

FOOD ADDITIVES GUIDE

Indeed it's worth examining all the ingredients listed in the food label especially for those who are concerned about, perchance they can help others to check out what we have been putting in our mouths and for our family and friends.

Quick Reference Guide

Name of the Ingredients	Brief Description	Halal Status/Comments
Gelatin	Usually of animal origin, mostly from hog skin and also from cattle.	<ul style="list-style-type: none"> Can be consumed if they are from halal dhabiha animal.
Lard/Lard Shortening	Fat/purified fat from swine.	<ul style="list-style-type: none"> Haram
Animal Shortening	Fats and oils of animal origin	<ul style="list-style-type: none"> Halal if from Dhabiha animal only
Vegetable shortening	Fat and oils of plant origin	<ul style="list-style-type: none"> Make sure the word "Pure" or 100% is there. Sometimes animal fats are added to it at 5-15%.
Rennet or listed as enzyme	Protein breaking enzymes used in cheese making	<ul style="list-style-type: none"> Halal if it is not from animal source.
Lecithin	Emulsifier of fat	<ul style="list-style-type: none"> The sources are mainly from soybean and egg yolk.
Glycerine	For maintaining moistness of food	<ul style="list-style-type: none"> Questionable – should ask the company about the source
Glycerol monostearate	Moistness, emulsifier	<ul style="list-style-type: none"> Questionable
Gum tragacant	Thickner, binder and stabiliser	<ul style="list-style-type: none"> Questionable

Name of the Ingredients	Brief Description	Halal Status/Comments
471 (Mono-glyceride and Di-glyceride)	Improve texture of food, emulsifiers	<ul style="list-style-type: none"> • Questionable. Halal, only when the source is plant
Emulsifier in general such as 471, 472a, b, c, d, e, 473-477, 480, 481, 482, 483, 491-495	Emulsifying agnt used in bread, ice cream etc. Improve texture of food.	<ul style="list-style-type: none"> • Questionable. Halal only when the source is plant.
Vanilla or any flavouring	To improve the consumers sensory acceptability o the product. No nutritive value in it.	<ul style="list-style-type: none"> • Questionable as it may contain alcohol if used in liquid form. • Should ask the company if the final product has any traces of alcohol left after processing of food.
Colour	To improve the consumers sensory acceptability o the product. No nutritive value in it.	<ul style="list-style-type: none"> • Questionable as it may contain alcohol in liquid form. • Should ask the company if the final product has any traces of alcohol left after processing of food.
Whey	Nutrient. Used in biscuits, confectionery etc.	Questionable. Ask if they use any enzymes from animal source during cheese making
Yeast	Fermentng agent	<ul style="list-style-type: none"> • Questionable as it produces ethyl alcohol during fermentation. This process may vary from product to product. • Should obtain more info from the manufacturers.

The **questionable ingredients** are as follows:

- Emulsifiers, extactants, improve texture: Mono-glyceride and Di-glyceride (mostly ranged from 471 - 495), Lecithin, Polysorbate 60 (Tween 60) and 80 (Tween 80). Propylene glycol monostearate and alginate
- Whipping agent: Calcium Strearoyl lactylate, Sodium lauryl sulphate
- Moistness, Emulsifier: Glycerine (422), Glycerol monostearate
- Thickener, binder, stabiliser: Gum tragacanth
- Saccharine: Sweetener Halal (discouraged for health reasons)
- Colour fixative: Sodium nitrite - (discouraged for health reason)
- Conditioning agent: Sodium stearate
- Emulsifier, Surfactant: Sorbian Monostearate
- Colour & Flavouring agent (eg Vanilla - check for type of solvents used in colour and flavour)
- Whey: Nutrient (questionable - when enzymes are used, it should be investigated)
- Rennet or other enzymes: curd coagulation in cheese making: check for source
- Yeast: Fermenting agent (questionable - when it produces ethyl alcohol during fermentation)
- Gelatine: gelling agent and thickener – Halal if from Beef hide source

All these above products – must be derived from Halal sources. Please verify the source of these ingredient listing from the respective company concern by calling their Technical Manager (QA Re: Halal) via consumers complaint dept.
