredients	Oil obtained from fruit of palm tree.
	Papain	Grain & Plant based Ingredients	An enzyme obtained from Papaya fruit for tenderizing meat.
	Paprika	Grain & Plant based Ingredients	A plant based spice.
	Parsley	Grain & Plant based Ingredients	A plant.
	Partially Hydrogenated Vegetable Shortening	Ingredients made from plant fat	Made from plant fat.
	Peanut	Grain & Plant based Ingredients	A fruit from peanut plant.
	Pectin	Grain & Plant based Ingredients	A gum obtained from citrus peel.
	Peppers	Grain & Plant based Ingredients	A plant fruit.
	Phosphates	Mineral, Chemical, Synthetic based Ingredients	A chemical..
	Phosphoric Acid	Mineral, Chemical, Synthetic based Ingredients	A chemical.
	Polydextrose	Grain & Plant based Ingredients	A bulking agent obtained binding dextrose, sorbitol and citric acid.
	Polyglycerol Esters of Fatty Acids	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Polyoxyethylene Sorbitan Monostearate	Ingredients made from Plant or Vegetable Fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.

Halal	Ingredient	Category	Description
	Polysorbate 60	with kosher symbol on food package only Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Polysorbate 65	Ingredients made from Plant or Vegetable Fat with kosher symbol on food package only	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Polysorbate 80	Ingredients made from Plant or Vegetable Fat with kosher symbol on food package only	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Pork	Haram Ingredients from Pig	It is flesh of swine.
	Potassium (Bicarbonate, Bromate, Sorbate)	Mineral, Chemical, Synthetic based Ingredients	A chemical.
	Potato Starch	Grain & Plant based Ingredients	Starch obtained from potato.
	Pregelatinized Starch	Grain & Plant based Ingredients	Starch which is processed to permit swelling in cold water because natural starch require heating to swell.
	Propionic Acid	Mineral, Chemical, Synthetic based Ingredients	Presrvative chemical.
	Propyle Gallate	Mineral, Chemical, Synthetic based Ingredients	It is an antioxidant.
	Propylene Glycol	Mineral, Chemical, Synthetic based Ingredients	A solvcent use in manu flavors, a humectant and obtained from petroleum base.
	Propylene Glycol Monostearate	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
	Protease Enzyme	Grain & Plant based Ingredients	An enzyme which break the protein and it is obtained from plant or bacterial source.
	Psyllium	Grain & Plant based Ingredients	A plant gum.
	Raisin	Grain & Plant based Ingredients	Raisins are naturally dried grapes.
	Rapeseed	Grain & Plant based Ingredients	A plant seed.
	Rennet	Grain & Plant based Ingredients or animal source	A milk coagulant which is a concentrated extract of rennin enzyme obtained from calves or pig stomach or microbial source. Calf rennet is obatined from cow, microbial rennet is obatined from bacteria. Pepsin rennet is obtained from pig.
	Rennet Casein	Dairy Ingredients :	It is a milk protein obatined using rennet to curd the milk. It is Halal if Halal or Kosher certified. Not Halal if it is not Halal or Kosher certified.
	Riboflavin	Grain & Plant based Ingredients or meat	Riboflavin is a vitamin B2. Sources includes cheese, leafy vegetables, eggs, milk and liver. In processed foods it is very likely to have been produced synthetically using genetically modified bacteria Bacillus subtilis, It is Halal if it is made from bacteria and Halal or Kosher certified. It is not Halal if it is made from liver.
	Rice	Grain & Plant based Ingredients	A cereal.
	Rum	Haram Ingredients from Alcoholic Fermentation	It is a liquor.
	Rye	Grain & Plant based Ingredients	A cereal.

Halal	Ingredient	Category	Description
✓	Saccharine	Mineral, Chemical, Synthetic based Ingredients	A non nutritive synthetic sweetener.
✓	Safflower	Grain & Plant based Ingredients	A plant seeds.
✓	Saffron	Grain & Plant based Ingredients	A spice obtained from stigma of plant flower and provide intense yellow color to foods.
✓	Sage	Grain & Plant based Ingredients	A plant spice.
✓	Salt	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Savory	Grain & Plant based Ingredients	A spice.
✓	Sea Salt	Mineral, Chemical, Synthetic based Ingredients	Salt obtained from sea. A chemical.
✓	Semolina	Grain & Plant based Ingredients	Coarse granular obtained from durum wheat.
✓	Sesame	Grain & Plant based Ingredients	A plant seed.
✓	Shallot	Grain & Plant based Ingredients	A vegetable of onion family.
⚠	Shellac	Ingredients from insect secretion	It is a secretion of insect. It is Halal if alcohol is NOT used during processing.
✗	Sherry Wine	Haram Ingredients from Alcoholic Fermentation	It is a wine.
✓	Silicon Dioxide	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Sodium Acetate	Mineral, Chemical, Synthetic based Ingredients	A chemical
✓	Sodium Acid Pyrophosphate	Mineral, Chemical, Synthetic based Ingredients	A leavening chemical.
✓	Sodium Aluminum Phosphate	Mineral, Chemical, Synthetic based Ingredients	A leavening chemical.
✓	Sodium Aluminum Sulfate	Mineral, Chemical, Synthetic based Ingredients	A chemical leavening agent.
✓	Sodium Benzoate	Mineral, Chemical, Synthetic based Ingredients	A chemical preservative.
✓	Sodium Bicarbonate	Mineral, Chemical, Synthetic based Ingredients	A chemical preservative.
✓	Sodium Carbonate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Sodium Citrate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Sodium Hydroxide	Mineral, Chemical, Synthetic based Ingredients	A chemical.

Halal	Ingredient	Category	Description
✓	Sodium Lactate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
⚠	Sodium Lauryl Sulfate	Grain & Plant based Ingredients	A fat based emulsifier and whipping aid, used in egg white.
✓	Sodium Metabisulfate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Sodium Nitrate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Sodium Nitrite	Mineral, Chemical, Synthetic based Ingredients	A chemical.
✓	Sodium sorbate	Mineral, Chemical, Synthetic based Ingredients	A chemical preservative.
⚠	Sodium Stearoyl Lactylate	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
⚠	Softener	Ingredients made from plant or animal fat	It is made from polyhydric alcohol such as glycerin which is made from fat. It is Halal if it is made from vegetable fat based ingredients.
✓	Sorbic Acid	Mineral, Chemical, Synthetic based Ingredients	A chemical preservative.
⚠	Sorbitan Monostearate	Ingredients made from plant or animal fat	It is obtained from fat. It is Halal only if it is made from vegetable fat or Halal or Kosher certified.
✓	Sorbitol	Grain & Plant based Ingredients	It is a humectant and polyhydric alcohol (not ethyl alcohol).
⚠	Sour Cream Solids	Dairy Ingredients	Sour cream solids are Halal only if they are Halal or Kosher certified because gelatin is used in the manufacturing of sour cream.
✓	Soya Flour	Grain & Plant based Ingredients	Flour obtained from soybean.
✓	Soya Lecithin	Ingredients made from plant	It is an emulsifier obtained from soybean fat.
✓	Soya Oil	Grain & Plant based Ingredients	Oil obtained from soybean.
⚠	Soya Sauce	Grain & Plant based Ingredients	There are two kind of soy sauce, one which obtained by fermenting soybean and wheat just like wine and it is called naturally brewed soy sauce containing 2-3% alcohol. The other one is non naturally brewed soy sauce which is obtained without fermentation by blending hydrolyzed soy protein, salt, water, corn surup and sodium benzoate. It is also called all purpose soy sauce.
✓	Soybean	Grain & Plant based Ingredients	A plant pod.
✓	Soybean Oil	Ingredients made from plant fat	It is obtained from soybean fat.
✓	Spices	Grain & Plant based Ingredients	They are plant based spices.
✓	Starch	Grain & Plant based Ingredients	A endosperm of cereal seed.
✓	Sugar	Grain & Plant based Ingredients	A sweetener obtained from cane sugar and beet.
✓	Sunflower	Grain & Plant based Ingredients	A seed.
✓	Tapioca Starch	Grain & Plant based Ingredients	A starch obtained from roots of cassava plant.

Halal	Ingredient	Category	Description
✓	Tartaric acid	Grain & Plant based Ingredients	An acid found in grapes. It is made from crushed grapes in USA and Canada.
⚠	TBHQ	Mineral, Chemical, Synthetic based Ingredients	A chemical antioxidant and comes with a carrier. It is Halal only if vegetable oil is used as a carrier and Halal or Kosher certified. Not Halal if it is not Halal or Kosher certified and contains animal fat.
✓	Textured Vegetable Protein	Grain & Plant based Ingredients	A vegetable protein which is extruded to look like beef strip or nuggets.
⚠	Thiamine Mononitrate	Grain & Plant based Ingredients	It is a B1 vitamin. Thiamine can be produced synthetically from the bran coat of grains and yeast. It is Halal if Halal or Kosher certified and not Halal if it is not Halal or Kosher certified.
✓	Titanium Dioxide	Mineral, Chemical, Synthetic based Ingredients	A chemical.
⚠	Tocopherol or Vitamin E	Grain & Plant based Ingredients	A fat soluble vitamin E obtained either from plant or animal fat.
⚠	Tofu	Grain & Plant based Ingredients	It is a soybean curd obtained by adding a coagulant to soybean milk. If coagulant is from Halal the tofu is Halal, if it is not from Halal source then tofu is not Halal.
✓	Tragacanth	Grain & Plant based Ingredients	A plant gum.
✓	Tricalcium phosphate	Mineral, Chemical, Synthetic based Ingredients	A chemical.
⚠	Turmeric	Grain & Plant based Ingredients	Turmeric is a colorant spice obtained from the root of the plant. It is Halal if used as pure turmeric powder. But some companies add some emulsifier to use it in a liquid system. It is Haram if pork emulsifier is used as a carrier.
⚠	Turola Yeast	Grain & Plant based Ingredients	Torula yeast is single celled plant and used for flavoring. It can be grown on sugar cane which is a Halal substrate or it can be grown on alcohol or liquor then it became not Halal.
✓	Vanilla Bean Powder	Grain & Plant based Ingredients	It is 100% ground vanilla beans.
✗	Vanilla Extract	Ingredient from plant	Vanilla extract is flavorant made from vanilla bean extract. It is extracted with alcohol and contains minimum 35% alcohol in solution.
✓	Vanillin	Mineral, Chemical, Synthetic based Ingredients	Vanillin is a flavorant made from synthetic or artificial vanilla which can be plant lignin or synthetically made from guaiacol and eugenol.
✓	Vegetable Oils	Ingredients made from plant or vegetable fat	It is made from vegetable fat..
✓	Vinegar	Mineral, Chemical, Synthetic based Ingredients	Vinegar is an acidulant and flavorant. It is made from cider, grape, sucrose, glucose, malt by successive alcoholic and acetous fermentation.. The term vinegar applies to cider..
✓	Vital Wheat Gluten	Grain & Plant based Ingredients	Vital wheat gluten is a protein obtained from wheat grain.
⚠	Vitamin A as Retinol	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
⚠	Vitamin B1: As Thiamine	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
⚠	Vitamin B12: As Cyanocobalamin	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
⚠	Vitamin B2: As Riboflavin	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
⚠	Vitamin B5: As Pantoic Acid	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
⚠	Vitamin B6: As Pyridoxine	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
✓	Vitamin C: As Ascorbic Acid	Ingredients from plant	It is made from plant or synthetic sources

Halal	Ingredient	Category	Description
	Vitamin D as Calciferol:	Ingredients from plant or animal sources	For the dairy industry it is made from sheep's Lanolin (wool) for fortifying the milk. It is Halal if it is made from plant sources or if it is Halal or Kosher certified
	Vitamin E: As Tocopherol	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
	Vitamin K:	Ingredients from plant or animal sources	It is Halal if it is made from plant sources or if it is Halal or Kosher certified
	Wheat	Grain & Plant based Ingredients	It is a cereal.
	Wheat Flour	Grain & Plant based Ingredients	Flour obtained bt grinding wheat.
	Whey	Dairy Ingredients :	Whey is the liquid portion of the milk when milk is coagulated. It is the by-product of cheese making. It is Halal only if the whey is Halal or Kosher certified.
	Whey Protein Concentrate.	Dairy Ingredients	Whey Protein Concentrate is made from whey. It is Halal only if is Halal or Kosher certified.
	Wine	Haram Ingredients from Alcoholic Fermentation	It is a fermented product.
	Wine vinegar.	Haram Ingredients from Alcoholic Fermentation	It is obtained from wine and contains left over wine, wine flavor and color.
	Xanthan Gum	Grain & Plant based Ingredients	It is a gum obtained from Xanthomnas bacteria.
	Xylitol	Grain & Plant based Ingredients	It is a sweetener for substutting sugar obtained from birch trees.
	zein.	Grain & Plant based Ingredients	It is a corn protein.

Source: <http://www.muslimconsumergroup.com>

Last Updated: 3/22/2009