

Forget Apples & Oranges:
Excite Your Palate With
These Exotic Fruits P6

Liquid Sun: It's What
the Doctor Forgot to
Order P16

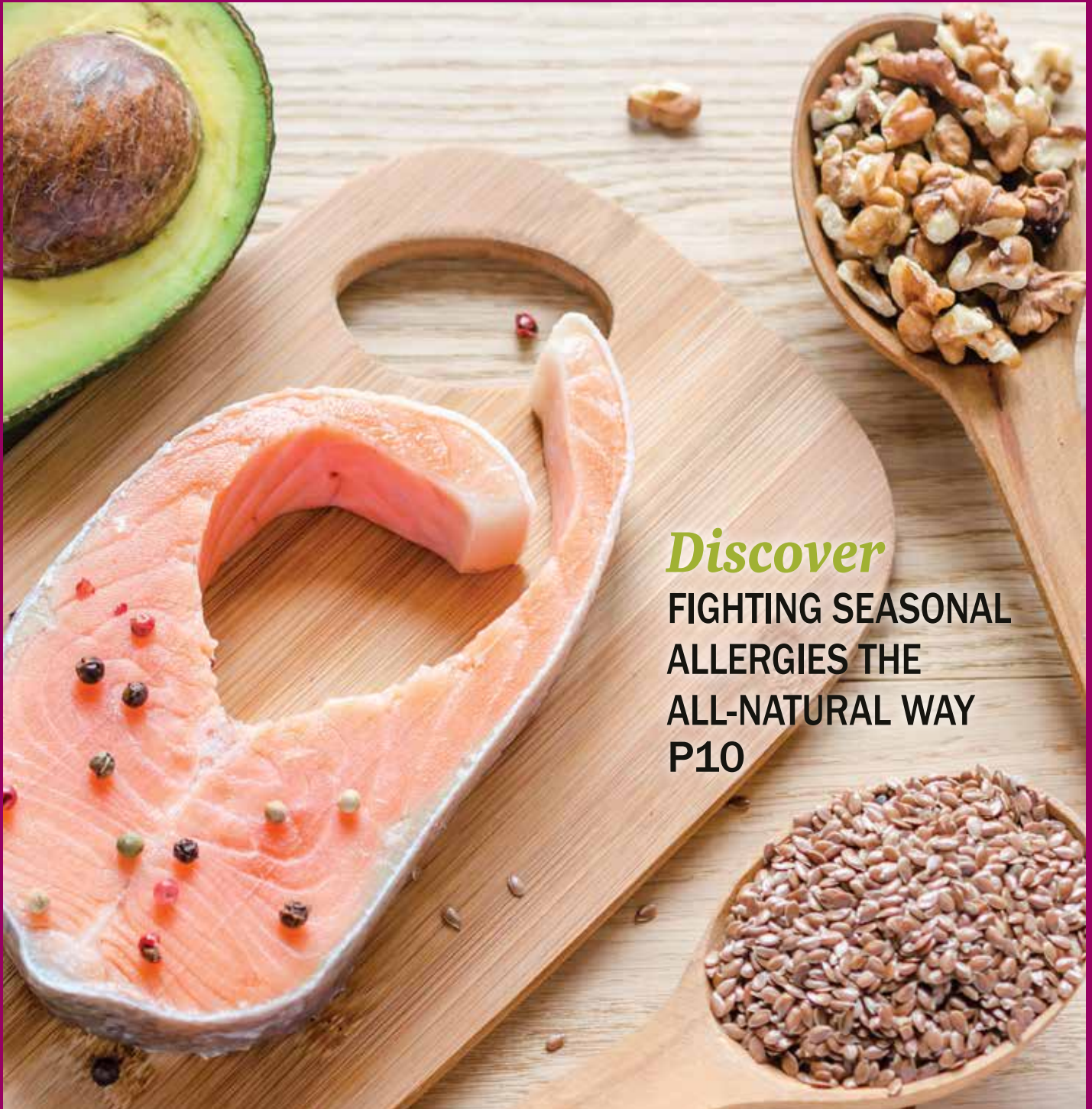
Halal While
Traveling P30

Fall 2014

30

Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America | **magazine**



Discover
FIGHTING SEASONAL
ALLERGIES THE
ALL-NATURAL WAY
P10



J&M® halal certified meals use only wholesome ingredients and have **NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS**. Six varieties are gluten-free. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

LAMB & BARLEY STEW: Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions, create a true culinary delight! A scrumptious meal with a variety of textures, it is deliciously seasoned with herbs and spices of the Middle East.

CHICKEN MEDITERRANEAN: A hearty chicken meal with the flavors of the Mediterranean. Chunks of light and dark chicken with tomatoes, potatoes, chick peas and black olives in a tangy sauce.

CHICKEN & NOODLES: Chunks of light and dark chicken with Kluski noodles, peas, corn and carrots in a light sauce. A winning combination!

BEEF STEW: This satisfying stew is absolutely delicious. It has chunks of beef with chunks of potatoes, sweet peppers, tomatoes, cabbage, zucchini, chick peas and carrots in a flavorful sauce.

CHEESE TORTELLINI: Cheese-filled tortellini in a well-seasoned tomato sauce with the added protein of pinto beans. Excellent texture and flavor!

VEGETARIAN STEW: A meal perfect for vegetarian and hearty eaters alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

LAMB & LENTIL STEW: Tender lamb joins a medley of tomatoes, lentils, onions, chickpeas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

MY KIND OF CHICKEN: A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

CHICKEN & BLACK BEANS: A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out its full flavor.

OLD WORLD STEW: Chunks of beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

FLORENTINE LASAGNA: This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence.

PASTA WITH GARDEN VEGETABLES: This delicious and robust meal has rotini pasta with a pepper, mushroom, zucchini and tomato medley. It's perfectly flavored with traditional Italian seasonings.

DHABIHA HALAL حلال



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ABOUT HALAL CONSUMER

Halal Consumer is a publication of the Islamic Food and Nutrition Council of America (IFANCA). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers and providing halal solutions to consumer needs.

Editor's Note

Assalamu Alaikum

In this issue we examine two important topics: controlling your food supply and maintaining a healthy lifestyle.

Consumers today are questioning food processing methods, particularly agricultural processes and animal welfare methods. In "Development-Supported Agriculture," we examine how consumers can exercise some control over their food supply. In "Halal While Traveling," we offer advice on how to maintain a halal diet when away from home.

"Breakfast is Best" reminds us of the impact of breakfast on our long term health, in addition to the benefits we observe throughout the day. Lower risk of heart disease in addition to greater energy and alertness are some of these benefits.

Those who suffer from allergies will find useful advice in "Fighting Seasonal Allergies the All-Natural Way." Foods that strengthen the immune system help resist seasonal allergies. For more allergy advice, "Liquid Sun" discusses how many of us don't realize we are vitamin D deficient and the impact that has on our immune system and overall health. Some of us may need to take a supplement to ensure we get the right dose.

"Forget Apples & Oranges" and "Brighten Your Plate" offer us insight into a variety of different foods that we may not have considered. New foods can help us avoid a monotonous diet which might lead us to less healthy choices. It is important to be cautious when trying new food items to be sure we don't have an allergy to them, especially food products that may not be indigenous to our locale.

In "A Taste of Heaven," we learn more about pomegranate and its important health properties as experienced throughout history.

In the coming months, IFANCA will present the Halal and Healthy Workshop series to demonstrate some easy to prepare halal and healthy foods and snacks. If you live in the Chicagoland area, look for a workshop near you.

Sincerely,

Roger M. Othman managing editor

From the Publisher's Desk

Assalamu Alaikum

While most of our readers know that Halal Consumer® magazine is a publication of the Islamic Food and Nutrition Council of America, also known as IFANCA®, some of you may not know much about IFANCA's activities. So let me tell you a little more about us. We are more than a publication and some halal certification!

Actually, we are certifying over 5,000 manufacturing plants in 75 countries around the world and producing over 8,600 halal consumer products, 1,000 direct marketed products, 4,850 food service items, and over 75,000 halal industrial products. Products certified by IFANCA display the Crescent-M logo (☪) on the product label. Related to halal certification, we also offer consulting services and product development, quality management, and export marketing support to companies interested in halal production and marketing. Our technical support has helped develop halal MREs (meals ready to eat) for military and humanitarian rations and halal gelatin manufactured from halal slaughtered cattle.

We offer halal education, training, and awareness to both consumers and the industry. This includes our website www.ifanca.org, social media engagement, publications, workshops, seminars, and conferences.

The website hosts a wealth of information on halal-related topics including Halal Digest® newsletter and a digital version of Halal Consumer® magazine. This fall, as in 2012, we will again offer the Halal and Healthy Workshops around the Chicago area to demonstrate healthy recipes made with halal-certified products. For government and private institutions, we have developed halal kitchen guidelines to enable food service organizations to provide halal meals to their clients. We are often called upon by the media to contribute articles on halal and halal certification. Globally, we have been engaged in initiatives like globalization of halal standards and animal welfare.

We just returned from the annual ISNA convention where we conducted surveys, had our food scientists answer consumer questions, distributed samples of halal-certified products, and introduced our Crescent-M costume character. The latter was a hit with the kids! Next April, IFANCA will organize the 17th International Halal Food Conference, bringing the industry together for three days to discuss issues and opportunities related to providing halal products.

This is a quick snapshot of IFANCA activities. As our paths cross, please do give us your feedback, comments, and encouragement.

Sincerely,

Muhammad Munir Chaudry *president*

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BRIGHTEN YOUR PLATE

*With Colorful
Cauliflower*

By Amani Jabbar, MA



These are tightly packed bunches in an array of colors, such as pearly white, verdant green, appealing purple, earthy brown, and even orange. No, we aren't talking about your typical floral bouquet. Once seen as a bland afterthought, cauliflower is now making a name for itself in the culinary world. Cauliflower comes in a striking variety of colors, and this is just one of the reasons it is becoming increasingly popular among chefs and home cooks alike. Cauliflower also boasts a variety of health benefits and an incredible adaptability that makes it perfectly suited to stand in for some of your favorite starchy foods.

“Eat the rainbow” is a popular adage that is often repeated in order to encourage us to eat a varied diet. Cauliflower is the perfect vegetable to do just that. “White cauliflower has several health benefits, including being very low in calories, containing antioxidants and vitamins, and being very low in fat and containing no cholesterol,” states YaQutullah Ibraheem Muhammad MS, RDN, LD. Muhammad is a licensed dietician who encourages her clients to eat a naturally colorful diet. “Cauliflower also contains several phyto-chemicals including sulforaphane and plant sterols. Fresh cauliflower provides an excellent source of vitamin C and contains good amounts of many vital B-complex groups of vitamins including folates, pantothenic acid (vitamin B5), pyridoxine (vitamin B6), thiamin (vitamin B1), and niacin (B3),” Muhammad continues.

When we look at the colorful varieties of cauliflower, the advantages increase. Orange cauliflower has 25 percent more vitamin A than the white variety. Additionally, purple cauliflower is especially high in the flavonoid group anthocyanins. Anthocyanins have been shown to exhibit antioxidant properties and may carry anti-viral and anti-cancer benefits.


With many of us becoming increasingly health conscious, there has been a desire to decrease caloric and carbohydrate intake. Many home cooks have had success with substituting cauliflower for starchy foods, such as rice and potatoes. “Cauliflower is considered a non-starchy vegetable due to its very low carb content and low glycemic index rating. Cauliflower and other non-starchy vegetables can be substituted for peas, potatoes, and corn for diabetic and other patients looking to reduce their carbohydrate intake with meals,” Muhammad encourages.

This simple vegetable is extremely versatile when it comes to culinary applications. Cauliflower’s high pectin content makes it a perfect substitute for mashed potatoes, as it easily mimics the mouth feel of the traditional recipe. Simply steam cauliflower florets until soft and toss into the food processor or blender. A few tablespoons of cream cheese or organic butter can be added for flavor. Milk should be included for additional richness. This is a technique that Candis Robinson has tried with much success.

When choosing cauliflower, look for heads that are tightly bunched without any soft or brown spots. Store cauliflower in the crisper drawer for up to a week.



Robinson struggled with gestational diabetes while pregnant with her son. As a result, she is at risk for developing Type 2 diabetes in the future. This has been a catalyst for Robinson to work at keeping her blood sugar levels steady. One way to do that is to decrease her carbohydrate consumption. “I was looking for a way to enjoy some of my favorite foods while continuing to reduce my carbohydrate intake,” Robinson explains. “Using cauliflower as a substitute for mashed potatoes is a perfect way to have my favorite comfort food without the carbs. Plus, it’s yummy. I forget I’m eating vegetables,” Robinson continues.

Recently, many home cooks have developed creative and delicious applications for cauliflower, including pizza crust, cauliflower “tater tots,” and more. With a variety of vitamins and nutrients, plus a surprising amount of versatility, we should all be encouraged to take a second look at this colorful, cruciferous vegetable. 

AMANI JABBAR is a certified fitness instructor and second grade teacher. She holds an MA in English and enjoys coupling her love of writing with her passion for health and wellness.



Three-Step Cauliflower “Rice”

By Amani Jabbar, MA



Ingredients

- 1 medium head cauliflower
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- seasonings of choice

Directions

1. Remove outer leaves and stems from cauliflower.
2. Pulse florets of cauliflower in the food processor until they are the consistency of rice.
3. Heat oil in a large frying pan or wok over medium-high heat. Add garlic, riced cauliflower, and seasonings of choice. Toss until lightly browned and fragrant.
4. Serve with your favorite sauce. 

**FORGET APPLES & ORANGES:
EXCITE YOUR PALATE
WITH THESE**

Exotic Fruits

By Annan Shehadi

They say, “An apple a day keeps the doctor away,” but doesn’t one tire of eating apples? Fruit is an important part of our daily diet, and while traditional fruits such as apples, oranges, grapes, bananas, and berries are all healthy sources of calories, sugar, and nutrients each with their own unique flavor, one can get bored with eating the same fruits day after day. If you happen to find yourself growing tired of eating the same fruits that traditional grocery stores in the United States have to offer, try expanding your taste buds and visiting some specialty markets. Diversify your diet and be adventurous by tasting one of the following exotic fruits.

Ackee

Ackee is a sweet, tropical fruit native to Caribbean countries often cooked in savory meals such as Jamaica's national dish of ackee and saltfish. It contains a good source of niacin, vitamin C, and essential fatty acids. While unripe and hanging on a tree, ackee appears to be harmless, shaped similarly to a bell pepper, and looks delightful with its bright red skin. Once the fruit is ripe and ready to eat, the skin splits open and inside emerges three large, ovular black seeds nested on the yellow meat of the fruit.

Ackee has the ability to defend itself from harm and being eaten before maturation. Unripe ackee contains the toxin hypoglycin, which lowers the blood sugar to dangerous levels causing serious illness in those who eat it. The Food and Drug Administration (FDA) banned the import of the fruit to the United States for about thirty years because of the risk of poison. The ban has since been lifted, and canned ackee is accepted from only FDA approved companies. It is, however, still illegal to import, sell, or commercially serve fresh ackee grown outside or within the United States; canned ackee is available online or at certain Caribbean markets and restaurants. If you are adventurous and want something sweet with a thick, creamy texture, give ackee a try.

Dragonfruit

Sometimes known as pitaya, dragonfruit grows from cacti and is native to Central and South America. The fruit is extremely popular in Asian societies, who have popularized it. Its skin is a very charming shade of purple while the inside is a shade of white with many tiny black seeds. It should be eaten raw for the best taste. Dragonfruit is also grown in warm United States climates—Hawaii, California, and Florida. It can be found in farmers markets or Asian markets within the United States. Dragonfruit is often compared to kiwi in terms of texture and taste.

Abdul Rahman Taha, who lives in Dubai, UAE, enjoys dragonfruit stating that it is a “sweeter and less sour version of kiwi.” Esmat Rabi, also from Dubai, disagrees. She was disappointed with the fruit, expressing that it tasted bland and is a “flavorless version of kiwi.” Sana Ahmed in Chicago, Illinois, tasted dragonfruit in Saudi Arabia and said that it was sweet and had an “interesting

gel-like texture.” Victoria Deldin from Chicagoland, whose Instagram feed shows many meals and desserts incorporating dragonfruit, eats the purple fruit often. She says, “I love the texture and I like that it's not overly sweet.”

Dragonfruit is one of the more easily accessible exotic fruits in the States. It is available at Asian and Asian-inspired supermarkets. Because dragonfruit is high in vitamin C and also contains some iron, Zaira Ahmad, a registered dietician in New Jersey, says, “Because iron is better absorbed in the presence of vitamin C, it [dragonfruit] may be helpful for those with iron deficiencies.”

Durian

Known in Malaysia as “The King of All Fruits,” durian is a large, thorny green fruit with yellow flesh native to Southeast Asian countries. It is notable for its pungent odor, which is so strong and putrid that various establishments in Malaysia and other countries have signs banning the fruit, lest its stench permeate into its surroundings.

Ahmed heard many stories of this curious fruit from her father, who greatly enjoys it. While in Malaysia, her father purchased a durian fruit for his family to taste, but Ahmed did not try it, and her mother was sick from the smell. Ahmed gave the fruit another chance while in Saudi Arabia years later and neither liked nor disliked it. She described the flesh of the fruit as “creamy and thick” and says she would try it again because she finds it so “intriguing;” however, “the scent is really a big turnoff.” As the fruit is opened, durian's odor becomes even stronger. For those who are able to separate their senses of smell and taste, durian doesn't taste as it smells, confirms Ahmed and others who enjoy the fruit.

There are different types of durian, but it generally has no cholesterol, many antioxidants, B vitamins, vitamin C, and is high in fiber. Fresh durian can be purchased at various Asian supermarkets, particularly in Chinatown neighborhoods of large cities like New York City. Durian juices may also be offered at various Asian restaurants throughout the States. It is clear that those who can get passed the smell of durian truly love the fruit. Plug up your nose and give it a try!



ACKEE



DRAGONFRUIT



DURIAN



MIRACLE FRUIT



STARFRUIT

Miracle Fruit

Often referred to as miracle berry, miracle fruit is a berry native to West Africa possessing a mild sweetness. What makes this fruit remarkable is not its flavor, but that the flavor binds to the tastebuds causing anything sour or bitter to taste sweet for up to two hours. A glycoprotein called miraculin induces sweetness and enhances the flavor of any acidic foods that are eaten after eating miracle berry. There are taste-testing events where attendees eat the berry followed by various vegetables in order to witness the drastic change in taste of the familiar vegetables. Ahmad confirmed that her mouth was sweet for a while after eating this fruit and even lemon juice was tolerable.

Referring to the benefits of miracle fruit, Ahmad states, “Its extracts can be used as a low calorie sweetener. Since it is considered more natural compared to artificial sweeteners, the fruit and its extracts may be worth seeking out to those who are interested” in a healthier, low calorie alternative to sugar. Miracle fruit may be purchased online in the form of fresh berries, freeze-dried granules, or tablets.

Starfruit

Carambola, commonly referred to as starfruit because of its shape, is native to South Asia and the Pacific Islands and is one of the easier exotic fruits to find in the United States. They can be found in some traditional grocery stores as well as Asian supermarkets and farmer’s markets.

The opinion of starfruit is very split—some love it, while many people find starfruit quite bland. Chicagoans weigh in: Ronia Abdelrahman says, “Starfruit tastes like nothing;” Sherry Barakat claims it is a “watery, dull-tasting cross of pineapple, pear, and melon;” and Ebony Scott, who

has tasted starfruit several times, always hopes for a better flavor but never receives it. She concedes, “Starfruit is a waste of time and energy.”

Taha admits that eating starfruit is “like eating cardboard; there’s absolutely no purpose.” On the contrary, Shirien Damra finds starfruit to be unique, with a great taste and appearance. Omar Othman and his wife, Nadia, agree. They both tried starfruit from a street stand in Thailand and found it “fresh and juicy.”

There are different varieties of starfruit diverse in size and color whose taste ranges from bland to sweet, which could explain the vast difference of opinions. Perhaps not everyone has tasted the same variety.

For those who have kidney ailments, it is recommended by the National Kidney Foundation to avoid starfruit because it contains a neurotoxin that induces illness if the kidneys are unable to filter out the toxin. If your kidneys are healthy, and you want to vary your diet with something fun and refreshing, give starfruit a try.

These fruits are all intriguing and unique in their own way. It is nice to try new foods and break up the monotony of eating traditional fruits every day. Next time you’re in need of groceries, try a specialty market and ask for one of these exotic fruits. Transform your diet into something exciting! 🍌

ANNAN SHEHADI is a graphic designer from the Chicago area. She has an MA from the School of the Art Institute of Chicago and her interests include writing, research, food, tea, and natural living.

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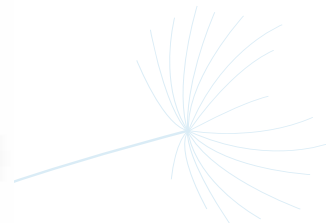
While diversification does not guarantee against a loss in a declining market, it can help minimize the risk of the decline of a single market.



FIGHTING SEASONAL ALLERGIES THE ALL-NATURAL WAY

By Aysha Hussain

Are you sneezing nonstop, have nasal congestion, or perhaps a runny nose? Before you write off these symptoms as signs you're coming down with a cold, it's possible you're experiencing seasonal allergies. Unlike a cold that's caused by a virus, seasonal allergies (also called 'hay fever') are the result of an allergic reaction to outdoor allergens, like plant pollen.



Seasonal allergies affect approximately 35 million Americans, according to the Asthma and Allergy Foundation of America (AAFA). So the abundance of over-the-counter and prescription allergy medications available, usually in the form of oral tablets, nasal sprays, eye drops, and other liquid formulations, is no surprise. The active ingredient in many of these medications is an antihistamine, which is meant to reduce irritation, congestion, and other types of inflammation. While most allergy medicines work quickly, some have been noted for their unpleasant side effects such as drowsiness, dizziness, nausea, and dehydration.

Fortunately, relief doesn't have to come in the form of a pill or liquid medication. If you want to nip your allergy symptoms in the bud, some research and experts say, instead of jumping the gun and making a trip to your nearest pharmacy, look no further than your local grocery store or farmer's market for long-term relief.

Roni Enten, an individualized biomedical nutritionist, believes consuming a nutrient-rich diet not only has the ability to protect the immune system from inflammation, but it can also prevent the onset of seasonal allergy symptoms. "When you're in the throes of an immune response, most people want to have an immediate solution," says Enten. "I always try to tell people, if they know in advance that they suffer from seasonal allergies every year, then it's great to start addressing that with diet and supplements a couple of months before to get optimal results."

Enten, a member of the National Association of Nutrition Professionals (NANP), says foods that reduce inflammation are the ideal choice in the fight against allergy symptoms. "If we are eating a balanced diet that's overall anti-inflammatory, our bodies will be less likely to react in the first place."

An anti-inflammatory diet, developed and made popular by Dr. Andrew Weil, is a diet that encourages eating fiber-rich fruits and vegetables, along with healthy fats, fish and seafood, protein, herbs and spices, along with a healthy dose of daily supplements. Weil's famous diet is considered by many within the health and medical communities as an alternative and holistic

approach to overall wellness. The diet champions the notion that certain foods can trigger or prevent inflammation. Health experts agree the Mediterranean diet is a good representation of an overall anti-inflammatory diet.

According to Enten, one of the benefits of consuming a diet that is rich in fruits and vegetables is the array of nutrients they contain known as phytonutrients, the natural chemicals found in plants that protect against bacteria, viruses, and fungi. It's these phytonutrients that are also responsible for giving greens their bright, vibrant colors.

Among these nutrients is quercetin. Some studies suggest it may be more effective than some over-the-counter medications as it acts as a natural antihistamine, including a Japanese study that discovered quercetin's ability to reduce itching and irritation of the eyes in people sensitive to pollen. Foods high in quercetin, doubly effective as they serve as antioxidants, include apples, berries, onions, garlic, capers, and black tea. An added bonus: when the enzyme bromelain (usually found in pineapples) is paired with quercetin, it assists with the absorption of quercetin into the bloodstream. Bromelain is also known for its anti-inflammatory properties and may alleviate congestion, improve breathing, and suppress coughing.

Enten recommends getting at least nine servings of fruits and vegetables a day. "These foods are really aiming to treat the underlying problem, whereas taking an antihistamine is treating the histamine response when it occurs, but not necessarily the underlying problem," adds Enten.

Another phytonutrient with antioxidant qualities are carotenoids. A 2006 study conducted in Germany found that a diet high in carotenoids may also have a protective effect on seasonal allergy symptoms. Carrots, sweet potatoes, pumpkin, dark leafy greens like kale and spinach, and tomatoes are all sources of carotenoids.

In addition to getting a wide serving of fruits and vegetables, Enten advises eating healthy omega-3s, often found in cold-water fish like salmon and tuna. Omega-3s, an essential



fatty acid and staple in the Weil diet, have been proven to curb inflammation. In a 2007 study, researchers from the Netherlands and Scotland saw that women who consumed fish during pregnancy decreased the risk of passing allergic diseases onto their children.

Two to six servings of fish and other seafood are recommended on the anti-inflammatory diet, but if you're not a seafood lover, there are other ways of getting your omega-3s. Some other ideal sources of this essential fatty acid include walnuts, broccoli, leafy greens, along with flaxseed.

Yet another anti-inflammatory food that helps keep the immune system strong and seasonal allergies at bay are those containing probiotics, or "good" bacteria, typically found in cultured or fermented yogurt, pickles, sauerkraut, and miso soup. These probiotic foods not only replenish the "friendly" bacteria in the gut, which aid in metabolizing nutrients, they also shield the immune system from inflammation; approximately 70 percent of the cells in our immune system are made up in the wall of the gut.

It may seem like a small coincidence, but have you ever noticed that feeling like you can breathe easier right after eating a spicy meal? That's because spices like turmeric and ginger are anti-inflammatory. The active compound in turmeric is curcumin, which assists with reducing swelling inside the sinus tissues. Enten encourages using an unlimited amount of spices before and during allergy season.

For long-time allergy sufferer Margi McDaniel, spices are an essential part of her cooking as she's found they help curb her seasonal allergies to pine tree pollen. In addition to incorporating many spices, McDaniel drinks plenty of water, oftentimes adding citrus, like lemon, for a dose of vitamin C.

Whether it's consuming more water, hot teas, or soups, Dr. Mitchell Grayson, an allergy and immunology specialist and associate professor at the Medical College of Wisconsin, says staying well-hydrated is one of the best things you can do because liquids open up blocked throat and nasal passages. "The more hydrated you are the more easily [mucus] will flow,

and the more likely you won't get congested in the back of your throat," informs Dr. Grayson.

McDaniel, a nutritionist, is not the only one in her family who has seasonal allergies. Both her husband and two children are also allergic to pollen from pine trees. Though McDaniel admits to occasionally using traditional antihistamines to treat her itchy, watery eyes, sneezing, and fatigue, she says she would rather use food over pills. McDaniel adds that she often feels tired and dehydrated after taking allergy medicine.

Her husband, on the other hand, doesn't use allergy medications, as a result of a dietary regime that consists of mostly anti-inflammatory foods, a lot of water, and supplements. "My husband was on Claritin forever," says McDaniel. "From his 20s until he was 45, he always took allergy medicine. He just doesn't anymore. He doesn't even think about it."

No matter what type of seasonal allergy you suffer from, there are other vitamins and minerals that should not be overlooked. Vitamin C, for example, is one well-known nutrient that acts as a natural antioxidant. The immune booster, good for overall health, eases nasal congestion and can stop a runny nose. Fruits and vegetables that are high in vitamin C include kiwis, oranges, broccoli, and cauliflower. Zinc is another essential mineral that guards against inflammation. Oysters, lentils, pumpkin and sesame seeds, cashews, peanuts, and quinoa all contain zinc.

"To eat or not to eat?" If you suffer from seasonal allergies that's what you need to ask yourself, as certain foods could make your allergies even worse. Furthermore, it may be even more essential to consider the kind of pollen you're sensitive to in order to avoid cross-activity. A cross-reaction occurs when the body confuses protein compounds found in certain fruits and vegetables as allergens, similar to those in pollen. This cross-activity is called oral allergy syndrome (OAS).

According to allergy experts, OAS can happen at any time of the year. If you have tree allergies during the spring, you may experience an allergic response to fruits including peaches, apples, pears, kiwis, plums, or vegetables such as fennel, parsley, and



celery, and the spice coriander. Likewise, people who suffer from grass allergies might have a negative reaction to celery, tomatoes, melons, oranges, and peaches. If you have ragweed allergies you may not want to eat bananas, avocados, kiwis, or papaya. Can't fathom the thought of avoiding these foods? Try baking or microwaving food prior to eating; this will limit the possibility of a cross-reaction. Or try peeling the skin off of fruit or eating canned varieties.

Do you have food sensitivities or allergies to foods containing dairy or soy? Enten recommends eliminating those from your diet as they could exasperate allergy symptoms. In addition to dairy and soy, she's provided a list of other foods that can actually increase inflammation and should be eaten in moderation:


- Trans Fats
- Sugar
- White Bread/Pasta
- Omega-6 Fatty Acids (vegetable and corn oil, soybean oil, sunflower oil, nuts, and seeds)
- Milk
- Caffeine

Although spring and summer are officially behind us, tree, grass, and weed pollens are still very much present in the air, especially as we move into fall, a peak allergy season for ragweed pollen. Thanks to the effects of climate change, plant pollens are expected to be more potent and allergenic, while warmer temperatures will result in earlier springs causing allergy seasons to last inevitably longer.

Despite this harsh reality, there are a few easy things you can do to reduce exposure, informs Dr. Grayson, a fellow of the American Academy of Allergy Asthma and Immunology (AAAAI). "Plants tend to pollinate in the early morning and late afternoon hours, so avoid being outside during that time," adds Dr. Grayson. "Don't roll down your windows in your car, and don't open your windows in your house."

Limiting contact with pollen and other allergens may pose a challenge, especially if you enjoy spending a lot of time outdoors. Dr. Grayson insists people can decrease exposure by

frequently changing out their furnace and air conditioning filters to get rid of outdoor allergens and pollen. "Make sure to change the filters every three months depending on the type of filters you have," Dr. Grayson recommends. "The main thing is make sure you have a cool filter, so it's pulling out particles." If you do get exposed to pollen, Enten recommends washing your hair and clothes or using a neti pot to flush out nasal passages.

Unfortunately, there is no quick fix or one-size-fits-all approach when dealing with seasonal allergies. The good news, however, is that there is short- and long-term relief, whether it's in the form of traditional antihistamine medicine or Mother Nature. Regardless of how you choose to treat your allergy symptoms, it's important to keep in mind the type of allergy you suffer from. To ensure you get the proper care you need, make sure to meet with an allergy expert and nutritionist, who can identify your allergies and recommend the ideal treatment. 

AYSHA HUSSAIN is a New York-based writer and journalist. Aysha was featured in The New York Times' "We, Myself and I," and her work has been published in Newsday and Muslim Girl.





BREAKFAST IS BEST

By Taskeen Khan

There is one thing I can never leave the house without. Without it, I feel empty. If I somehow forget it, my family stops me at the door and makes me go get it, knowing it is more important than being on time. If I don't have it, my peers can tell through my sullen expression. My teachers can tell through my lack of participation. My friends can tell through my bland conversation. This important, essential necessity is...breakfast.

According to a study done by the NDP group, a leading marketing research company, about 10 percent of Americans do not eat breakfast. So what is it about breakfast that keeps the other 90 percent hooked? What is so special about breakfast that they are willing to give up precious moments of their busy day to make time for it? Well, it might have something to do with the long term benefits, short term benefits, or variety of options that come with the meal.

Breakfast may be a quick, five minute meal before you rush out the door, but research has found this meal's benefits last far into the future. According to the Center for Disease Control and Prevention, heart disease is one of the leading causes of death in America. Low-density lipoproteins, aka "bad cholesterol," and decreased insulin sensitivity are both major causes of heart disease. One of the many benefits of eating breakfast is that it can decrease these risk factors.

As reported by CBS, a study in the *American Journal of Clinical Nutrition* showed that women who eat breakfast have significantly lower "bad cholesterol" levels than women who skip it. They also showed improved insulin sensitivity, suggesting a decreased chance of diabetes. The benefits don't stop there; the women who ate breakfast consumed 100 less calories per day than those who skipped the meal. Based on the study, researchers believe this "miracle meal" may not only reduce chances of heart disease, but also diabetes and long term weight gain.

Since breakfast is often a small meal, many see skipping it as an easy way to cut calories and lose weight; however, studies show otherwise. According to the *American Journal of Epidemiology*, skipping breakfast is associated with an increased chance of obesity, a sign of unhealthiness. Their study found subjects who regularly skipped breakfast, which meant 75 percent of the time, had more than four times the risk of obesity than those who ate breakfast regularly, or 95 percent of the time. Those who skipped breakfast at home also had a greater chance of eating out for breakfast or dinner, which increased the chance of unhealthy eating since homemade food is often the healthiest option.

Everyone is busy, and sometimes finding even five minutes to eat before starting our day, between taking the kids to school and dropping the car at the mechanic's, can seem impossible. However, breakfast is well worth your time. Luckily, you do not have to wait years to see its benefits. The first meal of the day has a plethora of short term benefits that can be experienced within hours. According to an article by NPR, children who eat breakfast perform better in class.

After an entire night without food, the brain and body are depleted of glucose. Terrill Bravender, a professor of pediatrics at Duke University, explains that without glucose, a brain is not able to function as effectively. People have a more difficult time understanding and retaining new information. Visual and spatial concepts, which are often used in math, also become increasingly difficult.

J. Michael Murphy, senior psychologist at Massachusetts General Hospital and associate professor of psychology at Harvard Medical School, says children who eat breakfast do better in school, having increased short term memory and verbal fluency.

In an interview with *U.S. News & World Report*, Mayo Clinic nutritionist Katherine Zeratsky says breakfast foods such as oatmeal, bananas, pineapple, and avocados, which are rich in vitamin B, can improve concentration and thought clarity. While eating breakfast is important, not all breakfasts are created equal. Bravender explains food that is low on the glycemic index, which measures how quickly carbohydrates are absorbed and converted into energy, are preferable and help make sure one has enough energy throughout the day. For example, the carbohydrates in sweetened oatmeal are slowly absorbed by the body, meaning there is a gradual increase in blood sugar and one's energy lasts longer. Processed foods, whose carbohydrates are usually absorbed quickly by the body, provide a dramatic increase in blood sugar followed by a steep drop. This drop is not healthy and, in children, has been observed to affect hormones related to memory and concentration.

Holly Taylor, a psychologist at Tufts University who helped find the relation between the glycemic index and memory, suggests eating foods with more protein and fiber. These foods are usually lower on the glycemic index. Though it may seem challenging to find the perfect breakfast, there are many tasty and healthy everyday foods that most of us already consume.

Senior clinical nutritionist at MGH Nutrition Services in Boston, Massachusetts, Stacey Nelson recommends whole grain in the form of toast, cereal, or even waffles along with low-fat milk or yogurt for a healthy breakfast. Nelson adds that, although processed foods have some nutrition, it's not enough to last very long. Bravender lists whole wheat bread, peanut butter, milk, fresh fruit, cereal/oatmeal with nuts and fruits, and one or two eggs as healthy breakfast options. Bravender reminds that foods like sugared cereals and breakfast pastries, which are concentrated sweets, do more harm than good.

Eating breakfast is a great start, but eating a breakfast that ranks low on the glycemic index and keeps one energized is even better! It may seem like just a bowl of cereal and a fruit, but a decent breakfast is far more than that. It is a way to prepare for the rest of the day and ensure you have enough energy to make it through. It's a way to help your kids do well in school. It's a way to improve your health. Breakfast may only be five minutes long, but those are some of the most important minutes of your day. ☺

TASKEEN KHAN is an award winning writer with bylines in Huffington Post, Islamic Horizons and The Glen Bard. She attends high school.



Liquid Sun



IT'S WHAT THE DOCTOR

FORGOT TO ORDER



By Naazish YarKhan



Migraines, lower back and neck pain, poor attention and concentration, irritability, anxiety, panic attacks, insomnia, immune-dysfunction, ear infections, heart disease, the common flu — what do all these conditions have in common? It may come as a shock to many but research indicates that all these ailments are linked to vitamin D deficiency. Forty-one percent of Americans are deficient in the vitamin, and women of child-bearing age are especially susceptible, according to a 2010 Nutrition Research study. The numbers are even higher in the African American and immigrant population.

Test Your Vitamin D IQ

1. You can take a calcium or vitamin D supplement to strengthen your bones. **False.** For strong bones, you need them both plus exercise.
2. Vitamin D should be taken with food. **True.** Vitamin D is fat soluble and better absorbed with food.
3. Vitamin D supplements are best taken at night. **False.** If you are suffering from insomnia, vitamin D will continue to keep you awake.
4. Our skin produces the most vitamin D if exposed to the sun during the middle of the day. **True.**
5. Sunscreen, being behind glass, cloudy skies and/or pollution block UV rays, preventing the body from synthesizing vitamin D. **True.**
6. The older we get, the less vitamin D our skin makes naturally. **True.**

Vitamin D, famous for making stronger bones, is synthesized when our skin is directly exposed to sunlight and ultraviolet radiation (UVB). The more sunscreen-free skin that's exposed to the sun, the more vitamin D potentially synthesized. What is less well-known, in the public sphere at least, is the impact vitamin D has on our overall wellbeing.

The Vitamin D Council reports, "A lack of vitamin D has also been linked to some other conditions such as cancer, asthma, Type-2 diabetes, high blood pressure, depression, Alzheimer's and autoimmune diseases like multiple sclerosis, Crohn's, and Type-1 diabetes."

Given that vitamin D deficiency causes sleep disorders, our bodies are robbed of deep and REM sleep, which is when the body and brain heal, thus rendering us vulnerable to chronic diseases, aches, and pains, Dr. Stasha Gominak, a neurologist in Tyler, Texas, points out on her website. "In the winter, the UVB light goes away and our D level goes lower. Low D signals

the body to sleep longer, gain weight, and hibernate. Hormone D is used by every organ in our body to do its job correctly. People who are D deficient are essentially in permanent winter; they get depressed, feel less active, sleep longer but don't feel rested, they get sick more often and stay sick longer," says Dr. Gominak.

Vitamin D - It's Really a Hormone

Vitamin D influences our very DNA and nearly 3,000 different genes. "The word 'vitamin' means 'something my body needs that I can't make, so I must get it from the food.' D hormone is, instead, a chemical that we make on our skin from sun exposure. It is a hormone like thyroid, estrogen, or testosterone. Using the proper word 'hormone' reminds us that it affects multiple parts of the body and that it is not 'extra'. It is essential to every cell in the body and it is not in the food," states Dr. Gominak's research. Sun-dried shitake mushrooms and several types of fish do contain vitamin D but are often not consumed in quantities that meet the daily requirements for the vitamin.

A Rarely Prescribed Antidote

Vitamin D aids development, starting in utero. The study "Relation of Schizophrenia Prevalence to Latitude, Climate, Fish Consumption, Infant Mortality, and Skin Color: A Role for Prenatal Vitamin D Deficiency and Infections?" states that vitamin D supplements taken by moms during pregnancy can potentially reduce the fetus's chances of developing schizophrenia later in life. Vitamin D supplements have also been seen to reduce ear infections in children prone to them. Nonetheless, vitamin D is a rarely prescribed antidote.

As Sarene Alsharif, a nutritionist in Rockford, Illinois, recalls, "My doctor thought I was crazy to have my vitamin D levels checked. Like cholesterol and glucose, doctors should [routinely] check your vitamin D." Vitamin D is the only daily vitamin she recommends to her clients.

Dr. Priya Bansal, an allergist in Bloomingdale, Illinois, was the sixth physician I consulted for a severe skin condition over the years. She was the only one to suggest a blood test to check my vitamin D levels. To my relief, addressing the deficiency became part of the treatment.

Mateen Hussain of Glendale Heights, Illinois, too found that vitamin D was not on doctors' radars. To help control insomnia and anxiety, his neurologist recommended Ambien. "Ambien addresses a symptom, not the root cause. Its side effects include anxiety, one of the issues I wanted treated in the first place. There was also the potential to get hooked on it for life," says Hussain. Deciding to do his own research instead, Hussain stumbled upon vitamin D. "I found that the dosage most doctors prescribe to vitamin D deficient patients is incorrect and based on very outdated research. What the FDA suggests as normal is half that recommended by modern scientific evidence."

A Lifestyle-Related Deficiency

Lifestyle, skin tone, where we live, time of day, and length of exposure to the sun all contribute to our vitamin D levels. Given that our skin synthesizes vitamin D when exposed to the sun, one would think that countries such as Saudi Arabia and Oman, located “on the earth’s sunbelt,” would have no vitamin D deficiency issues. Studies indicate a reality that’s to the contrary. The heat there keeps much of the population indoors and out of the sun.



According to Dr. Muhammad Munir Chaudry, IFANCA president, in an April 2014 article for *Nutritional Outlook* titled “How Halal Certification Can Help Boost Your Dietary Supplements Business,” “the growth in the halal-certified nutritional product category shows no signs of slowing down. Halal dietary supplements, vitamin pills, and nutritional foods are crossing regional borders; our IFANCA auditors are now traveling to China and Peru as much as they travel to companies in the United States and Canada.” Today, IFANCA clients include large nutritional corporations such as Sunrider, Nutrilite, Abbott, DSM, Naturex, Kerry Group, Cargill, and Danisco (a Dupont Company), all of whom “have used halal as an important growth strategy for many years,” adds Dr. Chaudry.

Supplement manufacturers such as Sunrider International, originally IFANCA-certified in 1994, had 415 different halal-certified products for worldwide distribution by 2009. Similarly, IFANCA-certified Nutrilite Inc.’s product range included 67 halal-certified products launched in 11 markets from 2000 to 2010. Both companies’ product lines are available via representatives and online. For a list of supplements certified by IFANCA, please visit www.ifanca.org.

Zaira Ahmed, a registered dietitian/nutritionist from Somerset, New Jersey, also points to cultural ideals of beauty as partly responsible for reduced sun exposure. “I know, at least for South Asians, women are discouraged from stepping into sunlight or spending the day outdoors because they may get ‘dark’, meaning ‘less beautiful.’ It’s sad really.”

We may also assume that if we are spending time outdoors, we’re getting enough sun. That’s not always the case. Season, altitude, latitude, and our clothing matter. In the winter, states in the northern latitudes don’t even get sufficient sunlight for the skin to synthesize vitamin D.

Our skin tones also determine how much sun we absorb. Pale skin generates vitamin D quicker than dark skin. Fifteen minutes of the sun, directly on our skin, could suffice for lighter-skinned folk, while a couple of hours are needed for the same results if you’re darker-toned.


Muslims, historically, have populated high UVB, sunny nations closer to the equator. Their often darker skin tone served them well as it is protective against UVB. With migration to latitudes such as the United States, not only is there less sun available to begin with but their skin tone slows its rate of absorption, says Ahmed. Conservatively clad Muslim women may get even less sunlight, given that only their hands and faces are exposed. Often, unable to rely on the sun alone to synthesize vitamin D, supplementation becomes necessary.

Locally or abroad, current daily lifestyles revolve around being indoors — whether we are at work, play, or exercising. The degree to which we are protecting our skin from the sun does us no favors either.

Get Your Liquid Sun Fix

The vitamin D infused in our gallon jugs of milk is insufficient. A cup of milk has only 100 IU of vitamin D. The United States dietary recommendation, as of 2005, is 1,000 IUs daily. Dr. Andrew Weil, founder and director of The Arizona Center for Integrative Medicine, advocates 2,000 IUs daily. According to GrassrootsHealth and their D*action project, most adults need about 8,000 IUs of vitamin D a day. Depending how low your vitamin D levels are, you may need 50,000 IU capsules of vitamin D3, available by prescription.

Vitamin D3 supplements are significantly more potent and better absorbed by the body than Vitamin D2. They are available in vegan, plant-based pills as well as animal-based ones. As with most vitamins and supplements, many vitamin D supplements contain gelatin. To be sure yours are halal, look for the Crescent-M logo on the bottle. See below for a list of IFANCA halal-certified vitamin D supplements.

Boscogen, Inc. Lynae® Vitamin D 1000 I.U.
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Boscogen, Inc. Lynae® Vitamin D3 50,000 I.U.
Boscogen, Inc. LYNAE® Vitamin D3 50,000 IU
Nutrilite Vitamin D3 

NAAZISH YARKHAN has bylines in more than 50 media outlets including Chicago Tribune and Huffington Post.

EDITOR’S NOTE: To read more about children and vitamin D consumption, visit <http://healthyplate5.blogspot.com>.

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Check IFANCA's Halal Consumer® Facebook page and IFANCA Tweets for information on upcoming dates and locations in the coming weeks.

If you would like to host a workshop, contact us at halal@ifanca.org.



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• A TASTE OF HEAVEN •



Pomegranates

• By Zaira Ahmad, MS RD •

The pomegranate is a unique fruit known as a symbol for good health and remedy that spans across cultures, empires, and religions. The *rumaan* (pomegranate in Arabic) has notable mention in both the Quran and Hadith as a heavenly indulgence on Earth.

The sweet, distinct fruit is mentioned as a sign of God in *Surat Al-An'am* (The Cattle): *"It is He who sent water down from the sky to let all kinds of plants grow...and pomegranates of all types. See the fruits when they are growing and when they are ripe. This too, is evidence for those who believe"* (6:99).

Prophet Muhammad (Peace Be Upon Him [PBUH]) stated: "There is not a pomegranate which does not have a pip from one of the pomegranates of the Garden in it." Taking this to heart, that means every pomegranate you consume has come from the seeds of a pomegranate in Heaven!

The pomegranate trees are native across the Himalayas in India to Iran but have been cultivated for centuries across the globe. They can now be found across Southeast Asia, the East Indies, tropical Africa, the entire Mediterranean region, and even in drier regions of California and Arizona. The trees bloom large red and white flowers that give way to a round, grenade-shaped, thick-skinned, purple, red, or yellow-orange colored fruit (depending on the type). The inside of the fruit contains numerous arils (seeds) in a white pericarp medium. Each seed is surrounded by small amounts of red juice, giving the appearance of suspended glistening rubies.

Pomegranates have gained steam as a superfood in recent decades, sparking interest from scientists and foodies alike. Read on to explore the wonder of this marvelous fruit.

A GIFT TO MANKIND

Surat Ar-Rahman (The Beneficent) confirms the pomegranate as sign of God, a favor unto His believers on Earth, and specifically mentions the fruit towards the end of verse 68: *"In both of them are fruit of palms trees and pomegranates"* (55:68).

Across time, the pomegranate has been a symbol of good health and used for healing purposes. In ancient times of the Torah, Talmud, and Bible it was seen as a sacred fruit possessing powers of fertility, abundance, and good luck. The ancient Egyptians used the pomegranate to treat infection. Eastern therapeutic disciplines such as Ayurvedic and Unani medicine consider the fruit a "pharmacy unto itself." It is used as an anti-parasitic agent and to heal aphthae, diarrhea, and ulcers. In the Middle East and India, the fruit serves as a remedy for diabetes. The pomegranate

has also been known as a blood builder and skin toner. Its juice has even been used as an eye drop to hinder the development of cataracts.

A FUNCTIONAL NUTRITIOUS FRUIT

The pomegranate is considered a functional food, meaning that it has a potentially positive effect on health. It may offer additional benefits beyond its basic nutritional properties, reduce the risk of disease, and promote optimal health.

A half-cup of pomegranate contains 16 grams of carbohydrates, 1.5 grams of protein, and 1 gram of fat. These nutrients provide about 72 calories per half-cup serving. Although they are high in sugar, they also contain a good amount of fiber per serving, about 3.5 grams. To an extent, the fiber content balances the effects of sugar in the body. Pomegranates are also a good source of vitamin C (more than 15 percent of the daily requirement per serving). Additional vitamins found in the fruit include

vitamin B, folates, pyroxidine, and vitamin K. Small amounts of minerals like calcium, copper, potassium, and manganese are also found in the fruit.

Pomegranates are also notable for their antioxidant properties.

Antioxidants counteract damaging effects of oxidation on cells—a harmful process that may lead to cancer. The pomegranate leaf, flower, peel, juice, and seed all contain helpful antioxidants and beneficial compounds such as tannins, polyphenols, flavonoids, and anthocyanins.

THE RESEARCH

Since the year 2000, there have been over 150 scientific papers exploring and discussing the health benefits of consuming pomegranates.

The Prophet (PBUH) said, "Pomegranate and its rind strengthen the stomach." Modern research is now coinciding with the plethora of health benefits the pomegranate is known for both in ancient times and the Hadith.

Research shows that the consumption of pomegranate products leads to a significant accumulation of ellagitannins in the large intestine. Once there, they interact with the complex gut microflora. The pomegranate byproducts inhibit the growth of harmful bacteria in the gastrointestinal tract, essentially behaving as probiotics and aiding in strengthening the stomach (as mentioned in the hadith above).

When shopping for pomegranate juice, look no further than IFANCA halal-certified POM Wonderful 100% Pomegranate Juice.



Additional studies show that pomegranate juice and seed extracts have two to three times the antioxidant capacity of red wine or green tea. Numerous in vitro studies show that pomegranate extracts (juice, seed oil, peel) inhibit prostate cancer cell intrusiveness and growth.

In another study, diabetic patients with hyperlipidemia found drinking pomegranate juice decreased their cholesterol absorption, increased their fecal excretion of cholesterol, and reduced total LDL (“bad”) cholesterol. For those with hypertension, drinking the juice of the pomegranate reduced systolic blood pressure, which can help protect against cardiovascular disease.

In reports on diabetes, pomegranate juice consumption lowers serum C-peptide values by about 23 percent, allowing for improved insulin sensitivity. This corresponds with ancient uses for pomegranate to treat diabetes.

In accordance to the olden use of pomegranates to treat aphthae (painful oral ulcers), recent research shows topical preparations of the fruit effectively control oral inflammation and bacterial/fungal count in periodontal disease.

As the obesity epidemic continues to rise, the pomegranate may be a useful nutritional intervention. Seed extracts, leaf extracts, flower extracts, and pomegranate juice have demonstrated increased weight loss in animals and humans when consumed over time. Some studies have shown positive results in decreasing body measurements and weight in as little as four weeks. It is important to keep in mind that weight control should also include a healthful diet and regular exercise.

As research on the pomegranate continues to emerge, there is also evidence that this fruit can help treat infertility, Alzheimer’s disease, heart disease, and other types of cancer.

WASTE NOT WANT NOT

Surat Al-An’am guides us to “Eat their fruits when they ripen, but pay due thereof on the day of its harvest. And waste not by extravagance. Verily, He likes not those who waste by extravagance” (6:141). Believers are advised to use the gifts

bestowed upon us to their maximum benefit, and the pomegranate is a superb example to follow.

Recall that the edible seed and juice are powerhouses for antioxidants, vitamins, minerals, and fiber. The extracts from the leaf, flower, and peel of the fruit also yield numerous antioxidants.

To gain more insight towards the many uses of the pomegranate, Ruman Sadiq of Bayonne, New Jersey, has much to share. Sadiq states, “At first I used to dislike my name because everyone who tried to pronounce it would butcher it, and they were unaware of its meaning. However, after I pondered over the fact that out of all the 2,000 plus fruits in this world, and out of all the countless number of fruits in *Jannah* [Heaven], God chose to distinctively mention pomegranates in His book. What an honor! My father named me Ruman because of his love for the *Surat Ar-Rahman*.”

After gaining appreciation for both her name and the fruit, Sadiq has tried to look for products that contain pomegranates in them so that she may practice what her name preaches. She even used them as part of her centerpieces in her wedding! She adds, “You can dry them out and use them as decor for the home or formal events. They last

several years with proper care. It is truly a beautiful and beneficial fruit, inside and out!”

The pomegranate is indeed a gift from Heaven. Although pricey, its healthful and nutritional properties make the fruit a good investment. Research shows that the entire fruit, as well as its leaves and flowers, can be a powerful source of vitamins, minerals, and antioxidants. Its seeds and juice can be used in a variety of ways, adding a healthy boost to any menu. The dried skin can even be used in décor. Remember to be creative and you’ll be amazed at all the ways the pomegranate can benefit you. 🍷

ZAIRA AHMAD is a registered dietitian/nutritionist from the greater New York area. She has a master’s degree in nutrition and food science with experience in nutrition education/counseling and acute/long term nutrition care.



How to Enjoy a Pomegranate

To relish in its rich flavor, eat the fresh fruit without adding anything. Getting the arils out of the leathery skin and white spongy membrane can be tricky. Make superficial vertical incisions across the skin and then break it apart. Separating the arils is neatest when done in a bowl of cold water; the juice will not splash or stain your surroundings and clothes this way. The arils will settle down at the bottom while the white pulp floats. Lastly, gently pat the seeds dry and enjoy!



Spotlight on an IFANCA Halal-Certified Company



Spotlight on Organic Valley

We've all heard the phrase, "Milk does a body good." While it may be a slogan, it's not to be argued with, as milk and dairy have known health benefits.



And if you're going to be enjoying a tall glass of milk, why not make sure it is certified halal? Organic Valley has a variety of halal-certified milk and other dairy products to choose from. In fact, IFANCA now certifies over 50 Organic Valley products halal!

Organic Valley first achieved halal certification in 2010 for the shelf-stable products Organic Nonfat Dry Milk, Organic Whole Milk Powder, and Aseptic Milk in order to export ingredients to Indonesia. Two years later, they made the decision to expand halal certification to all dairy products, from milk and cream to butter and cheese, both domestic and for export, due to an evolving customer base. "We chose IFANCA because of their solid reputation and name recognition," says Elizabeth Horton, director of public relations.

Was obtaining halal certification difficult? According to Horton, it's an educational process for their co-processors who have not previously carried a halal certification. "We sponsor each facility for certification to help navigate them through. One particular challenge is working with ingredient suppliers." Horton explains that, as vitamin fortification is required for many dairy products, vitamin suppliers have not

seen the demand for halal certification, making it difficult to convince them to get certified.

As the halal market continues to grow, the hope is that these vitamin suppliers and suppliers of all consumable products will take notice and ease the difficulties Organic Valley and other halal certified brands may face in the future.

Horton admits, "Halal certification is important to families who choose Organic Valley milk — our customers — and the market."

You can find a listing of Organic Valley halal-certified products at www.ifanca.org.

Organic Valley is America's largest cooperative of organic farmers and one of the nation's leading organic brands. Organized in 1988, it represents 1,844 farmers in 36 states. Focused on its founding mission of saving family farms through organic farming, Organic Valley produces a variety of organic foods, including organic milk, soy, cheese, butter, spreads, creams, eggs, and produce, which are sold in supermarkets, natural foods stores and food cooperatives nationwide. With its regional model, milk is produced, bottled, and distributed right in the region where it is farmed to ensure fewer miles from farm to table and to support our local economies.

For further information visit www.organicvalley.coop

Got a question? Call the consumer hotline at (888) 444-MILK (6455)

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You might be wondering why milk should need halal certification. As you may know, most milk is fortified with vitamins A and D. What you may not know is the source of those vitamins. When you see the Crescent-M (M) on that container of Organic Valley milk, you can be sure the source of those vitamins is halal.



Chai Oatmeal

COURTESY: WWW.ORGANICVALLEY.COOP

OLD FASHIONED ROLLED OATS MEET EAST INDIAN SPICES FOR A SWEET POWER BREAKFAST THAT WON'T LET YOU DOWN!

SERVINGS: 4

INGREDIENTS

- 4 cups water
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger (or to taste)
- ¼ teaspoon ground allspice
- ⅛ teaspoon ground cloves
- 1 pinch black pepper, ground
- 1 pinch sea salt
- 1 cup raw rolled oats (thick “old fashion” style)
- ¼ cup Organic Valley Salted Butter
- ¼ cup Organic Valley Heavy Whipping Cream
- 2 teaspoons flax seed, ground
- raisins to taste (optional)
- 1 tablespoon honey (optional, or maple syrup)
- Organic Valley Lowfat Milk (optional)

DIRECTIONS

1. In a medium-sized heavy saucepan over moderate heat, bring the water to a boil. Add the spices and reduce heat slightly.
2. Add the oatmeal, sea salt, and butter. Reduce the heat, cover, and simmer for 30 minutes, stirring occasionally. Add a small bit of water (or Organic Valley Milk) if needed, during the cooking process.
3. Remove from the heat and stir in the cream, flax, and any of the sweet options. Pour on a bit of lowfat milk if you prefer oatmeal with a moat (“moatmeal”)!

Notes:

Adjust spices as needed. For a quick spice fix, place 4 no-caffeine chai spice tea bags into the water to brew. Just remember to pull them out before adding the oats! ☺

Eid Mubarak

IFANCA wishes you Eid Mubarak.
May the year ahead bring you peace and prosperity.



Kul Sharif Mosque in Kazan, Russia



The Islamic Food and Nutrition Council of America (IFANCA®)

is organizing the

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Under the Theme:

Preserving the Trust - Working Together to Enhance Understanding

At the Renaissance Schaumburg Hotel and Convention Center

1551 Thoreau Dr N, Schaumburg, IL, 60173, USA

On April 13-15, 2015

Look for details in the coming weeks. For more information, please contact:

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HALAL FOOD
CONFERENCE

2015
April 13-15



Dragonfruit Salad

By YaQutullah Ibraheem Muhammad MS, RDN, LD

SERVINGS: 2-3

INGREDIENTS

- 2 dragonfruit, chilled
- 1 cup chopped mixed fresh fruit
- 2-3 lettuce leaves (optional)
- 1 tablespoon fresh mint leaves, thinly sliced (optional)
- 1 tablespoon honey

DIRECTIONS

1. Cut dragonfruit in half lengthwise and scoop out the white fruit center.
2. Cut the white fruit in chunks.
3. Keep the red dragon fruit peel as a serving bowl.
4. Add fruit in a medium bowl with other fresh mixed fruit and mint leaves.
5. Lightly drizzle honey over fruit and gently toss it all together.
6. Line dragon fruit peel with lettuce and spoon fruit into the peel for serving. ©



Ginger Pomegranate Chicken with Couscous

By YaQutullah Ibraheem Muhammad MS, RDN, LD

SERVINGS: 8

INGREDIENTS

- 8 skinless chicken pieces (thigh/leg quarters or breasts)
- ½ teaspoon sea salt
- ¼ teaspoon red pepper flakes
- 2 tablespoons extra virgin olive oil
- 1 medium Vidalia onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons cumin seeds
- 1 teaspoon garam masala
- 1 teaspoon all-purpose wheat flour
- ½ cup water
- 1 can vegetable or halal chicken broth
- ½ cup dried apricots, halved
- 1 tablespoon grated lime zest
- 1 teaspoon ground ginger
- 1 cup couscous, cooked according to package directions
- 1 cup pomegranate seeds

DIRECTIONS

1. Preheat oven to 375°F. Sprinkle chicken pieces with salt and pepper.
2. In a 5.5 quart Dutch oven, heat olive oil over medium heat. Add chicken to Dutch oven in two batches and cook until golden brown, about 6 minutes per side. Remove chicken and place onto plate.
3. Add onion and garlic to Dutch oven and stir until softened.
4. Add cumin and garam masala and stir until fragrant, about 1 minute.
5. Stir in flour along with water. Add broth, apricots, lime zest, and ginger. Bring sauce ingredients to a boil.
6. Add chicken to sauce. Cover and bake until chicken is tender, about 45 to 50 minutes.
7. Serve chicken over couscous; pour sauce over chicken and sprinkle with pomegranate seeds. (M)



Classic Carrot Cake with Mascarpone Cream

By Saira Mohiuddin

CARROT CAKE

INGREDIENTS

- 2 cups flour
- 2½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon sea salt
- 2 teaspoons baking soda
- 3 large eggs
- ¾ cup vegetable oil
- ¾ cup buttermilk
- 2¼ cup sugar
- 2 teaspoons halal vanilla flavor
- 2½ cups grated organic carrots
- 10 ounces crushed pineapple, drained
- 8 ounces sweetened, shredded coconut flakes
- 1 cup candied pecans

DIRECTIONS

1. Preheat oven to 350°F. Line three 9-inch round baking pans with parchment paper. Grease and flour pans, then set aside.
2. Mix together flour, cinnamon, nutmeg, salt, and baking soda in a mixing bowl.
3. In another bowl, use an electric mixer to beat eggs, oil, buttermilk, sugar, and vanilla flavor together.
4. Beat in the dry ingredient mixture. Fold in carrots, pineapple, coconut flakes, and pecans.
5. Evenly distribute batter between the three pans. Bake for 25 to 30 minutes.
6. Cool pans completely before removing cakes. Set on wire rack. Spread frosting (recipe below) between the layers, on top, and sides of cake.

VANILLA BEAN MASCARPONE CREAM CHEESE FROSTING

INGREDIENTS

- ¾ cup butter
- 8 ounces cream cheese, softened
- 3 ounces mascarpone cheese
- 1 teaspoon halal vanilla flavor
- 1 vanilla bean pod, beans removed
- 3 cups powdered sugar

DIRECTIONS

1. Beat butter, cream cheese, and mascarpone with electric mixer on medium.
2. Add vanilla flavor and vanilla beans. When mixture is creamy, add powdered sugar in three parts. ☺

Halal While

Traveling





One of the most exciting and unique parts of travel is tasting novel foods and visiting new restaurants. At times this exciting endeavor can pose difficult challenges for Muslims adhering to a halal diet. Bacon bits, lard, alcohol, gelatin, non-vegetarian broth, and many other ingredients not compliant with a halal lifestyle hide in foods at restaurants from simple pastas and unassuming chef salads to the enticing tiramisu. But all hope should not be lost; with clear communication and proper planning, eating halal while traveling can be a rewarding and entertaining experience.

One way to eat halal while traveling is to visit restaurants that serve only halal food. Finding such restaurants can be a breeze with the website www.Zabihah.com. The website, and its easy-to-navigate app, have compiled a huge database of halal and zabihah restaurants and marketplaces throughout the United States, Canada, and around the world. You'll also find ratings and reviews from foodies just like you. Keep in mind that not all restaurants appearing on the site are one hundred percent halal, nor are all dishes at all listed restaurants. According to their website, "Because there is no universally agreed-upon definition of halal, we depend on the investigative resources of our readers to verify [...] exactly what the establishment considers to be halal." While the site is an excellent resource, one should not use it as an absolute; patrons should still maintain due diligence in ensuring their meals are up to par.

Sameena Zahurullah, a library clerk from Rockford, Illinois, does her research online but also uses Facebook to find out the best halal places to go because



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“everybody has been somewhere.” Combining online reviews with word-of-mouth recommendations provides Zahurullah with solid information and confidence that she is making the right decision for her family. At the very least, it points her in the right direction. Sometimes, if she is lucky, she might even have an idea of the entrees she is interested in ordering before walking in the door.

Although frequenting halal restaurants may be the golden standard, they may not exist in certain travel destinations. What is the best way to navigate the menus and communicate with the servers to ensure your meal abides by Islamic standards?

First, be sure to communicate clearly with the server and try to use vocabulary he or she is familiar with. As Muslims enjoy traveling all over the world, they also reside all over the world. This brings hope that the word “halal” may not be as foreign as you think. While the general population may not understand the term “halal,” use this as an opportunity to educate the establishment owner and your server! Simply telling the server the food must be halal is not the best choice, but asking if they have halal options serves as a great introduction.

Tawheeda Saqa, a mother of three from Rockford, Illinois, says when she arrives at a restaurant she clearly instructs the server no alcohol or swine products are to be served under any circumstances. This usually prompts the server to remove the wine menu and point out which dishes should be avoided. After making it clear no pork or wine can be in the meal, most restaurants have a nice selection of vegetarian, fish, and meatless salad items to choose from. But you must also be wary of the cheese (are the enzymes derived from pork?), beans (is bacon fat or lard added?), breads (do they contain l-cysteine derived from human hair?), batter/breading (is it a beer or other alcohol based batter?), and sour cream, soy sauce, and other condiments (do they contain pork gelatin or alcohol?). Also, is there cross-contamination in the kitchen, with fish being fried in the same oil as pork products or veggie burgers being grilled on the same surface as bacon?

When eating at mainstream restaurants, the safest route is to request the food be alcohol-free and vegan. Vegans abstain from eating any living beings or their by-products, meaning anything with animal-based broths, butter, milk, cheese, eggs, gelatin, and lard will be out of the question. Although this may be the best way to ensure a halal meal, it can dramatically limit the selection of food choices available.

Still, when traveling abroad, tasting the food of the locals is not impossible. London, England, is famous for making superb fish and chips. Mexico serves an assortment of vegetarian, flavorful dishes like ceviche, guacamole, pico de gallo, and vegetarian enchiladas. In Italy, enjoy pasta with a simple marinara sauce, vegetarian or seafood

risotto, minestrone soup, and gelato. But, of course, if a halal menu is not available, be sure to verify the ingredients and cooking methods. Research the famous dishes of the country you are traveling to in advance and something tasty and halal will surely stand out.

Being an informed consumer is important when eating out. Zahurullah points out, when ordering from restaurants

or even navigating the grocery store, it is important to remember most southern food, especially fried foods, tend to be prepared using lard or bacon fat. And when navigating the dessert menu, pie crusts can be made with lard, cheesecakes may have gelatin or vanilla extract containing alcohol, and tiramisu and other desserts may contain alcohol. Reminding your server of your dietary restrictions before ordering again and asking about different ingredients that may be in the food will help you make better decisions. In the end, it all boils down to clear communication and asking questions; do not be shy – that is what your server is there for.

Halal travel and tourism is on the rise worldwide. According to the 2013 State of the Global Islamic Economy Report 2013 produced by Thomson Reuters, Muslims spent \$137 billion on travel in 2012 and make up 12.5 percent of the global tourism market. Travel agencies around the world have started providing halal experience travel bundles, taking into account more than just food. They



One of the best things about being an American Muslim is that we truly represent various traditions and cultural heritages from around the world.



What to watch for when dining out:

1. Pie crust (lard)
2. Tiramisu (alcohol)
3. Cheesecake (alcohol or gelatin)
4. Anything with the word "club;" it means bacon is added
5. Soups (wine or non-halal meat broth)
6. Soy sauce (alcohol)
7. Cheese (non-halal enzymes)
8. Breads (human-hair derived l-cysteine)
9. Sour cream (gelatin)
10. Shared fryers and/or cooking surfaces

include prayer accommodations during travel, avoiding places with alcohol, and some experiences include separate activities for men and women. These travel agencies are based mainly out of England, Singapore, and Malaysia but cater to Americans as well. Even airlines have picked up on the need to cater to their Muslim patrons by providing halal meals on board. While many could use an upgrade (spicy beans, rice, and naan may not be the ideal Muslim meal), it's reassuring to know you won't go hungry on American Airlines, KLM, Emirates Airlines, Lufthansa, Turkish Airlines, and many more airlines, so long as you call 48 hours in advance to request the special meals. By voicing our needs and preferences, more companies and dining establishments will become aware of the halal diet and strive to provide for their customers; they cannot know what Muslims need if Muslims do not speak up.

Eating halal while traveling can be easy with proper preparation and clear communication. People and companies are more aware of the halal diet, but it is still crucial to explain your needs and remain an informed consumer so you know what to look for and what questions to ask. The Muslim market is growing; we must positively ignite it by politely expressing our needs and driving it with our dollars. (M)

SARENE ALSHARIF's passion for nutrition and health shows through her research in the field and community service experience supported by her membership to the Academy of Nutrition and Dietetics and master's of public health.





DEVELOPMENT-SUPPORTED AGRICULTURE: *More Than Just a Backyard Garden*

By Christine S. Escobar

As massive factory farming methods continue to be viewed as inhumane, ill-conceived, or unsanitary, educated consumers are increasingly demanding greater access to organically grown, local food. The humane handling of farm animals and the dangerous, routine use of antibiotics and chemicals is also an important concern for those unable to raise their own livestock or grow vegetables. Combine this with the need to feel confident that what you are eating is pure, wholesome, humane, and/or halal and it is easy to see why the single family farm of days past would now shift into a community supported model.

Community-supported agriculture (CSA) has become a solution to the problem of factory farming and the loss of open land. A CSA is a farm operation that allows members to purchase a share of the farm and in turn receive a share of its crop yield.

Development-supported agriculture (DSA) takes this concept even further by providing a funding model for farming and land conservation through the sale of residential plots adjacent to agricultural operations and unspoiled wilderness. This allows residents to not only reap the tangible benefits of access to local meat, dairy, and produce, but also other less easily measured perks like close-knit community, peace, tranquility, and access to nature.

Across the United States and Canada, several DSA projects are taking shape. Some offer a nearly complete micro economy with food production, elementary schools, farmers markets, and real estate combined. Others are more intently focused on land and wildlife conservation, allowing individual residents to manage their own large or small garden plots.

DSA communities are widely scattered from the coastal islands of Canada to Idaho to the rolling hills of Vermont, down to the Carolinas, up across the Rockies, and into the prairies of the Midwest.

Most DSA communities encourage sustainability in their home plans and community buildings, allowing homeowners to work with a team of architects specializing in green building. Some have luxury perks like non-chlorinated swimming pools and equestrian centers.

At the core of DSA are five principles:

1. preservation of farmland through limited development and continuity of previous farming uses
2. agreements between developers and farmers (development provides farm infrastructure, farmers provide farm products to residents and the local community)
3. low-impact development techniques, sustainable architecture, and careful ecological/environmental planning
4. establishment of wildlife corridors and animal habitats, promotion of native plant species, and protection of water quality
5. utilization of an open-source development model that provides a framework for master-planned farm communities and integrated local food systems

Prairie Crossing in Grayslake, Illinois, is one of the pioneering DSA communities in the United States. The land was purchased in 1987 by a group of neighbors who formed a company with the goal of developing the 677 acres in harmony with the existing wilderness. Their plan included a total of 359 single-family homes and 36 condominiums, in contrast to the 2,400 homes that were being planned by another developer.

Prairie Crossing has now sold all of its original single-family homes and is currently selling its available condos. The property also includes a 100-acre farm that sells produce beyond the community boundaries, a public charter elementary school focused on environmental education, shops, a horse stable, event space, and rental units.



Currently under construction, Serosun Farms draws on the inspiration behind Prairie Crossing. It is located less than an hour's drive from downtown Chicago, founded by John DeWald and Scott Kelly in Hampshire, Illinois. Serosun Farms will eventually be the site of a working organic farm that will cultivate not only produce, but also farm animals for meat and dairy. The community plans to offer 114 one-acre custom home sites as well as 300 acres of open space. Community amenities will include a 160-acre working sustainable farm, a state-of-the-art equestrian center, and a community center with a swimming pool, fitness center, and event facilities. Buyers will work with Serosun Farms' team of green builders and architects to design their homes.

DeWald says the demand for locally sourced food in the Chicago area makes Serosun Farms an ideal solution for the community



to directly invest and be closely involved in the support of local farming. “A lot of our potential buyers [are interested in] a way to transition farms that are at that suburban fringe,” DeWald explains of the initial interest in Serosun Farms. “At its core, it’s a financing mechanism for that local farming.”

Nathan Weiler is CEO and founder of the Weiler group of companies, a design, construction, and development company. The company had previously ventured into constructing a DSA development in North Carolina. However, funding fell through when the housing market took its downturn.

Weiler says his company is now in the very early planning stages of exploring a similar idea in Sacramento, California, with a farm and housing development that would supply local restaurants. He states, “It would be sustainable right from the beginning, with the businesses tied into [the future of the land].”

Living Forest Communities in British Columbia, Canada, consists of Everwood on Cortes Island and Elkington Forest. It is a social enterprise between the for-profit Living Forest Limited Partnership and the registered charity, the Trust for Sustainable Forestry. The enterprise hopes to accomplish two goals: provide a new finance mechanism for large scale forest conservation and create “residential hamlets” nestled in the forest.

Elkington Forest is a 1,000-acre plot that aims to conserve the forest ecosystem by creating a community of 77 homes and 15 businesses owned by people who see themselves as “stewards of the forest.” Homeowners have the option to purchase quarter-acre garden plots to raise fruit, vegetables, herbs, or chickens or other small farm animals, as well as access to a greenhouse for year-round crops. The community also has plans to build an Eco-Lodge and Wellness Centre for residents.

Dominique Allman Papa lives with her husband, George, and their two children, ages 14 and 6, in downtown Chicago and part-time at Tryon Farm in Michigan City, Indiana. Allman Papa said she values a connection to nature and believes it was this principle that prompted her and her husband to purchase their second home at Tryon Farm.

Just a 15-minute bike ride to Lake Michigan and near the Indiana Dunes National Lakeshore, Tryon Farm is billed as a community of “smart, modern weekend homes” allowing its residents “the lifestyle of country acreage ownership at a fraction of the coast and responsibility you’d have going it alone!” Tryon offers both wooded and prairie homesites, as well as condos. The community has recently installed a natural swimming pool that uses a mix of plants and other aquatic vegetation to filter the water and rid it of bacteria. It is located just one hour from downtown Chicago, and Papa has often commuted to and from his job there from the couple’s home in the country.

Allman Papa says she and her husband purchased their home at Tryon Farm 11 years ago specifically to provide their family with a closer connection to nature. “I longed for a space that my kids could run around and dig in the dirt and look for bugs,” she explains.

The family maintains a garden plot in the Tryon Farm community garden.

Certainly, the appeal of DSA is not lost on the urban professional either. Ghada Shalabi, 34, a Chicagoan working in the finance industry, said she has always been interested in gardening and eating locally sourced foods. Living in an urban environment makes gardening somewhat limited for her, but she tends a container garden. As a Muslim she believes DSA communities could be a very attractive option for halal consumers looking to be directly involved with the sources that farm halal food.



While Shalabi has no current plans to move to a DSA community in the near future (her employment is in the city and she favors a shorter commute), she says being connected to where and how your food is sourced is always important to Muslims. “Whether you are concerned about the environmental and health impacts of mass farming or the concept of fair trade, it is important to know where your food comes from. As a Muslim especially, we should be concerned with the treatment of the animals and the treatment of the farm workers,” she says.

The team behind Deerpath Farm, located in the small, rural village of Mettawa, Illinois, is Rick Phillips and his wife, Linda Gardner Phillips. Together they founded Deerpath Farm on the site of a former dairy farm, land that had been in the Phillips family for decades.

Only 30 miles from Chicago, Deerpath Farm includes 41 wooded homesites, easily accessible via paved roads, and 140 acres of restored open lands and trails, owned by the Deerpath Farm homeowners association and managed by Lake Forest Open Lands, an independently funded conservation association.


“Two-thirds of the original farm is now open space,” says Phillips, an architect whose firm specializes in smaller space building and home designs.

The property also boasts woodlands, wetlands, prairies, and oak savannas, a type of wilderness thought to be rarer than tropical rainforests. Homesites were designed based on the curvature of the land, the location of trees, and the ability to preserve privacy and long range views for each future homeowner. With an immense assortment of native prairie plants and wildlife, walking the grounds of Deerpath Farm gives the impression that you are hours away from the hustle and bustle of the big city.

Phillips says most residents at Deerpath Farm are “interested in conservation.” Green technology in the home design and building process is encouraged, but not a requirement to purchase. There is no particular home size requirement to build at Deerpath Farm, making the community adaptive to varying residential needs. “A weekend retreat, a tiny home. . . all those things are possible,” says Gardner Phillips.

The couple’s two children are currently homeschoolers, and Gardner Phillips says being at Deerpath Farm definitely provides educational benefits to them as well. “You have a huge outdoor classroom,” she says.

Though there is no official community garden onsite, Gardner Phillips says residents at Deerpath Farm may tend their own gardens confident that the soil on the property has been kept free of industrial waste, having been reserved as a farm and wilderness for many years. “The land is very pure.”

It’s clear that interest in DSA communities continues to build across North America. As more people consider their stake in the future of the land they live on, DSA development, though still in its early stages, shows promise as a social and cultural movement. With the majority of thriving DSA developments having survived the housing decline, the future of these local communities as a support system for local agriculture and land conservation certainly looks promising. 

CHRISTINE S. ESCOBAR is a freelance writer living in the Chicago area. She is the founder and editor of Greenparentchicago.com.

HALAL-CERTIFIED PRODUCT LOCATOR

Brand	Product Type	Company Name	Available At
Abbott	Nutritional Products	Abbott Nutrition	Supermarkets and drugstores throughout the United States and Canada
	Infant/Baby Food Products		
Amara	Cosmetics	Baqi Inc.	Visit their website: www.amaracosmetics.com
Baskin Robbins	Dairy Products	Baskin Robbins	Baskin Robbins stores throughout the United States
Bard Valley	Food Products	Bard Valley Natural Delights	Kroger, Publix, Meijer, Walmart, Whole Foods, and various markets throughout the United States
Cabot	Cheese	Cabot Creamery	Supermarkets throughout the United States
Campbell	Food Products	Campbell Company of Canada	Supermarkets throughout Canada
Carole's Cheesecake	Bakery Item	Carole's Cheesecake Company Ltd.	Select markets, restaurants, and bakeries throughout Canada
			Visit their website for a complete list of locations: www.carolescheesecake.com
English Biscuits	Bakery Items	English Biscuit Manufacturers (Pvt.) Ltd.	Ethnic (Indo/Pak) stores throughout the United States and Canada
Godiva	Candy / Chocolate	Godiva Chocolatier	Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States
Goldon Bonbon	Candy / Chocolate	Asti Holdings Ltd.	Visit their website: www.goldenbonbon.com
J&M Food Products	Food Products	J&M Food Products	Visit their website: www.halalcertified.com

Brand	Product Type	Company Name	Available At
Kontos	Bakery Items, Bread	Kontos Foods, Inc.	Ethnic (Arab, Indo-Pak) stores and fruit & vegetable markets throughout the United States
Lawash	Bread	American Bakery Products, Inc.	Kroger and Meijer stores in Michigan
Love & Quiches	Brownies and Cakes	Love and Quiches Desserts	Visit their website for outlets: www.loveandquiches.com
Mead Johnson	Infant/Baby Food Products	Mead Johnson Nutritionals	Department stores, supermarkets, and drugstores throughout the United States
Melaleuca	Personal Care Products	Melaleuca, Inc.	Visit their website for distributors: www.melaleuca.com
	Nutritional Supplements		
My Own Meals	Food Products	My Own Meals	Visit their website: www.myownmeals.com
National	Food Products	National Foods Limited	Ethnic (Indo/Pak) stores throughout the United States and Canada
	Sauces & Dressings, Condiments		
	Dessert Mixes		
	Spices & Seasonings		
Nestle	Food Products	Nestle Pakistan Ltd.	Ethnic (Indo/Pak) stores throughout the United States
	Beverages / Beverage Concentrates		
	Dairy Products		
	Drink Mixes, Dessert Mixes		
Nutrilitite	Nutritional Supplements	Access Business Group, LLC	Visit their website for distributors: www.nutrilitite.com

Halal-Certified Product Locator

Brand	Product Type	Company Name	Available At
Olympia	Gyros, Flat Bread	Olympia Food Industries, Inc.	Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada
Organic Valley	Dairy Products	Cropp Cooperative/ Organic Valley	Supermarkets throughout the United States
POM Wonderful	Beverages / Beverage Concentrates	POM Wonderful, LLC	Supermarkets throughout the United States
	Tea		
	Fruits Processed		
Saffron Road	Food Products	American Halal Co., Inc.	Target, Whole Foods, Kroger, Publix, HEB and various markets throughout the United States Visit their website to locate a store near you: www.saffronroadfood.com
	Snack Food		
	Appetizers		
Sunrider	Personal Care Products	Sunrider International	Visit their website for distributors: www.sunrider.com
	Cosmetics		
	Food Products		
	Nutritional Supplements		
Toms of Maine	Personal Care Products	Toms of Maine, Inc.	Department stores, supermarkets, and drugstores throughout the United States
Wonderful	Pistachios and Almonds	Paramount Farms	Supermarkets and drugstores throughout the United States

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