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In the name of God, the Most Beneficent, Most Merciful
Editor’s Note

Assalamu Alaikum

This first issue of 2015 brings you much ‘food for thought,’ so I hope your mind is hungry. Don’t worry, there’s plenty of stomach food, too.

For starters, if you like to mix Far East spices with your burger or cheesesteak you will enjoy reading “Local Meets Global Flavor.” There you will read how chefs and home cooks mix ethnic ingredients into American fare to create new tastes.

Have you checked your cookware lately? In “Toxins in Cookware: Is It Time to Ban Your Pots and Pans?,” you will learn that it’s not just the food you eat that can affect your health; what you prepare it in also matters.

If you are a professional chef or one in training, you might be faced with needing to use ingredients you aren’t allowed to consume. In “Frying with Faith: Muslims in the Meat of the Matter,” professional cooks will share some of the challenges they faced in school and at work, having to work with pork or alcohol.

Before taking a break from home cooking and enjoying a night out, you will want to read “Eat This, Not That!” You’ll get ideas for healthier options like baked or grilled foods rather than fried foods and sharing desserts rather than overeating. Sharing desserts! Really, I can’t believe I said that!

Speaking of healthy, are you getting enough sleep each night? Most people aren’t. In “Sleep Hygiene: How to Get That Good Night’s Sleep,” you’ll discover the importance of healthy sleep habits and ways to achieve a well-rested mind and body.

And while many foods have been mentioned in the Quran, “God’s Creatures of the Sea” examines the benefits of seafood in our diet. You’ll want to make sure your diet includes some seafood every week.

Of course, the issue also includes some recipes for you to try. Let us know how they turn out on our Facebook page. We like hearing from you. Enjoy!

Sincerely,
Roger M. Othman managing editor
Assalamu Alaikum

I just returned from our Halal Auditors Training Workshop in Canada. As part of our best in class halal certification service, we hold several auditor training sessions every year.

Over the course of the three-day workshop, we discussed a myriad of topics related to halal certification and auditing. Topics included halal audit protocols, critical ingredients, cleaning and sanitation requirements, reporting, specific industries, and halal food laws and regulations. We also discussed observations, feedback, and trends in the industry and among consumers.

One interesting observation is the activity of Canadian halal consumers. Though smaller in number than their counterparts in the United States, they have had a much larger impact on the production and labeling of halal foods. They even influenced the Canadian government to pass federal labeling rules.

Companies are influenced by consumers and food companies are no different. Many of our halal-certified companies produce halal products for export only. Though they can easily make those products available domestically, they choose not to. Why? They do not see a demand for the products domestically. Many of the companies that do market their halal-certified products domestically do not print the halal certification logo on the product label. This makes it more difficult for halal consumers to recognize that the product is halal-certified. This is a lost sales opportunity for the company and a missed opportunity to sample a different product for the consumer. However, United States companies marketing halal-certified products in Canada are printing the logo on their product labels. The reason is that Canadian halal consumers are letting companies know they seek halal-certified products and they need to see the halal logo on the product label. And now the Canadian government will require any product that claims to be halal to identify the certifying body on the product label. These are positive developments for the halal consumer and the halal producer. In the United States, Illinois and a number of other states have passed halal food laws. Unfortunately, they are generally not enforced. Again, consumers can change that if they voice their needs and concerns.

We congratulate Canadian halal consumers for their positive contribution to the halal economy. American halal consumers can make an even larger impact; therefore, we encourage you to engage with the industry.

Sincerely,

Muhammad Munir Chaudry president
Local Meets Global Flavor

By Nadia Malik

Food Trends
After working in Michelin-star restaurants and experimenting with food all week, Aleem Syed, a Toronto-based chef, would want to come home and eat the Indian cuisine that he had as a child. “Running around as a chef, you have the worst hours,” he says. “On your day off, you tend to eat things that are familiar.”

That was some of the motivation for the February 2015 launch of his The Holy Grill food truck. He’s known for his tacos, burgers, and steaks, but the menu also includes items like Mom’s Butter Chicken Poutine, which is literally his mother’s recipe put on top of a Canadian specialty of fried potatoes and cheese curds. “It’s my version of East meets West,” Syed explains. “Being Indian, I grew up on butter chicken. That’s normal for us.”

Syed’s food is just one example of chefs taking ethnic and global flavors and combining them with local fare. Food trucks, in particular, have been a trendy way to take on this fusion idea and dole it out on a daily basis to hungry lunch-goers. The lower overhead of a mobile venue gives more room to experiment with different styles and more autonomy outside of a restaurant.

Ghezal Raouf, who runs the Kabob Trolley in California, was born and raised in the Bay Area but has roots in Afghanistan. When she saw how popular the Halal Guys and their gyros and meat platters were in New York, she wanted to bring the concept to the West coast. “I blended my rich cultural flavors […] with the traditional American twist, cheesesteaks,” she says.

The food truck model also serves her well for blending cultures because, as Raouf explains, Afghan meals are not necessarily healthy and can be time-consuming to make. This way, her customers get a taste of Afghanistan in an easily consumable and cost-efficient way.

Syed and Raouf agree that with the world shrinking and different types of menus readily available, customers are yearning to try new cuisine. “People like ethnic, different foods but want to eat something familiar at the same time,” states Raouf. “By mixing global ingredients (East spices) into a local food concept (gyros and cheesesteaks), it creates an appeal to customers.”

Omar Anani, owner of three food trucks in the Detroit area, including his flagship Qais Truck that serves Mediterranean farm-to-table dishes, says the fusion aspect also gives him room to test items that Muslims may not be able to eat in other venues. For example, he loves experimenting with charcuterie, or prepared meat products, but that often includes pork in a traditional restaurant setting. Anani compensates by making bacon out of lamb and finding alternatives to pork sausage. Syed also uses the flavors that would go into a chorizo sausage and uses beef as the main element instead.

This sampling of cultures isn’t limited to just the chefs’ specific ethnic backgrounds; because they are exposed to so many different types of food in their work, their menus can easily reflect different areas of the world. Anani touches on Turkish and Moroccan specialties and also owns the Fat Panda Truck, which specializes in pho and ramen, as well as Grill Billies that serves up barbecue. Syed includes tastes from Mexico, Japan, and Spain, among others, in his cooking.

Because this intermingling also means that there’s an element of an American or Canadian base, it offers Anani, Syed, and Raouf a chance to source local products. For Anani, the motivation is his hometown. Detroit has been going through a tough financial period, and he felt a responsibility to boost the economy by buying items like local jams, mushrooms, cheese, and vinegar. “The more money we can keep locally, stimulate jobs, the better off everyone can be,” he adds.

For Syed, it’s about being proud to be Canadian and using what is readily available to him. Cheese curds are a staple in poutine, and the specialty is in turn native to Canada. It made sense to Syed to use cheese curds strictly from Quebec, where poutine was invented.

Of course, this joining of global and local flavors isn’t limited to professional chefs and restaurants. Home cooks have been doing this for years, sometimes for the ease of replacing specific ingredients and sometimes because they’ve found certain tastes complement others.

Lisa Y. Kherwish, a resident of Bridgeview, Illinois, has a mixed ethnic background, and that’s often reflected in the meals she makes for herself. Taking direction from her mother, who grew up in Puerto Rico, she often mixes in sofrito – a blend of herbs and vegetables – in with her daily fare.
Kherwish says her mother would use a bottle of name-brand pasta sauce when making spaghetti and then make her own version of sofrito and add it in. That tradition was also carried with the annual Thanksgiving turkey, which is rubbed in olive oil, garlic, sofrito, adobo, and sazon, a seasoning blend often used in Puerto Rican and other Latin cooking. That would be served alongside arroz con gandules, or rice with pigeon peas.

However, because Kherwish’s heritage also includes a Palestinian side, her family’s maqluba – a traditional Arab rice and meat dish – also includes adobo and sazon. “A lot of my aunts [on the Palestinian side] changed the way they cooked because they saw us using these spices,” Kherwish adds.

Because of her cultural background, she says she often prefers the tastes that she grew up on compared to those found in restaurants.

However, the big motivation for mixing native spices, meat, and vegetables in home cooking is simply convenience. “Our pantries are stocked with adobo,” she explains. “If we’re following a recipe and it calls for something else, it’s easier to put in what we have.”

The bottom line for Syed, though, is that this combination isn’t really about mixing flavors together: it’s about making a new essence that’s also recognizable.

“[My cuisine is] very straightforward,” he expands. “You won’t be able to determine what the flavor is until you try it.”

NADIA MALIK holds a degree in journalism and is a former reporter for a Chicago-area newspaper. She has written for websites and publications and has also worked for several non-profit organizations.

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Sleep Hygiene: How to Get That Good Night’s Sleep

By Leen R. Jaber

How many times do you press the snooze button? How many times do you find yourself reaching for a cup of coffee or tea midway through the morning? And how many times do you tell yourself, “Tonight I am going to bed early,” only to find yourself failing to do so, and then repeating the same cycle day in and day out? If this describes you, know you are not alone. According to a study done by the United States Centers for Disease Control and Prevention (CDC), 50 to 70 million Americans suffer from chronic sleep loss and sleep disorders.
Across all age groups, the percentage of adults receiving six hours or less of sleep a night has increased dramatically from 1985 to 2006. Research has shown that the effects of sleep deprivation are harmful, and in some cases, permanent. Therefore, we need to take our sleep habits more seriously and not just settle for what we can get.

Why is sleep so important? Perhaps this is the first question that needs to be answered. Sleep, as most people know, provides rest for the body and allows us the energy needed to get through our hectic days. It is necessary in order for our bodies to grow, develop, and sort out information. According to the National Sleep Foundation, throughout the night, our bodies go through five sleep stages, the last of which is called REM sleep.

REM, which stands for Rapid Eye Movement, occurs several times a night and after 90 minutes of non-REM sleep stages. This is when our brains regenerate cell growth and file away pieces of information that we acquire throughout the day, also aiding in supporting our short-term and long-term memories. REM, also known as the dream state, is when our energy levels get replenished. Without REM, our brains would turn to mush. This is why it is essential that an adult receives at least seven hours of sleep a night: so that the REM sleep stage can occur at least three or four times.

The other stages of sleep support immune system function; muscle and skin regeneration; hormone release, which aids in growth; and restoration of the body after a long day. Stages 3 and 4, which come right before REM, are the deepest and most restorative stages of sleep. In order to have a healthy body and mind, you must allot a generous amount of time for sleep. Otherwise, the result can be catastrophic to your body.

Even short periods of sleep deprivation can cause uncomfortable consequences. Merrill Ken Galera, MD, Medical Director of The Galera Center in Oak Brook Terrace, Illinois, explains that although some studies have shown seven hours of sleep a night is generally adequate, ultimately sufficient sleep depends on the individual. The amount of sleep one should get depends on what is needed for that individual to wake up rested and able to perform at their desired level. Therefore, sleep deprivation can happen regardless of a particular amount of sleep.

"Any level of non-restful sleep is likely a symptom of sleep deprivation," Galera states. "Depending on the overall amount of sleep deprivation, a reduction of even an hour of sleep can result in symptoms." For example, if someone is mildly sleep deprived at six hours of sleep a night, reducing that by only one hour for one night is likely to cause effects of sleep deprivation. However, if someone is getting adequate sleep overall and is sleeping eight hours a night, reducing that sleep by one hour for one night is unlikely to cause those effects. So, each individual is responsible for determining how many hours of sleep they need to function best.

Effects of sleep deprivation range from mild symptoms to more severe ones. The most common effects include headaches, dizziness, loss of balance, pain or discomfort, confusion, loss of concentration, and of course, fatigue. Psychological effects range from moodiness to anxiety to depression. So, if so many of us are suffering from sleep deprivation, then why are we still not getting enough sleep?

“There are multiple factors,” says Dr. Galera, who treats patients with sleep disorders and troubles, “[for example] excessive electronic use such as TV, computers, cell phones; stimulating foods such as caffeine and sugar; and lifestyles that promote an excess of activity without sufficient downtime.” Of course other factors can be stress, physical pain, or an underlying medical condition. If you are having trouble sleeping over a long period of time, you should see a doctor to exclude any possible medical conditions. Likewise, if you are experiencing an excess of stress, depression, or anxiety and are having trouble managing it on your own, you should seek out the expertise of a therapist. You may find that will help you sleep better over time.

Another reason many of us aren't getting enough sleep is because of the lack of value we attach to sleep. It is just as important as food and oxygen. And many people think that they can “catch up” on sleep over the weekend. But this isn’t one hundred percent accurate. Although some research suggests that you can sleep a little longer one day to make up for lack of sleep the day before, this system cannot be sustained over a long period of time. “I would say that taking the approach that ‘I can just make this up later’ is probably not worth the potential long-term risks associated with disrupted sleep and sleep deprivation,” says Lauren Nichols, assistant professor of Clinical Psychology at the Adler School of Professional Psychology. “Getting into a healthy sleep routine and trying to maintain that routine is the best course of action.”

There are several habits to promote a healthy sleep routine that you can implement into your lifestyle. These habits are known as “sleep hygiene.” Having good sleep hygiene can make all the difference in your quality of sleep, helping you wake up refreshed and have a more energetic and productive day. “We are so stimulated throughout the day that we often go from doing to jumping right into bed, with no time to wind down,” Nichols explains. “The literature on sleep hygiene emphasizes the routine for winding down and preparing for bed.” This helps prepare the body for sleep. The following are steps you can take to gain optimal sleep hygiene:
Reduce stimulating foods from your diet
If falling asleep is a problem for you, then try reducing caffeine intake by at least six hours before bed. Also avoid late-night snacking. Your body has enough to do while it’s sleeping; you don’t want to add digestion to the list.

But if staying asleep is the issue, and you are constantly waking up throughout the night, then you want to consider reducing sugars and carbohydrates in your diet in general. This is especially important if you snack in between meals because the body never has a chance to regulate your glucose (blood sugar) during the day and will attempt to do so at night. Dr. Galera explains, “If the body does not regulate glucose without food during the day, then its ability to do so at night is often inefficient, causing hormonal changes that often disrupt sleep.” Galera insists, “Moderate protein and higher fat intake help to sustain blood sugar levels both during the day and especially at night.”

Create a consistent bedtime
It is important to set a bedtime for yourself and try your best to go to sleep at the same time every night. This way, over time, your body will automatically begin to prepare itself for sleep as that time approaches without you having to tell it that it’s time for bed.

Turn down the lights throughout the house
Begin turning down the lights at least an hour or so before bed, including reducing the light that comes from TVs, cell phones, tablets, and computers. This will progress to stimulate your body’s sundown cycle, preparing it every night for sleep. Many people will say that they can’t sleep without watching TV, but watching TV before bed actually stimulates the mind and confuses the body at sleep time. If you cut out screen time from TVs or other devices before bed, your body will eventually learn that it is time to sleep.

Remove all electronics from your bedroom
TVs, computers, and anything that produces a lot of light or noise should be kept out of the room. This helps your mind and body link your bedroom with rest and relaxation as opposed to stimulants. Also, if the room is too cold or too hot, this will make sleep more uncomfortable. Pay attention to the overall bedroom environment.
Do something relaxing before bed

Let your body wind down before you climb into bed. Reading, taking a hot bath, praying or meditating, or listening to soft music in a dim environment helps reduce stress and anxiety before bed, letting your body release tension and prepare itself for a deep and restoring sleep.

Remember to give yourself time to ease into good sleep hygiene. It won’t happen overnight. Rather it will take some practice and discipline and works best when in conjunction with an overall healthy lifestyle of moderate exercise, healthy eating, and taking care of your overall well-being. With time, you will find that balance and be rewarded with the full night’s sleep your body and spirit crave.

LEEN R. JABER is a media and publications associate at IFANCA in Chicago and has been a freelance journalist for nearly 10 years. Leen is also a singer, guitarist, and activist for Palestinian rights.
Eat This, Not That!

By Zaira Ahmad, MS RD

These days, Americans are eating out more often. According to the United States Healthful Food Council, Americans purchase a meal or snack outside of the house 5.8 times a week.

In the past, dining out was seen as an indulgence where one could forgo the rules of healthy eating for a treat. Now, as it is commonplace, staying nutritious while eating out is important in maintaining a healthy lifestyle. Excess calorie, carbohydrate, and fat intake can lead to obesity and chronic diseases, such as heart disease and diabetes. Most restaurants serve hefty portioned entrées. Factor in sides, condiments, drinks, and desserts and you could be consuming over two thousand calories in just one sitting!

When a Muslim goes to a restaurant, he or she is faced with the additional challenge of staying halal. Read on for tips to achieve a healthy and halal dining experience.

Appetizers:
Choose an appetizer to share with others and keep it relatively light. Don’t fall into the trap of consuming an ample starter and losing space for your entrée. You’ll end up eating your entrée even if you are not all that hungry, resulting in over-eating. Avoid cheesy, greasy, fried appetizers so you can appreciate your meal when it finally arrives! Try edamame (lightly seasoned steamed soybean pods) to get more veggies in your diet.

Entrées:
When selecting an entrée, choose from items that are baked, grilled, or sautéed instead of fried. Fried foods contain more oil/butter, increasing the fat content. If an entrée has multiple sources of fat—such as a burrito with sour cream, cheese, and guacamole—choose just one to add texture and creaminess to your meal. Try to choose a plant source of fat such as avocado, nuts, and plant oils. These sources are known to be rich in monounsaturated fats, which can prevent heart disease.

Stay halal: Be aware of enzymes used in cheeses. Pepsin is sourced from pigs, rennets are sourced from calves, and microbes are considered vegetarian sources. Your server should be able to inquire about this information from the kitchen for you. Also know that sometimes entrées, such as duck, are cooked in bacon fat or lard. This information should be stated in the item description on the menu, but that may not always be the case. It’s also helpful to become familiar with different names and preparations of pork. Some examples include: prosciutto, chorizo, capicola, pancetta, and mortadella.

Drinks:
Drinks add unnecessary calories to your meal. Instead of sugar-laden sodas try seltzer/club soda with a lemon or lime slice added. Unsweetened iced tea is also a suitable choice. The healthiest option, however, is to choose water; it will best maintain your body’s hydration balance compared to any other drink option.

Stay halal: Become familiar with common names for alcoholic drinks. You wouldn’t want to order a “Long Island” iced tea by accident!
**Sides and Condiments:**

Sides and condiments can increase fat and calories of an already decadent meal. Instead of fries, ask about the steamed vegetable side options.

Condiments such as mayonnaise add a creamy texture but are high in saturated fat. Skip the mayo and ask if you can have a slice of avocado in your sandwich instead.

High calorie salad dressings should be used sparingly. Consider this a rule: If you can’t see through the dressing you should avoid it. Instead, ask for a mix of olive oil and vinegar. Recall that olive oil is a healthy fat and can reduce the risk of chronic disease.

Many times sauces served with entrées contain wine. Although a portion of the wine will evaporate in the cooking process, a percentage of alcohol still remains in the food. This makes it impure for consumption. Ask your server to substitute in a sauce that does not have any alcoholic ingredients...otherwise get ready for a bottle of hot sauce!

**Desserts:**

After a large meal, you may want to ask yourself if you are really still hungry. If you truly want to order something sweet, consider splitting a dessert with your dinner party. You need only a couple bites to satisfy your sweet tooth. If you are unsure about ordering dessert, try this: have fruit with yogurt at home. You’ll be increasing your daily fiber intake and preventing indigestion all at once!

**Stay halal:** Many desserts contain ingredients that are not considered halal. Be aware that pie crusts and cannoli shells are traditionally prepared with lard. Cheesecakes may be prepared with beef and pork gelatins. Be mindful of desserts that include alcohol as an ingredient, such as bananas foster and tiramisu.

Dining out may seem like a challenge, but maintaining the purity of food consumed is an obligation for Muslims. Take the time to carefully read menus and ask your server or management for more information regarding food ingredients and preparation if needed.

To maintain healthy eating while dining out or ordering in, look for opportunities to make optimal choices and increase your vitamin, fiber, and healthy fat intake. With a few adjustments your meal can be both healthy and halal!

**ZAIRA AHMAD** is a registered dietitian from New Jersey. She has a master’s in nutrition and food science as well as experience in clinical dietetics, counseling, and long term care.

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God prescribed foods of great benefit through the Quran and the Sunnah. One of those foods is fish. In Surat An-Nahl (The Bee), God says, “And it is He who subjected the sea for you to eat from it tender meat and to extract from it ornaments which you wear” [16:14]. Then He continues to tell us in a verse in Surat Fatir (Originator) that fish from both fresh water and salty water provide good meat to eat. “And not alike are the two bodies of water. One is fresh and sweet, palatable for drinking, and one is salty and bitter. And from each you eat tender meat [...]” [35:12]. And in Surat Al Ma’idah (The Table Spread), God says that hunting land animals during hajj, or pilgrimage, is prohibited; however, “Lawful to you is game from the sea and its food as provision for you and the travelers [...]” [5:96].

God told humanity, through His wisdom thousands of years ago, fish is a beneficial food source suitable for consumption, but what does current research report about eating fish?
Fetal Health and Development

One role overlooked by many individuals is the crucial role fish consumption plays in regard to fetal health and development. For healthy babies it is important their mothers consume seafood before pregnancy and during all stages. Research shows women who eat fish before and during the first trimester show better fetal growth and lower risk of early delivery. Additionally, eating fish during the final trimester is associated with better brain development, and mothers who eat fish during pregnancy and while nursing have babies who perform better on infant cognition tests according to Grazyna Daczkowska-Kozon and Bonnie Sun Pan, editors of the book Environmental Effects on Seafood Availability, Safety, and Quality. But it is important to note Daczkowska-Kozon and Sun Pan recommend pregnant and nursing mothers consume fish no more than three times a week for maximum benefit.

Better fetal growth, lower risk of early delivery, and better brain development.

Superior Nutrition

In addition to being packed with healthy polyunsaturated fats, fish are optimal sources of lean protein, complete amino acids, vital vitamins, and other nutrients. It is also important to mention fatty fish are one of the few natural sources of vitamin D and iodine according to the International Journal of Vitamin and Nutrition Research (2012).

One of the few natural sources of vitamin D and iodine.

Not only does enjoying fish for dinner reduce a person’s risk of heart disease and provide outstanding nutrition, but it also improves neurological health and performance. The Journal of Gerontology published a study in 2013 that found “consumption of tuna and dark-meat fish once weekly or higher was associated with lower decline in verbal memory for a period of 4 years” in women with a mean age of 72 years old. Researchers also concluded in a 2014 article published in the American Journal of Preventive Medicine, “Dietary consumption of baked or broiled fish is related to larger gray matter volumes [...]” Gray matter is often used as a synonym for intelligence.

Consumption of tuna and dark-meat fish once weekly or higher was associated with lower decline in verbal memory.

Neurological Health

Selecting Fish for Better Health

Some people prefer to avoid seafood for fear of the negative effects of mercury or other contaminants, but Mayo Clinic says the positive health benefits of consuming fish outweigh the negative. Additionally, selecting the right kind of fish can both maximize the benefits and reduce exposure to these contaminants. First, choose wild caught fish over farm-raised; wild caught fish have less contaminants and have not been exposed to the antibiotics, pesticides, and chemicals farm-raised fish have come in contact with. Mayo Clinic also suggests selecting fatty fish like salmon, tuna, trout, herring, and sardines because they have the most beneficial polyunsaturated fats compared to other fish.

If you are concerned about mercury and other contaminants, the Environmental Protection Agency (EPA) offers resources via their website that will link you to fish advisories by location, fish species, pollutant, and more.

When it comes to amounts, the American Heart Association recommends having one serving of fish (three and a half ounces or about the size of an iPhone) at least twice a week to promote heart health, while pregnant women and children should not consume fish more than three times a week.

SARENE ALSHARIF is a nutritionist and an active member of the Academy of Nutrition and Dietetics. She earned her master’s in public health in addition to certifications in sports nutrition and gluten-free diets.

Ready to incorporate seafood into your diet? Why not try pan-seared salmon filets for dinner one evening? They only take 15 minutes to prepare. Or take crackers and no-mayo tuna salad (recipe on page 20) to the office for a delicious and healthy lunch. Be creative; there are oceans full of fish and numerous ways to enjoy them.
Glycerin
A Common Ingredient

By Taskeen Khan

Glycerin is an amazingly diverse ingredient, added to food, cosmetics, and pharmaceuticals. Despite its widespread use, consumers often know little about this colorless, odorless liquid. One aspect of glycerin, which is of relevance to the Muslim community, is its status as a doubtful, or mashbooh, ingredient. So what exactly is glycerin and why might it not be halal?

Glycerin is Good
Glycerin has a wide variety of benefits when used in personal care products. The Dermatology Review states, “Apart from moisturizing, [glycerin] also has cleansing, lubricating, and soothing properties.” Glycerin keeps skin toned, moisturized, and hydrated through its ability to absorb and retain moisture. It also increases the thickness of the epidermal layer, which helps keep dangerous chemicals out and traps moisture in. Soaps and lotions containing glycerin are less drying on the skin and cleansers with glycerin can be used on both oily and dry skin. However, it is important to use glycerin infused products, not pure glycerin, which can cause irritation.

Personal care products and cosmetics that contain glycerin, says IFANCA Food Scientist Haider Khattak, include shaving cream, toothpaste, mouthwash, eyebrow pencils, lip colors, and many other skin and hair care products.

This versatile ingredient has been widely used as an important food additive. You’ll find it in cookies, cakes, granola bars, candy, gum, and ice cream as a way to retain moisture, giving the products a creamy texture and helping to increase product shelf-life, while adding a bit of sweetness. Glycerin is also added to prepared frosting to ensure it does not set too hard.

Processed, canned, frozen, and dried fruits and vegetables, such as those in cereals and sauces, often contain glycerin to prevent drying out; while fresh fruits and vegetable are free from the additive. A common humectant, glycerin is routinely added to jams and jellies. You’ll also find it in extracts and liquid flavorings.

Since glycerin can be used as a sugar substitute because of its sweet flavor, it can often be found in low-fat and low-carb foods. Cough syrups, in fact, use it as a sweetener.

What Makes it Mashbooh?
Glycerin has two main sources: animal and plant fats and oils. It can also be made synthetically in a lab, but this is less common. Khattak explains, “Glycerin is a sugar alcohol that can be obtained from natural sources or can be synthesized. Glycerin, also referred to as glycerol, is a component of all animal and vegetable fats and oils.” It is the source that glycerin is derived from that determines if it is halal or not. Khattak goes on to add, “Vegetable-derived glycerin and synthetic glycerin are considered halal. Animal-derived glycerin may not be.”

When boiled down to the basics, the reason glycerin is mashbooh when applied topically or ingested in foods, is it has the potential to be absorbed into the body. Product labels do not list where the glycerin comes from, leaving customers to wonder what exactly their body is taking in. It is up to the consumer to ask manufacturers what the source of the glycerin is. However, given the number of products containing this syrupy liquid, this can be
quite a challenge. Thankfully, IFANCA has made this process a bit simpler by certifying several glycerin-containing products as halal for the manufacturers listed below.

While some of these products are available in retail outlets, others are available for purchase online and still others through direct marketers. IFANCA ensures that companies that receive halal certification meet required halal guidelines. Look for the Crescent-M logo on these products or visit www.ifanca.org to check the halal status of your favorite products.

**TASKEEN KHAN** is an award-winning writer based in Chicago. She also writes for Huffington Post, Islamic Horizons, and The Glen Bard.

### IFANCA Certified Halal Products

**Personal Care Products:**
- Enummi® brand by 4Life Research
- Aloe Vera of America, Inc.
- CC Pollen
- Melaleuca, Inc.
- Sunrider International
- Tom’s of Maine, Inc.
- Usana Health Sciences
- XanGo, LLC

**Cosmetics:**
- Amara Cosmetics

**Food Products:**
- Abbott Nutrition (makers of ZonePerfect® Nutrition Bars)
- Bridgetown Natural Foods (makers of KIND Bars)

**Nutritional Supplements:**
- Visit www.ifanca.org for an extensive list of manufacturers and products.

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In 1996, Mary Anne Jackson and J&M® Food Products Company created the United States military’s halal ration program, MREs (Meals Ready to Eat), under a defense contract. In addition to meeting the needs of our Muslim service men and women, they also made it possible to help our country train foreign militaries, provide relief to those affected by natural disasters such as in Pakistan, and provide humanitarian relief such as in Fallujah.

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J&M® Foods first achieved halal certification in 1995. President Mary Anne Jackson relates, “In 1995 My Own Meals, Inc. created its J&M Food Products Company division to focus solely on the development of the halal and zabiha halal prepared meals market. All of the products produced, marketed, and sold by J&M meet strict halal Islamic standards.”

J&M started out with ten meals that were strictly halal-certified; four of which were vegetarian meals. In 2002, they began offering the four vegetarian meals to the United States military as well as offering shelf stable meals in pouches to the market. Two new lamb meals were added in 2004, bringing the total halal-certified meal offering to seventeen (see insert).

As to why J&M chose IFANCA as their halal certifier, Jackson says, “They were the best and most reputable. They were concerned about the proper production of the meals as halal. Some other certifiers were willing to accept meat not slaughtered by a Muslim and still claim it to be zabiha. With IFANCA, we have on-site trained Islamic inspectors/supervisors watching over all aspects of production and packaging, including inspecting all equipment for cleanliness before every production run. When consumers buy J&M products, they know they are getting a product that is authentically halal.”

J&M brand meals can be ordered directly from the J&M website (www.halalcertified.com), while My Own Meal® brand meals can be ordered from www.myownmeals.com. Recently, the brands have also been made available at Perdesi Grocery in Glendale Heights, Illinois. All halal-certified products bear the Crescent-M logo on the package. Jackson says, “We want everyone to know that we care and that the quality of our halal is high.”

As to what it took to get halal certification, Jackson says, “We had to help create the halal market in the US. Finding halal-certified ingredients was a challenge.”
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The Islamic Food and Nutrition Council of America, IFANCA, is working with the world’s food producers to ensure what you eat is halal and healthy.

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*The Crescent M® and IFANCA are registered trademarks of the Islamic Food and Nutrition Council of America (IFANCA) and appear on IFANCA halal-certified products internationally.
SERVINGS: 1

INGREDIENTS
1 can of tuna, drained
1 small white onion, finely chopped
1 Roma tomato, finely chopped
2 tablespoons parsley, finely chopped
1 small sweet pepper, finely chopped
juice of one lime
1 teaspoon dried dill
pinch black pepper

DIRECTIONS
1. Place all ingredients in a small bowl. Stir to combine well.
2. Enjoy with crackers, lettuce leaves, or a fork.

No-Mayo Tuna Salad

By Sarene Alsharif, MPH
SERVINGS: 2

INGREDIENTS

1 cup uncooked Gemelli pasta (or other short pasta)
1 pound raw, peeled, and deveined medium shrimp
2 leeks, chopped (green and white parts)
2 tablespoons olive oil
1 cup fresh spinach, chopped
¾ cup Organic Valley® Organic Half & Half or Lowfat Sour Cream

DIRECTIONS

1. Cook pasta according to package directions.
2. While the pasta cooks, sauté the leeks and shrimp in olive oil on medium heat until shrimp is done, about 2 minutes per side. Take care not to overcook. Shrimp is done when it curls to a ‘C.’
3. Add the cooked pasta, fresh spinach, and cream to the shrimp and leeks. Mix well. The spinach will wilt naturally when combined with the warm pasta.
Three-Bean Chicken Chili

By Alia Shalabi

SERVINGS: 8-10

INGREDIENTS

1 tablespoon olive oil
1½ pounds halal chicken breast, cut into bite-size pieces
1 medium onion, chopped
1 medium green bell pepper, chopped
1-2 jalapeno peppers, seeded and finely chopped
2 teaspoons salt
½ teaspoon black pepper
1 (15-ounce) can dark red kidney beans, drained and rinsed
1 (15-ounce) can light red kidney beans, drained and rinsed
1 (15-ounce) can cannellini beans, drained and rinsed
2 (15-ounce) cans diced tomatoes
1½ cups water
1 (6-ounce) can tomato paste
1 tablespoon Worcestershire sauce
2 teaspoons hot Mexican chili powder
¼ teaspoon garlic powder

DIRECTIONS

1. Heat oil in a Dutch oven or stockpot over medium heat. Add chicken, onion, bell pepper, jalapeno pepper, salt, and pepper. Cook until chicken is cooked through, 10 to 15 minutes, stirring occasionally.
2. Stir in remaining ingredients and bring to a boil.
3. Reduce heat; cover and simmer for 30 minutes. Stir before serving.

* This makes a very mild chili. Add more jalapenos and/or chili powder if you prefer more spice. ☀️
Coconut Ginger Glazed Salmon

By YaQutullah Ibraheem Muhammad MS, RDN, LD

SERVINGS: 4

INGREDIENTS
3 tablespoons brown sugar
3 tablespoons coconut sauce
1 tablespoon ginger, peeled and grated
1 tablespoon lime juice
2 cloves garlic, crushed
¼ teaspoon red pepper flakes
4 (4-ounce) wild salmon fillets
1 tablespoon sesame seeds, toasted
Cooking spray or olive oil

DIRECTIONS
1. Combine first 6 ingredients in a large heavy-duty resealable bag.
2. Add fish to bag and seal. Marinate in refrigerator 1 to 2 hours, turning occasionally.
3. Coat large skillet with cooking spray or olive oil and heat over medium-high heat.
4. Add fish with marinade to pan. Cook fish 4 minutes per side until fish flakes easily or until desired degree of doneness.
5. Plate each fillet on a separate plate and drizzle each serving with 2 teaspoons of pan sauce.
6. Sprinkle each fillet with green onions and sesame seeds.

Serve with your choice of sides. ☺️
Is It Time to Ban Your Pots and Pans?

By Sarene Alsharif
heated releases toxic fumes. These toxic fumes can cause [ . . . ] headaches, backaches, and chills. It is for this reason that I continue to keep away from any non-stick pans.”

Most health conscious individuals try to select fresh foods, pack healthy lunches, and prepare nutritious meals. But how much thought do people give to the containers storing their lunches, the bowls holding their leftovers, and the cookware cooking their meals? And are cookware and food storage containers even something worth thinking about? According to the latest research and experts in the field, the answer is yes.

Some of the most commonly used pots, pans, and storage containers people use contain materials and chemicals that seep into foods during cooking and storage, some of which are detrimental while others, conversely, can actually promote health. A study published in Public Health Nutrition in 2012 cited using non-stick cookware as a risk factor for colorectal cancer. In 2006, the Science Advisory Board also classified perfluorooctanoic acid (PFOA), one of the chemicals used in non-stick cookware production, as a “likely human carcinogen.”

Sarah Farid-Chaudhry, a mother working on a master’s of science in human nutrition with a bachelor’s degree in natural sciences and mathematics, says she tries to avoid anything that says “non-stick” on it. She understands it is inexpensive and convenient for easy clean up, but she is concerned how it will affect the health of her family. Farid-Chaudhry explains polytetrafluoroethylene (PTFE) is one of the chemicals used to coat non-stick pans and one of its components is PFOA, which has been linked to an array of health problems: thyroid issues, high cholesterol, difficulties during pregnancies, and male infertility just to name a few. Farid-Chaudhry states, “[PTFE] is a synthetic polymer that when heated releases toxic fumes. These toxic fumes can cause [ . . . ] headaches, backaches, and chills. It is for this reason that I continue to keep away from any non-stick pans.”

Numerous studies have documented the affect non-stick cookware can have on human health. PFOA gets into food from direct contact during storage and cooking. In a study published in the Environmental Health Perspectives journal, researchers analyzed blood samples from four thousand adult participants and found those with the highest levels of PFOA in their blood were twice as likely to have thyroid disease. Lina Alkasm, BSc Pharm, RPh, a pharmacist from Ontario, Canada, says thyroid pills are the most commonly prescribed medication in her region, beating even acetaminophen and hypertension pills. Alkasm says the number of patients with hypothyroidism is shocking and believes there may be a relation between cookware and thyroid function contributing to the high number.

Unfortunately, PFOA is not the only chemical in our kitchens linked to thyroid and hormonal dysfunction. Bisphenol A (BPA) and phthalates, chemicals commonly used in plastic containers, cups, and even infant formula packaging, are also disrupting thyroid and hormonal balances in humans, according to an article published in Molecular and Cellular Endocrinology in 2012. In other words, unless the plastic containers in your cupboard are labeled “BPA-free,” these chemicals are in there. Thankfully, due to consumer complaints and dollar power, many companies have elected to remove these chemicals from their products and label them accordingly.
Another toxic cookware commonly found in the American kitchen is aluminum. Aluminum is the most abundant naturally occurring neurotoxin on Earth. Since 1911, scientists have shown aluminum residue buildup in the brain causes Alzheimer-like symptoms. According to an extensive review article published in 2011 in the *Journal of Alzheimer’s Disease*, “The hypothesis that Al [aluminum] significantly contributes to AD [Alzheimer’s disease] is built on very solid experimental evidence and should not be dismissed. Immediate steps should be taken to lessen human exposure to Al [. . .].” The authors say even the small amount of aluminum people ingest while eating is enough to be poisonous to the brain. People do not walk around eating aluminum, so how does it get into our bodies? Mainly through cookware, storage containers, beverage cans, and aluminum foil. (Yes, stop lining your pans in foil for easy cleanup! It’s not worth it!)

Anodized aluminum cookware is produced by subjecting the aluminum to a process that oxidizes the surface of the aluminum rendering it extremely hard and inactive with other substances. A leading manufacturer of anodized aluminum cookware says it is safe and does not react with acidic nor alkaline foods, and its nonporous hard surface makes it scratch resistant and non-stick all at once. But Andrew Weil, MD, a national expert on holistic living and preventive nutrition, recommends staying away from all aluminum products, including anodized aluminum. He says there is no room for aluminum in the human diet because of the risk of Alzheimer’s disease and many other associated health risks.
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Dr. Shorouk Dannoon, assistant professor of nuclear medicine at Kuwait University, only uses stainless steel, glass, and ceramic cookware. They have withstood the test of time regarding human safety.

1. STAINLESS STEEL: Farid-Chaudhry prefers using stainless steel cookware. She confesses it took time to relearn how to cook using the new pots and pans without burning the food, but now she only cooks with medium heat. Stainless steel is made from iron melted with other metals to produce strong, rust-resistant products. Be careful to avoid products labeled “tri-ply,” as they are essentially aluminum wrapped in stainless steel.

The Canadian Government categorizes stainless steel as a healthy option for cooking but not for food storage. During cooking and storage some of the metals leach into the food; while these levels remain within a safe range during preparation, they could exceed safe levels during prolonged storage.

2. GLASS, ENAMEL, AND CERAMIC: These products are safe for storage and cooking. They are easy to maintain and clean. Just be sure the products specifically state they are safe for ovens, microwaves, and dishwashers. Enamelled cookware remains safe as long as the porcelain enamel is not chipped or cracked. Also take care to ensure ceramic cookware is one hundred percent ceramic, not just “coated.”

The only concern when using these products, especially ceramic, is that the materials used to decorate them may contain lead, cadmium, or other substances harmful to health, according to HealthyCanadians.gov. Select clear glass or plain enamel and ceramic in order to avoid chemicals. Also only use products bought in the United States or Canada, where unhealthy substances are regulated.

3. CAST IRON: Cast iron is made by heating raw iron until it melts, then pouring it into molds for it to take the desired shape. Because cast iron is made of pure iron it rusts easily. To prevent rusting, it should be cleaned, dried, and then coated with a thin layer of oil. Cast iron needs extra work to maintain, but it holds a great advantage: when cooking acidic dishes the food retains iron from the pot, which is then utilized in the body once eaten. Studies of malnourished refugees show using cast iron cookware significantly reduces anemia, a condition indicating low red blood cell count.

Switching to healthier cookware can be a time-consuming and expensive process, but many people have made the switch and some are just starting. Keep in mind stainless steel, glass, and ceramic last a lifetime, unlike other products, so the expense carries with it great value. Farid-Chaudhry is in the process of making her kitchen healthier and says, “The most important thing to me is the health of my family, and as I continue to learn about the possible harms [of certain types of cookware], I make the changes as necessary. Buying a new set of cookware may be difficult for some,” concludes Farid-Chaudhry, “however, buying one pot or pan at a time may be a good place to start.”

SARENE ALSHARIF is a nutritionist and an active member of the Academy of Nutrition and Dietetics. She earned her master’s in public health in addition to certifications in sports nutrition and gluten-free diets.
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Features

FRYING WITH FAITH: Muslim Chefs in the Meat of the Matter

By Tayyaba Syed
When Akram Said walks into work, the last thing he is expecting is a normal day. He and his staff are on their feet from the time they come in to the time they leave. Each day brings with it a new flavor during his 10- to 14-hour shift.

As a full-time sous chef at the downtown Brooklyn, New York restaurant French Louise, the 24-year-old Dallas native faces many different challenges orchestrating the kitchen. With the help of two other managers, he makes sure the restaurant maintains a productive flow and rhythm from the cooks to the servers to the diners. Being on the front-end of the cooking line seems like peaches and cream compared to one of the biggest challenges Said has to face on a daily basis: having to work with pork.

Muslims who decide to pursue a career in culinary arts are constantly faced with this challenge as well as having to cook or bake with alcohol and lard. Putting faith before food is conducive for these chefs.

“In culinary school, it was different,” shares Said, who studied culinary arts at Dallas’s Le Cordon Bleu for 14 months. “If our assignment had to do with pork, my instructor would simply swap mine with lamb or something else with a similar taste or texture.” However, the same liberty does not apply at work for Said, who specializes in French and Japanese fusion cuisine. Opting out of cooking pork is not as easy. “As a chef, I am responsible for the taste and integrity of all the food that comes out of the kitchen,” says Said. “It is a big risk sending out a dish I have not tasted. Thankfully, I have a dedicated team of amazing cooks who do the taste-tests for me and give their feedback.”

Zubair Mohajir, 30, is an entry level chef at the Pump Room in Chicago and is enrolled in a nine-month culinary arts certification program at Le Cordon Bleu. He has had the opportunity to work at places like The Ogden under Chef Chris De La Cueva, which originally opened his eyes to the fast-paced and challenging world of fine dining, as well as stage a few shifts at Chicago’s famous Alinea. With these amazing opportunities came challenges for Mohajir similar to those Said has had to face.

“Before culinary school, I never really had to handle working with pork or alcohol, so it was definitely something new,” says the Qatar-raised finance major-turned-chef. “French cooking involves many dishes where lard or bacon is rendered at the beginning in order to establish the base flavor. Obviously, tasting
is out of the question, so I have always either had my head chef or classmates do the tasting in order to make sure the flavors are where they should be.” Mohajir continues, “Currently at work, there are a few instances where we have to deal with pork, but again there are always people there to taste. If I do need to handle the meat, I wear gloves.”

When Rod Westwood, 45, was a culinary student, cooking with pork and alcohol was a requirement in the curriculum. He attended Scottsdale Culinary Institute and Le Cordon Bleu Chicago. “Those Muslim students who chose not to taste the foods cooked with pork or alcohol potentially let their grades suffer if something was not correct,” says the current Chicago resident who originally grew up in Richmond, California. “Now [out of school], I simply try to avoid it or find suitable substitutes,” Westwood says.

After completing certification programs in culinary arts and patisserie and baking, Westwood, who is also a budding writer and pursuing an Islamic Studies degree from American Islamic College, chose not to deal with the stress of working full-time in a professional kitchen. This also eliminated the issue of having to work with prohibited foods. Instead he wants to offer ways to help teach people the basics of healthy, halal cooking.

“As a chef, I am responsible for the taste and integrity of all the food that comes out of the kitchen. It is a big risk sending out a dish I have not tasted. Thankfully, I have a dedicated team of amazing cooks who do the taste-tests for me and give their feedback.”

“Since embracing Islam, it has opened my eyes to a whole new world of food,” he says. “It has challenged me to find new ways of cooking that actually end up making the food healthier and taste better.” Westwood continues, “I would like to start gardening and cooking clubs to teach people how to grow their own produce and then make healthy meals with it.”

Like Said, Mohajir, and Westwood, having to potentially work with alcohol or lard was a serious concern for new mother Uzma Hussain, 33, of Darien, Illinois. The part-time pharmacist by profession completed a five-month program from the French Pastry School in Chicago, specializing in wedding cakes, birthday cakes, show-piece cakes, every day cakes, chocolate art, and pastries.

“I had been baking all my life as a hobby but then realized in order to get to the next level I would need professional training,” says Hussain, a former intern at Christopher Garrens Cakes in Costa Mesa, California, for six months post-schooling. “I lucked out not having to use lard for my internship. In fact, it is rarely ever used by higher-end bakeries.”
However, despite the avoidance of baking with lard, working with alcohol was still a challenge for Hussain. “At pastry school, we did learn about the different alcohols used in baking,” she says. “I just told them that I would not be using alcohol. One trial cake we did that required alcohol in its recipe was an English fruit cake which I fortunately was able to do with a partner. I simply asked my partner to work with the alcohol.”

Hussain also mentions that there are misconceptions about the usage of lard and alcohol in baking cakes as she has found they are not very commonly used. Even the use of vanilla extract, which may contain alcohol, is generally replaced with pure vanilla paste to enhance the flavor, according to Hussain.

Another professional pastry chef, Sumaiya Banjee, 26, works at Eleven Park Madison in the flatiron district of Manhattan, New York. It is rated the number one restaurant in North America and number four in the world. Born and raised in California, she attended the International Culinary School at the Art Institute of California.

“Working in baking and pastry, I do not have to deal with pork but more so with alcohol,” says Banjee, who loves the intensity of her job. “Every professional I have worked for and worked with thus far has never forced me to work with alcohol. Although this career can be all-consuming, never lose yourself in anything. Always stay aware and true to yourself,” she recommends.

Not everyone is cut out to be a chef. It requires great stamina and dedication. For a Muslim chef, it even requires faith. Said says, “I know many people who thought they knew what being a chef entailed. However, when they were in the thick of it,” he continues, “they realized you have to be crazy to work as a chef in a kitchen. If you can do it for six months, then it is possible you really have a passion and belong in a kitchen.”

Westwood agrees, stating that there are three reasons one would pursue specializing in the culinary arts: a sincere love for cooking, a love for food, and a deep desire to share that love with the world. Any other reason is not worth it.

TAYYABA SYED has written for numerous publications and been featured on National Public Radio. She mentors and volunteers with the youth and lives in Illinois with her husband and three kids.
## Halal-Certified Product Locator

Not all of the company products are halal-certified. Look for the Crescent-M logo on the product label or verify the certification using the Certified Products listing on www.ifanca.org.

### Halal-Certified Product Locator

<table>
<thead>
<tr>
<th>Brand</th>
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<td>Products</td>
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<td>Campbell</td>
<td>Food Products</td>
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<td>Select markets, restaurants, and bakeries throughout Canada</td>
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<td>Visit their website for a complete list of locations: <a href="http://www.carolescheesecake.com">www.carolescheesecake.com</a></td>
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<td>Bakery Items</td>
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<td>Godiva</td>
<td>Candy / Chocolate</td>
<td>Godiva Chocolatier</td>
<td>Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States</td>
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<td>Golden Bonbon</td>
<td>Candy / Chocolate</td>
<td>Asti Holdings Ltd.</td>
<td>Visit their website: <a href="http://www.goldenbonbon.com">www.goldenbonbon.com</a></td>
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<td>J&amp;M Food Products</td>
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<td>Bakery Items, Bread</td>
<td>Kontos Foods, Inc.</td>
<td>Ethnic (Arab, Indo-Pak) stores and fruit &amp; vegetable markets throughout the United States</td>
</tr>
<tr>
<td>Lawash</td>
<td>Bread</td>
<td>American Bakery Products, Inc.</td>
<td>Kroger and Meijer stores in Michigan</td>
</tr>
<tr>
<td>Love &amp; Quiches</td>
<td>Brownies and Cakes</td>
<td>Love and Quiches</td>
<td>Visit their website for outlets: <a href="http://www.loveandquiches.com">www.loveandquiches.com</a></td>
</tr>
<tr>
<td>Mead Johnson</td>
<td>Infant/Baby Food</td>
<td>Mead Johnson Nutritionals</td>
<td>Department stores, supermarkets, and drugstores throughout the United States</td>
</tr>
<tr>
<td>Melaleuca</td>
<td>Personal Care Products</td>
<td>Melaleuca, Inc.</td>
<td>Visit their website for distributors: <a href="http://www.melaleuca.com">www.melaleuca.com</a></td>
</tr>
<tr>
<td>My Own Meals</td>
<td>Food Products</td>
<td>My Own Meals</td>
<td>Visit their website: <a href="http://www.myownmeals.com">www.myownmeals.com</a></td>
</tr>
<tr>
<td>National</td>
<td>Food Products</td>
<td>National Foods Limited</td>
<td>Ethnic (Indo/Pak) stores throughout the United States and Canada</td>
</tr>
<tr>
<td></td>
<td>Sauces &amp; Dressings,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Condiments</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dessert Mixes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spices &amp; Seasonings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nestle</td>
<td>Food Products</td>
<td>Nestle Pakistan Ltd.</td>
<td>Ethnic (Indo/Pak) stores throughout the United States</td>
</tr>
<tr>
<td></td>
<td>Beverages / Beverage</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Concentrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dairy Products</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Drink Mixes, Dessert</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mixes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrilite</td>
<td>Nutritional Supplements</td>
<td>Access Business Group, LLC</td>
<td>Visit their website for distributors: <a href="http://www.nutrilite.com">www.nutrilite.com</a></td>
</tr>
</tbody>
</table>
### Halal-Certified Product Locator

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product Type</th>
<th>Company Name</th>
<th>Available At</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympia</td>
<td>Gyros, Flat Bread</td>
<td>Olympia Food Industries, Inc.</td>
<td>Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada</td>
</tr>
<tr>
<td>Organic Valley</td>
<td>Dairy Products</td>
<td>Cropp Cooperative/Organic Valley</td>
<td>Supermarkets throughout the United States</td>
</tr>
<tr>
<td>POM Wonderful</td>
<td>Beverages / Beverage Concentrates</td>
<td>POM Wonderful, LLC</td>
<td>Supermarkets throughout the United States</td>
</tr>
<tr>
<td></td>
<td>Tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits Processed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saffron Road</td>
<td>Food Products</td>
<td>American Halal Co., Inc.</td>
<td>Target, Whole Foods, Kroger, Publix, HEB and various markets throughout the United States</td>
</tr>
<tr>
<td></td>
<td>Snack Food</td>
<td></td>
<td>Visit their website to locate a store near you: <a href="http://www.saffronroadfood.com">www.saffronroadfood.com</a></td>
</tr>
<tr>
<td></td>
<td>Appetizers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunrider</td>
<td>Personal Care Products</td>
<td>Sunrider International</td>
<td>Visit their website for distributors: <a href="http://www.sunrider.com">www.sunrider.com</a></td>
</tr>
<tr>
<td></td>
<td>Cosmetics</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Food Products</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nutritional Supplements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toms of Maine</td>
<td>Personal Care Products</td>
<td>Toms of Maine, Inc.</td>
<td>Department stores, supermarkets, and drugstores throughout the United States</td>
</tr>
<tr>
<td>Wonderful</td>
<td>Pistachios and Almonds</td>
<td>Paramount Farms</td>
<td>Supermarkets and drugstores throughout the United States</td>
</tr>
</tbody>
</table>
To help the polar bear, we're partnering with World Wildlife Fund to help protect its Arctic home. To raise awareness and additional support for this initiative, we're turning our cans and bottle caps white, and inviting the world to join us in our effort to create an Arctic refuge. By working with local communities, supporting research and through additional conservation work, WWF will strive to protect the space the polar bear so desperately needs and help ensure they have a place to call home. Arctic Home is just one example of our efforts to effect positive change in the world as part of our Live Positively commitment. LEARN MORE AT ARCTICHOME.COM
IFANCA Halal Certified Leaders

www.ifanca.org