



DietaryHawk

HALAL DIETARY REQUIREMENTS

WHAT IS HALAL?

Halal is an Arabic word which translates to “permissible” or “permitted”. In a dietary context, halal refers to foods and beverages that are allowed to be consumed under Islamic law.

WHAT IS HARAM?

The term “haram” is used to refer to any act that is unlawful or prohibited. When used in reference to diet, haram refers to food and beverages that are not permitted for consumption.

WHICH FOODS ARE CONSIDERED HALAL?

All foods are considered halal if they are:



Animals which are herbivores excluding pigs



Chicken and birds excluding birds of prey



Animals slaughtered according to Islamic laws



Fish with fins and scales



Any other food that has not come in contact with haram foods

WHICH FOODS ARE CONSIDERED HARAM?

Foods and beverages that are not permitted include:



Animals not slaughtered according to Islamic dietary laws



Pork and its by-products (e.g. gelatine)



Shellfish or fish without scales



Blood



Alcohol and foods prepared with alcohol

HOW DO I MANAGE A HALAL DIETARY REQUIREMENT?

The management of a halal dietary requirement will depend on the individual's personal parameters (how strict the individual adheres to the dietary rules). For example, some individuals may follow a strict halal diet and exclude all haram foods, whereas other individuals may choose to only exclude pork. Therefore, management of halal dietary requirements requires clear communication with the individual and a thorough understanding of their dietary parameters.