

ISLAMIC STUDY CIRCLE

FOOD LABELLING

HALAAL and HARAAM - Part II

Presented By: Yusuf Aboobakar
The Muslim Food Board (UK)

Leicester Central Mosque

Food Labelling

Yusuf Aboobakar

22/02/98

Page 1

IMPORTANCE OF HALAAL DIET

It is obligatory on every Muslim to seek Halaal Food and avoid Haraam Food.

HADITH

“Search for Halaal (i.e. money or Food) is also Fardh along with other Fardh things from Allah”

(Mishkat Sharif)

According to the above Hadith, one should not only search for Halaal earnings but also ensure that when shopping one buys Halaal food only.

FOOD LABELLING

Due to the complexity of modern food processing methods, a food product may contain a number of ingredient, sub-ingredients, processing aids etc.

According to Islam, all contents i.e. ingredients, sub-ingredients, flavourings, colours processing aids etc. have to be taken into account when determining if a product is Halaal.

Can we decide from a label if a product is Halaal ?

In UK, the labelling of food products is governed by ‘The Food Labelling Regulations 1996’.

UK FOOD LABELLING REGULATIONS 1996

All food to be marked or labelled with the following:

- a) the name of the food;
- b) a list of ingredients;
- c) the appropriate durability indication;
- d) any special storage conditions or conditions of use;
- e) the name and address of the manufacturer or packer, or a seller established within the European Community (EC)
- f) particulars of the place of origin if necessary to avoid misleading the purchaser to a material degree;
- g) instructions for use if necessary.

NUTRITION INFORMATION			INGREDIENTS
Typical Analysis	per 100g per slice (21g)		White Flour, Water, Yeast, Salt, Wheat Fibre, Wheat Protein, Vinegar, Soya Flour, Vegetable Fat, Emulsifier: E472(e); Flour Treatment Agent: E300.
Energy	997kJ/	209kJ/	
	235kcal	49kcal	
Protein	8.2g	1.7g	
Carbohydrate	45.7g	9.6g	
(of which sugars)	(3.5g)	(0.7g)	
Fat	2.2g	0.5g	
(of which saturates)	(0.6g)	(0.1g)	
Fibre	4.3g	0.9g	
Sodium	0.5g	0.1g	

GUARANTEE

We make every effort to ensure our bread is of the highest standard and is delivered to your local store fresh every day. That is why we guarantee the quality of this loaf when it leaves our bakery. Should it fail to give satisfaction your supplier is authorised to replace it and your statutory rights remain unaffected.

STORAGE

For 'best before' date see bag closure. Always store in a cool place, particularly in hot weather. Deep Freeze as soon as possible after purchase and consume within three months.

QUALITY CONTROL DEPT.,
BRITISH BAKERIES LTD.
PO BOX 527, WINDSOR,
BERKS., SL4 1TJ

® NIMBLE IS A
REGISTERED TRADE MARK
OF BRITISH BAKERIES

400 g



LIST OF INGREDIENTS

HEADING

The list of ingredients should be headed or preceded by "ingredients" (or a heading which includes the word "ingredients").

ORDER OF INGREDIENTS

Ingredients to be listed in weight descending order determined as at the time of their use in the preparation of the food

Leicester Central Mosque	Food Labelling	Yusuf Aboobakar	22/02/98	Page 5
--------------------------	----------------	-----------------	----------	--------

NAMES OF INGREDIENTS

The name of an ingredient shall be

- a) the name which would be used if the ingredient were sold as a food, including, if appropriate, either "irradiated" or "treated with ionising radiation" (other appropriate indications must be given if a consumer could be misled by its omission); or**
- b) the generic name given in Schedule 2 of the Regulations.**
- c) a flavouring shall be identified by the word "flavouring" or "flavourings"**
- d) an additive shall be listed by either the principal function it serves, as given in Schedule 4 of the Regulations, followed by its name and/or serial number**

COMPOUND INGREDIENTS

The names of the ingredients of a compound ingredient may be given either instead of the compound ingredient or in addition (and immediately following the name of the compound ingredient); except only the name of the compound ingredient need be given if the compound ingredient:

- a) need not bear an ingredients' list if it were being sold,**
- b) is identified by a generic name, or**
- c) is less than 25% of the finished product, but in this case, any additives used and needing to be named must be listed immediately following the name of the compound ingredient.**

Note: Sub-ingredients (i.e. ingredient of ingredient) do not have to be specified.

Leicester Central Mosque	Food Labelling	Yusuf Aboobakar	22/02/98	Page 7
---------------------------------	-----------------------	------------------------	-----------------	---------------

INGREDIENTS NOT NEEDING TO BE NAMED

- a) additives which were in an ingredient and which serve no significant technological function in the finished product,**
- b) any additive used solely as a processing aid,**
- c) any substance (other than water) used as a solvent or carrier of an additive.**

Note: If alcohol or animal enzyme is used in the extraction of the flavouring then this is not required to be specified in the ingredient list.

Leicester Central Mosque	Food Labelling	Yusuf Aboobakar	22/02/98	Page 8
---------------------------------	-----------------------	------------------------	-----------------	---------------

FOODS WHICH NEED NOT BEAR A LIST OF INGREDIENTS

- a) fresh fruit and vegetables which have not been peeled or cut into pieces,**
- b) carbonated water (consisting of water and carbon dioxide only, and the name indicates that the water is carbonated),**
- c) vinegar derived by fermentation (from a single basic product) with no added ingredients,**
- d) cheese, butter, fermented milk and fermented cream to which only lactic products, enzymes and micro-organism cultures essential to manufacture have been added, or, in the case of cheese (except fresh curd cheese and processed cheese), any salt required for its manufacture,**
- e) any food consisting of a single component (including flour containing only legally required nutritional additives),**
- f) any drink with an alcoholic strength by volume over 1.2%.**

Note : For Cheese and Whey source of Rennet used during manufacture does not have to be specified.

Leicester Central Mosque	Food Labelling	Yusuf Aboobakar	22/02/98	Page 9
---------------------------------	-----------------------	------------------------	-----------------	---------------

OMISSION OF CERTAIN PARTICULARS

a) Food which is not pre-packed and fancy confectionery products (includes food which is pre-packed for direct sale, flour confectionery packed in crimp case or transparent packaging unmarked or marked only with price and lot mark and no other label is attached or details given, and individually wrapped fancy confectionery products not enclosed in any further packaging and intended for sale as single items.):

b) Small packages and certain bottles

c) Certain food sold at catering establishments, which is not pre-packed.

d) Vending machines:

When a name of a food is not visible to a purchaser, it shall be given on a notice on the front of the machine, together with (either on the machine or in close proximity):

Leicester Central Mosque	Food Labelling	Yusuf Aboobakar	22/02/98	Page 10
---------------------------------	-----------------------	------------------------	-----------------	----------------

CONCLUSION - FOOD LABELLING

According to the current Food labelling law, not all contents of a food product have to be declared.

However , according to Islam, all contents, including those not listed on the ingredient list, have to be taken into account when determining if a product is Halaal.

Therefore it is almost impossible to determine if a product is Halaal by reading the ingredient list only.

IS VEGETARIAN HALAAL ?

There are two types of vegetarian products available on the market.

- **Approved by Vegetarian Society**
- **Suitable for Vegetarians**

APPROVED BY VEGETARIAN SOCIETY

The Vegetarian Society checks and approves products that meet its conditions. Products approved by the Vegetarian Society display the green V symbol and also state that the product is ‘Approved by the Vegetarian Society’.

Products approved by the vegetarian society are free from animal products but may contain Alcohol, as Alcohol is allowed for vegetarians. There is a great possibility that food products may contain Alcohol as part of flavouring, flavour enhancer, processing aid etc. This alcohol is not declared in the ingredient list.

SUITABLE FOR VEGETARIANS

Products stating ‘Suitable for Vegetarians’ are products which the company/manufacturer has, on its own accord, decided that their products are suitable for vegetarians. These products are not verified or approved by the Vegetarian Society.

During our investigations, we have found some such products to contain animal products in their sub-ingredients. Obviously this is not acceptable to Muslims.

Further these products may contain Alcohol in their flavourings, flavour enhancers, processing aids etc., which may not be listed in the ingredient list.

CONCLUSION - VEGETARIAN PRODUCTS

- **Vegetarian products may not be suitable for Muslims.**
- **Vegetarian products may contain Alcohol in flavourings, flavour enhancers, processing aids etc. This alcohol may not be listed in the ingredient list. Muslims must not take any risks regarding Alcohol, as stated in the following Hadith.**

“One who drinks Sharab (Wine), Allah does not accept that persons Salah for forty days” **(Tirmidhi)**

Note: Muslim scholars say that whether a person takes Sharab directly or indirectly with other edible things in the form of an ingredient, his/her Salah is barred from acceptance for 40 days in the light of this Hadith.

The ingredient list on vegetarian products does not specify all the details that are required for determining if the product is Halaal. Therefore it makes the product doubtful. Regarding doubtful product our beloved Prophet has very clearly said:

“Halaal (Lawful) is clear and Haraam (unlawful) is clear; in between the two are doubtful things, which people may not know whether they are Halaal or Haraam. One who avoids them in order to safeguard his religion and his honour is safe. Anyone who gets involved in these doubtful things may fall into the Haraam (unlawful). This is similar to one who grazes his animals near a Hima*; it is quite likely that his animals will stray into it. Indeed , every King has a Hima and Hima for Allah is what He has prohibited”

(Al-Bukhari, Muslim)

***Hima - the grounds reserved for animals belonging to the King which are prohibited for others' animals**

There is no guarantee that Vegetarian products are Halaal.

Muslims must not rely on vegetarian products as substitute for Halaal.

Muslims must insist on companies to produce Halaal food products.

Remember, Halaal and Haraam are very serious matters in Islam and cannot be taken lightly. There is a very severe punishment for those who do not avoid Haraam food, as stated by our beloved Prophet in the following Hadith:

“Those persons whose bodies are nourished with Haraam food will not enter Paradise.”

(Mishkat Sharif)

WARNING

Many non-Muslim food companies are stating that their products are Halaal or suitable for Muslims, without having the products checked by a qualified Muslim scholar.

If you receive any correspondence from any non-Muslim company, stating that their products are Halaal or suitable for Muslims then ask the company to provide evidence that their products have been checked by a qualified Muslim Scholar.

Muslims are not allowed to accept non-Muslim's verdict in matters concerning Halaal and Haraam.