

HALAL AND HARAM

Dr. Nazma Akter

HALAL ITEMS

American Home foods- Crunch 'N' Munch

American Lecithin Company: Alcoles- lecithin from soyabean

Biscuit-

- a. Chewy, Shortcake, and Rainbow Chips Ahoy!
- b. Ritz crackers
- c. Snowflake's cracker
- d. Danish butter cookies
- e. Munchy's Munchini- wafer sticks
- f. Sunshine Biscuit Co. - all products
- g. Pillsbury Co. - Brand Butter, Milk Biscuit

Bread-

- a. **Weston Bakeries** -Wonder, D' I taliano, Country Harvest, &Weston.
- b. **Canada Bread** - Dempster's and Bread containing Canada brand logo, only exception is the garlic bread, which contains animal rennet.
- c. **Betty bread** - by Lanthier bakery
- d. **Subway**-All breads except Parmesan oregano bread,tuna,vegetables,condiments
- e. **Entenmanns** - all products
- f. **Giants Goods** - bread only
- g. **Huber Baking Co. (Bakers Of sunshine Bread)** - Roman Meal Bread
- h. **Pepperidge farm** - Rolls, Bread, Butter or Cakes except layer cakes
Pillsbury Co.- 1896/69 Brand Butter, Milk Biscuit
- i. **Sunshine Biscuit Co.**- all products

Burger King-

- a. Burger King Veggie Burger (wine free)
- b. BK fries
- c. Shakes

Cake-

- a. **Little Debbie** cakes, by McKee Foods Corp.- the whey is halal
- b. **Canadian Sara Lee layer cakes**- contains no animal rennet in whey

Candy-

- a. Toffifee
- b. **Cadbury Trebor Allan** - except containing Neilson Malted Milk
- c. **Ferrero Rocher** chocolates
- d. **Storck** candies.except containing chocolate liqueur,which contains alcohol
- e. **Hershey** Pot of Gold and Bridge Mixture chocolates,

- f. The Rice Krispies Squares Chocolatey Caramel Bar
- g. Jolly Rancher

Cheese-

- a. **Camembert Kiplait** cheese- the rennet is halal
- b. Truly brand macaroni & cheese
- c. **Kraft Singles Swiss** regular process cheese slices, Philadelphia Cream Cheese, Whipped Cream Cheese, Neufchatel
- d. **Equality** brand Cheese Sticks containing U sign only
- e. **Mozzarella** cheese, Goat Cheese, Feta Cheese -by **PIZZA PIZZA**
- f. **La Vache Qui Rit and Kiri cheeses-** the rennet is halal
- g. **Sara Lee cheesecakes-** if marked with KVH sign
- h. **Little Caesars** cheese, dough, and sauce Halal
- i. dough, sauce, cheese at **241 Pizza**
- j. **No Name** cheese bricks- other no name are not halal.
- k. **Super C** cheddar cheese
- l. **Michelina's** Macaroni & Cheese and Fettuccine Alfred
- m. **L.D. Schrieber Cheese Company:** No shortening, lard, gelatin or lecithin used.

Cow products are used **HALAL**

- n. **Purity Company** - Muenster Cheese, Caraway Muenster Cheese, Monterey jack, Muenster cheese(with hot pepper), Farmers Cheese, Burie (Imported) Cheese, Camembert Cheese, Romano Cheese, Parmesan Cheese
- o. **World Cheese Col.** - Migdal, American, Haolam
- p. **Schanling Col.** - Schnall American (Individually wrapped), Schnall Muenster sliced, Schnall Mozzarella
- q. **Clay Butter Co.** - Millers Cheese

Cheese dinner-

- a. Kraft Deluxe White Cheddar on Rotini (bar code: 6810005764)
- b. Truly (Zellers) Original Macaroni and Cheese Dinner (bar code: 0012295382)
- c. **Truly** (Zellers) Deluxe White Cheddar Macaroni and Cheese Dinner (bar code: 0012295721)
- d. **President's Choice** Deluxe Cheddar Macaroni and Cheese Dinner (NOT Deluxe White Cheddar, bar code: 6038364774)

Chips-

- a. **Pringle:**
 - Original Potato Chip, Sour Cream N Onion, Salt & Vinegar & Ridged original are Halal in US.
 - BBQ, Ranch Flavor and Pizza-Licious are Halal only if no alcohol
- b. **Doritos-Extreme Kickin' Chili &Extreme Tangy Salsa,**Doritos ketchup
- .Humpty Dumpty's potato chips that contain cheese.
- c. **Lays**
- d. **Ruffles**

Cosmetic-

- a. Vaseline petroleum jelly
- b. Keri lotion
- c. Avon – all products
- d. Wella Corp. – Balsam Products
- e. Johnson Product Inc - Ultra Sheen, contains Lanolin
- f. Lustrasilk Corp. - Scalp Cream, contains Lanolin

Country style-

- All baked products are free of animal ingredients
- All rennet sources in whey powder are from microbial source
- Tender Tuna and Good ol' Egg Sandwich Fillings don't contain any Haram ingredients
- Cream Soups do not contain any animal rennet
- Garden Fresh Pita contains all Halal ingredients
- the Polar Capp (iced cappuccino drink)

Cream-whip creams:Cool Whip,NutriWhip, No Name Whip,Beatrice Whip

Disinfectant-

- Lehn & Fink Products
- Lyson Brand

Donut-

- a. **Country Style** donuts – the whey is halal
- b. **Krispy Kreme's** glaze-free doughnuts such as the iced and powdered varieties
- c. **Dunkin' Donuts.**

Drinks-

- a. **Aryana's Halal Cola** (Montreal)
- b. Coca-Cola Classic
- c. **Starbucks** Frappuccino® drinks,
- d. **Nestle Carnation** Hot Chocolate including "Milk Chocolate", "After Eight", and "Light".(Only Carnation Hot Chocolate-Marshmallow contains gelatin)

Flour- **Robin Hood** *Best for Bread* Flour – l-cystine is of synthetic source

Frank foods – QT shortening

Fries- Burger King

Gum-

- a. Pfizer Canada 's Trident, Maxair, Certs, and Clorets brands of gums
- b.**Wrigley** Canada includes Juicy Fruit, Big Red and Freedent except Extra Polar Ice
- c. Dynamint Co.
- d. Warner Lambert Co - Chewing Gum
Chicklets

Dentyne Trident
Freshen Up

Heinz baby food-

Junior desserts, fruits& vegetables; Beginner fruits, egetables; and Strained fruits

Ice cream-

a. No Name Vanilla Ice Milk Bars - the whey is halal
b. David Chapman's Ice Cream -All Chapman's Ice Cream products contain alcohol in their flavourings except for the following products:

- Orange Pineapple (2L Square)
- Tiger Tail (2L Square)
- Grape Nut (2L Square)
- Raspberry Frozen Yogurt (2L Round)
- Mixed Berry Frozen Yogurt (2L Round)
- Orange Sorbet (2L Round)

- c. Laura Secord ice creams except Rum and Raisin flavour that contains alcohol
- d. Baskin Robbins ice creams except vanilla flavour
- e. Only Nestle *Parlour* "Chocolate"
- f. Pensupreme schraff
- g. Meadow Gold
- h. Meadow Gold Louis sherry
- i. Abbotts
- j. Pantry Pride
- k. Breyer's-

Good Humor-Breyers products in Canada which DO NOT contain ethyl alcohol

Quebon Chocolate	Novelties
Breyers All Natural Strawberry	Canadian Mint Bar
Breyers Classic Raspberry	Good Humor Fudgesicle (60ml)
Cheesecake	Good Humor Popsicles (75ml)
Breyers Classic Tropical Fruit Twist	Good Humor Fudgsicle (75ml)
Breyers Classic Mint Chocolate Chip	Good Humor Fudgsicle Ice Milk (75ml)
Breyers Classic French Vanilla	Good Humor Extreme Fudge
Breyers Classic Chocolate	Good Humor Juice Jets (50ml)
Breyers Double Strawberry Frozen Yogourt	Good Humor Fire Cracker (50ml)
Breyers Black Cherry Frozen Yogourt	Good Humor Kids Size Ice Pops (50ml)
Breyers Orange Sherbet	Lick-a-Colour Ice Pops (60ml) & (75ml)
Breyers Lime Sherbet	Good Humor Fruit Burst (50ml)
Breyers Raspberry Sherbet	Good Humor Kids Size Fudgsicle
Breyers Rainbow Sherbet	Fudge Bars (50ml)
Quebon Creamsicle Swirl	Good Humor Kids Size Chocolate
Breyers Classic Creamsicle Swirl	

Breyers Fat Free Luscious Chocolate Breyers Blends Oh Henry Breyers Blends Skor Breyers Classic Fudgsicle Fury Quebon Fudgsicle Fury Breyers Blends Cookie D'oh	Popsicles (50ml) Good Humor Fat Free Fudgsicle (60ml) Chocolate Popsicles Banana Popsicles Oh Henry Ice Cream Bars Good Humor Citrus Stix Sunkist Lemon Cup Orange Popsicles Cherry Popsicles Grape Popsicles Lemon/Lime Popsicles
---	---

Infant formula-

- a. Similac infant formula
- b. all Enfalac infant formula except Enfalac *Nutramigen*
- c. Nestle Follow-Up Transition infant formula
- d. Enfalac brand D-Vi-Sol, Tri-Vi-Sol, and Poly-Vi-Sol infant vitamins

Jelly Beans- Starburst **Jelly Beans** and **Fruit Twists**

Kellogg's Eggo-

Banana Bread, Blueberry, and Chocolate Chip.

Unfrosted pop tarts- no gelatin

Mouthwash- **Oral-B** alcohol-free mouthwashes

Medicine-

- a. **Claritin**
- b. **Buckley's** cough, cold, and flu relief caplets
- c. Seldane syrup

Mints- Tic Tac mints

Multivitamin-

- a. **Maxi Prenatal**
- b. **HalVit Prenatal** -SIA Pharmaceutical
- c. **Mead Johnson-** infant formula except vit A and Vit D
- d. **Life** brand Spectrum multi-vitamins
- e. **Nestle-** lecithin from soyabean
- f. **No Name** - No Name regular mustard

Ovaltine - from UK

Penn Maid Food Inc.- natural yogourt, no gelatin

Pizza-

- a. pizzas at Mikes and Pizza Hut – only cheese and vegetarian pizza
- b. McCain-
 - McCain 3 Cheese Microwave Pizza
 - McCain 4 Cheese Rising Crust Pizza
 - McCain Pizza Premier Vegetarian Pizza
- c. Lunchmates "Pizza
- d. Jan's
- e. Buitoni
- f. Little Chef

Pot Cleaners-

- GM Co. - Rescue 11 Soap pads
- Purex Corporation Brillo - Supreme Steel Wool balls

President's Choice-

- a. Arrowroot Biscuits- whey from non-animal source
- b. President's Choice Wood Fired Thin Crust **Vegetarian** Pizza - contains bacterial culture and microbial rennet, is halal. only the vegetarian pizza is halal;
- c. The Decadent cookies
- d. President's Choice New York Style Cheesecake - the rennet in the product is from a non-animal source.
- e. President's Choice *Light* Parmesan Cheese - lipase is from a non-animal source

Proctor & Gamble- contains vegetable fat

- a. Duncan Hines cake mix
- b. Pringles

Quaker Oats: MASA Trigo, Flako pie crust and cup cake mix.

Restaurant-

Joe's only sea food restaurant-the fries, chicken, and fish **Only Seafood Restaurants** are fried separately

Soap -

- Proctor & Gamble Co: Kirk's Coso Hardwater Castile
- Lava , contains coconut & vegetable fat

Taco Bell-

- a. Rice
- b. Taco Bell tortillas or shells (flatbread, flour tortillas, Mexican pizza shell, taco shell, tortilla chips)
- c. Sour cream
- d. Flour tortilla
- e. Shredded cheddar, 3 cheese blend and Jalapeno cheddar cheese

Toothpaste -

- a. Lever Brothers Co.- Pepsodents, Close up, Aim; contains vege fat
- b. Vicks Chemical Co. - Fix -A- Dent; contains vege fat

Yogourt-

- a. **Spring Valley** yogurt, manufactured by Ultima Foods
- b. Yop yogurt drink-no gelatin - by Ultima foods
- c. Astro yogurt except *Astro 2% Smooth and Fruity* and *Astro Fat Free Stirred* (contain gelatin)
- d. yogurt in Slim-Fast Meal On-The-Go Bars

Zabiha-

- a. **Al Safa Halal** of Cambridge, Ontario
- b. **Madina Wholesale Poultry**
- c. **Madina Fine Foods.** - chicken burgers, nuggets, and strips

Most COR certified products free of animal rennet

HARAM ITEMS

AIR CANADA - halal food is not always halal.

- Bread-**
- a. President's Choice Bake at Home garlic bread contains white wine
 - b. Drake Bakeries (Div. Of Borden foods Inc.) - Honey bun, lard
 - c. Keebler- all products, lard
 - d. Nabisco - all products, lard
 - e. Stroehmann Brothers Co - Hillbilly Bread, White bread

Burger King -

- a. Burger King milkshakes- contain whey
- b. BK Onion Rings - shared oil
- c. BK fish filets- shared oil
- d. Shortening used in from swine = **HARAM**
- e. Lard is used in buns and apple pie = **HARAM**
- f. Lecithin is used in buns =**HARAM**

Cake-

- a. McCain Delite frozen cake, manufactured by McCain Foods Limited
- b. No Name english muffins- contains l-cystine from human hair
- c. Vachon Christmas cakes - contains lard
- d. Ah Caramel! Triple Choco cakes contain beef tallow and lard
- e. Wonder brand english muffins contain L-cysteine

Candy- Tootsie Roll candies

Cereal-

Harvest Crunch *Light and Crisp* cereal, by Quaker oats company, vanilla extract contains ethyl alcohol

Cheese-

- a. Jalapeno White Cheddar Cheese dip contains animal rennet
- b. Our Compliments brand Macaroni and Cheese
- c. Saputo- Saputo Feta Cheese
 - Saputo Provolone Cheese
 - Saputo Grated Romano and Parmesan Cheeses
 - Saputo Process Cheese (sliced)
 - Saputo Provela Cheese
- d. Feta and Parmesan cheeses - by PIZZA PIZZA
- e. Swiss Knight, Gerber cheeses contain animal rennet
- f. Nacho Cheese Bugles- contain rennet
- g. Kraft Singles Swiss "Light" process cheese slices, Kraft Singles *Mozzarella* (regular) cheese - contain rennet
- h. Krinos feta cheeses
- i. PIZZA PIZZA- Cheese blend (X-treme cheese topping) ,Parmesan ,Cheese used in sandwiches
- j. Black Diamond cheeses- Old Cheddar, Extra Old Cheddar & any Processed Cheese (cheese slices & cheeses spreads) are the only ones that contain animal rennet.
- k. Framageries Bal. Inc - contains calf rennet
- l. McCadm Co. - contains calf rennet
- m. Clearfield - Natural Cheese Kosher Brand, contains rennet

Chips-

- a. DORI TOS® *Cool Ranch, Jalapeno & Cheddar Cheese, Smokey Red BBQ, and Zesty Cheese* Flavoured Tortilla Chips
- b. BAKED RUFFLES® *Cheddar & Sour Cream* Flavoured Potato Chips
- c. RUSTLERS™ *Original Beef and Pepperoni Beef* Sausage Sticks
- d. MUNCHIES™ *BBQ* Flavoured Snack Mix
- e. SUNCHIPS® *French Onion* Flavoured Multigrain Snacks
- f. Humpty Dumpty's cheese flavoured corn snacks

Christie Original Bits & Bites Snack Mix, by Nabisco Ltd.- contain haram cheese

Cosmetic - Chesbrough Ponds Inc., Vaseline, Intensive Lotion; contains lard

Cookies-

- a. **Ahoy**- contain rennet and whey
 - Chips!Ahoy, Peanut butter chips Ahoy!cooki
- b. Christie Coffee Breaks cookies, manufactured by Nabisco Ltd- contain lard
- c. Peek Freans Shortcake Cookies contain beef fat.

Country style-

- a. Chocolate Brownies and Maple Donut Icing - contain alcohol
- b. Black Forest, Lemon, and Cappuccino cakes - contain alcohol
- c. Cheese in baked products could have animal rennet

Donut-

- a. Country style donut - contain whey
- b. Robin's Donuts - whey and gelatin
- c. Krispy Kreme's glazed doughnuts contain alcohol

Drinks- Pepsi Vanilla and Diet Pepsi Vanilla - contains alcohol

Fries-

- a. McDonald fries (American McDonald fries are halal)
- b. Valley Farms Limited of Bristol - may contain beef tallow
- c. Wendy fries- fried in shared oil
- d. Harvey's Fries - shared oil
- e. KFC fries- shared oil
- f. Taco Bell- shared oil

Flakes- Vachon Passion Flakes - by Culinar Inc.

General Goods:

- Swan Down Cake mixes - lard, Gelatin
- Jell-O Brand Gelatin Desert

General Mills Inc. - ready to spread frosting

GUM-

- a. Trident *Splash* gum, strawberry-kiwi & vanillamint flavour combos- contain gelatin
- b. Colgate dental gum - contains gelatin
- c. Beach Nut

Ice cream-

- a. Baskin Robbins vanilla flavoured ice cream
- b. Nestle ice creams contain alcohol
- c. Pensupreme

INFANT FORMULA-

- a. Enfamil *Nutramigen* and *Pregestimil* contain enzymes from pigs and the *Fer-in-Sol* drops contain ethyl alcohol
- b. Nestle SMA Infant Formula- contains rennet
- c. Nestle Good Start infant formula - contains pork trypsin

KFC- KFC's poutine

Knox Gelatin Inc.: From pork and beef

McCain-

- a. McCain Hashbrowns, manufactured by McCain Foods
- b. McCain Triple Chill, Deep'n Delicious, Delite, and Cream Pie frozen desserts

Mcdonald-

- a. Fruit'n Yogurt Parfait- contains gelatin
- b. McDonald's Filet-o-Fish – shared oil
- c. Fat-Wise Cranberry-Orange muffins at McDonald's Canada may contain gelatin

Medicine-

- a. GNC's Whey Protein supplements, which are used by athletes for body building, exercise, etc
- b. Buckley's liquid cough and cold medications
- c. Seldane capsule – contains pepsin

M & M co. – Starburst fruit chews , contains gelatin from lard

No Name- **No Name brand Dijon Mustard contains wine**

Penn Maid Food Inc.- swiss yogourt, contains gelatin

PIZZA-

- a. Mc Cain pizza containing lipase
- b. Ziggy's International pizza crust
- c. *Famosa pizza crust*
- d. Domino's Pizza- contain l-cystine
- e. oetker's Ristorante frozen pizzas
- f. Ellio's - swine pepsin containing cheddar cheese
- g. Quaker Celeste – swine pepsin containing mozzarella cheese

Pot Cleaners-

- a. Purex Corporation Brillo - Soap pads
- b. Kosher Soap (Packaged 2 each Pink& Green Bars per carton)
- c. Double Pads

President choice-President's Choice Vegetable Lasagna – contain pepsin, animal rennet

Sauce-

- a. Pizza Pizza's garlic sauce contains rennet
- b. Hamburger Sauce, Poutine Gravy, Sandwich Sauce, Steak Sauce, etc
- c. Kikkoman Soy Sauce (naturally brewed) – contain alcohol
- d. Ragu *Diced Tomatoes, Garlic & Herbs* pasta sauce contains "dehydrated romano cheese".

Schneiders Lunchmates – all products except pizza

Soap -

- a. Procter & Gamble Co. - Ivory, Camay, Safe Guard, Coast, Zest contains pork & beef tallow
- b. Lever Brothers Co - Lux, Lifebuoy, Phase II, Dove, Caress; contains pork & beef tallow
- c. Colgate Palmolive Co - Palmolive, Cashmere; contains pork & beef tallow
- d. Andrew Jergen Co - Jergens, Woodbury; contains pork & beef tallow
- e. Armour Dial inc - Dial, Tone, Irish spring; contains pork & beef tallow
- f. Amway Corporation - All Bar Soaps, Nivia Creams; contains pork & beef tallow

Soup-

- a. Campbell's cream soups contains animal rennet in whey
- b. Habitant *Pea Soup* and *Pea Soup with Garden Vegetables* both contain lard
- c. Equality brand *Homestyle Vegetable Soup* contains beef broth
- d. Slim-Fast Instant Soups
- e. Manchu WOK -
- f. Chow Mein
- g. Mixed Vegetables Dish
- h. Egg Drop Soup
- i. Spring Roll



Taco Bell-

Bean & Cheese Burrito, Nachos and Cheese, Chalupa Supreme (with beans instead of meat), 7 layer burrito, Cheesy Gordita Crunch (with beans instead of meat), 1/2 lb bean burrito especial, Fiesta Taco Salad (with no meat), Cinnamon Twists, Cheese Quesadilla, Gordita Supreme (with beans instead of meat) - contain animal ingredients

Tim Horton:

- a. Tim Hortons soups contain pork ingredients. Among the soups that contain pork ingredients (in either the dried or the frozen mix) are:
 - Cauliflower & Cheese, Tomato Florentine, Minestrone
- b. *Yogurt & berries* dessert at the donut and coffee chain contains gelatin
- c. Contain alcohol- Black Forest Cake, Almond, Cherry, Pineapple, Strawberry, Vanilla, and Plain White Cake I cings

Toothpaste:

- a. Colgate Palmolive Co-Ultra Brite, Colgate Paste, Colgate Powder; contains lard
- b. Procter and Gamble - Gleen; contains lard

Yogourt -

- a. Astro brand yogurts containing gelatin.
- b. Spring Valley yogourt
- c. Lactantia brand yogurts contain gelatin.
- d. Danone yogurts in Canada contain gelatin
- e. Yoplait *Source* and *Fruit & Cream* varieties contain gelatin

Zabiha-

- a. Maple Lodge Farms
- b. Lilydale chicken products,

SEVERAL TERMS

A. Derived from pork or other animal

Bacon Ham Sausage Lard Fat Gelatin Shortening (animal).

B. Avoid - doubtful (may be derived from animal or vegetable):

Lecithin Emulsifier Dough conditioners Mono and diglycerides
Enzymes or rennet in cheese

C. You can use: HALAL

Soya-lecithin Soybean lecithin Vegetable lecithin Vegetable shortening
Vegetable mono and diglycerides Vegetable enzymes or rennetless cheese.
Fish.

D. Avoid may contain alcohol

Artificial and imitation extracts and flavorings

LIST OF HALAL AND HARAM FOOD INGREDIENTS

INGREDIENT	TYPE	INGREDIENT	TYPE	INGREDIENT	TYPE
Acetic Acid	HALAL	Corn Meal/Corn Starch	HALAL	Pectic Materials	HALAL
Alcohol	HARAM	Enzyme (Animal)	HARAM	Propionate	HALAL
Ammonium chloride	HALAL	Enzyme (Plant)	HALAL	Propionic Acid	HALAL
Ammonium Sulphate	HALAL	Ergocalciferol	HALAL	Renin Rennet	<i>Investigate</i>
Animal Fat	HARAM	Ergosterol	HALAL	Saccharine	HALAL
Animal shortening	<i>Investigate</i>	Fat (Pork or Animal)	HARAM	Salt	HALAL
Ascorbic Acid	HALAL	Fatty Acid (Animal)	HARAM	Sausage	HARAM
Aspartame	HALAL	Fatty Acid (Plant)	HALAL	Shortening (Animal)	HARAM
Bacon (Pork)	HARAM	Ferrous Sulphate	HALAL	Shortening (Plant)	HALAL

Benzoate/Benzoic Acid	HALAL	Fructose	HALAL	Soy protein	HALAL
BHA	HALAL	Fungal Protease Enzyme	HALAL	Soybean Oil	HALAL
BHT	HALAL	Gelatin	HARAM	Sucrose	HALAL
Calcium Carbonate	HALAL	Glucose	HALAL	Tapioca	HALAL
Calcium Sulphate	HALAL	Glyceride (Animal)	HARAM	Tricalcium Phosphate	HALAL
Carrageenan	HALAL	Glyceride (Plant)	HALAL	Vinegar	HALAL
Cocoa Butter	HALAL	Glycerol/Glycerine (Animal)	HARAM	Whey	Investigate
Collagen (pork)	HARAM	Glycerol /Glycerine (Plant)	HALAL	Yeast	HALAL
Corn Syrup	HALAL	Gum Acacia	HALAL		
Dextrin/Dextrose	HALAL	Ham	HARAM		
Dicalcium phosphate	HALAL	Harmones (Animal)	HARAM		
Diglyceride (Animal)	HARAM	Harmones (Plant)	HALAL		
Diglyceride (Plant)	HALAL	Hydrogenated Oil	HALAL		
Dough Conditioners	HARAM	Hydrolyzed Animal protein	HARAM		
EDTA	HALAL	Hydrolyzed Vegetable Protein	HALAL		
Emulsifier	HARAM	Potassium Citrate	HALAL		

NOTE:

Please check the ingredients of every food brand, which you use. Also check any or all-new products you use before making your purchase. If you have any doubts, you may write or phone to the manufacturer, so far they have been very helpful to us and it will put your mind at ease.

Collected from : www.eat-halal.com
<http://www.jamiaislamia.org/halalharam.htm>