

Fruits and vegetables

Halal-

- All (frozen, canned, raw, boiled)
- Juices

Haram-

- Packed or cooked fruits and vegetables containing Haram ingredients (alcohol, animal fats, lard, gelatin, bacon)

Dairy Products

Halal-

- Milk
- Yogurt, cheese, and ice cream made with bacterial culture without animal rennet

Haram-

- Cheese, yogurt and ice cream made with animal rennet, vanilla extract, gelatin, pepsin, lipase or enzymes

Meats and alternatives

Halal-

- Certified halal meat and poultry
- Seafood (cooked without alcohol and animal fat)
- Nuts
- Tofu
- Halal certified deli meats

Haram-

- Pork and pork products (ham, sausage, bacon)
- Non-halal certified meat and poultry
- Any product prepared with alcohol or animal fat

Hot and cold breakfast products

Halal-

- Breakfast packed products not containing animal fat or any alcohol extract

- Muffins, bagels, bread, croissants, pastries, waffles made without the alcohol or any extract that alcohol
- Cereals (no marshmallow), eggs, butter, peanut butter

Haram-

- Breakfast products containing haram ingredients (alcohol animal fats, vanilla extract, marshmallow)

Here are some of the ingredients that need to be looked at when reading the product labels. It includes gelatin, lipase, pepsin, alcohol, vanilla extract (pure or artificial), animal fat, animal blood, animal rennet, mono and diglycerides from an animal source, whey powder, sodium stearoyl lactylate (SSL) or L-cysteine.