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HALAAL GUIDELINES FOR A MUSLIM DIET

On the authority of Abu Huraira (May Allah be pleased with him) who said, The Messenger of Allah (may the blessings and peace of Allah be upon him) said,

"Allah, the Almighty is pure and accepts only that which is pure. Allah has commanded the faithful to do that which he commanded the messengers, and the Almighty has said, 'O` ye Messengers! Eat of the pure things, and do righteous actions'. And Allah the Almighty has said: "O` ye who believe! Eat of the pure things wherewith we have provided you." Then he mentioned (the case of) a man who, having journeyed far, is disheveled and dusty and who spreads out his hands to the sky (saying): O' Lord! -- While his food is unlawful, his drink unlawful, and he is nourished unlawfully, so how can his supplication be answered!" (Muslim)

Islamic Law has given clear guidance in respect of Halaal (lawful) and Haraam (Unlawful) based on the teachings of the Noble Qur'an and the Sunnah (Teachings of the Holy Prophet *Sallallaahu AAlayhi Wasallam*).

What is Halaal (permissible) is declared from the Qur'anic injunctions and Muslims are commanded to strictly adhere to these injunctions in all aspects of life.

1. Almighty Allah Ta'Ala says, *"People of Imaan! Eat of the pure things*

(Halaal) that We have provided for you, and be grateful to Allah Ta'ala"
(Surah Baqarah 2:172)

2. The Holy Prophet Muhammad (Sallallaahu Alayhi Wasallam) has declared, *"Whatever Allah Ta'ala has declared lawful in His Book (Noble Qur'an is lawful, and whatever He has declared unlawful is unlawful, and whatever He remained silent about is forgiven. Then accept those bounties of Allah because Allah does not forget anything".*

Understanding of the term Halaal and Haraam

Halaal: Lawful and Permissible / can be used.

Haraam: Unlawful and Impermissible / abstain from it / totally forbidden.

Ingredients to be checked in any product:

- Alcohol or liquor
- Animal gelatine
- Animal Fats or Rennet

If any product has any one of these Three (3) as an ingredient then it will be Haraam/Impermissible to consume or use.

Special Points should be noted

- Pork and pork products are totally forbidden.
- As for dairy products like cheese and margarine only microbial (of plant origin) rennet is permissible.
- The utensils should be separate for Muslims. There should be no contamination of Halaal and non-Halaal.
- Any item marked or stamped with any form of Halaal certification must be verified by Appointed the Muslim theologians, who are well versed with the Islamic requirements regarding Halaal.
- As for imported chickens and meat we cannot guarantee their Halaal status as we do not inspect their respective plants and are not familiar of the Halaal procedure.
- Consumption of any morsel of Haraam, affects the acceptance of Ibaadat (worship).

The following foods are permissible for Muslims

- Fish
- All types of poultry, partridges, pigeons, etc.
- Goats, sheep, cattle, camel and all types of buck, buffalo.
- Rabbits

The above must be slaughtered by a Muslim according to Islamic rules, otherwise their meat will be considered Haraam. Fish does not have to be slaughtered. A fish that has died a natural death is not permissible to eat.

Haraam foods: Unlawful

Haraam foods are those foods which are prohibited by Allah and the Prophet (Sallallaahu Alayhi Wasallam).

1. All carnivorous (meat eating) animals and birds, e.g. lions, tigers, vultures, eagles, etc.
2. Any Halaal animal that has died due to natural causes, killed by some wild animal, by a fall, blow or slaughtered by a non-Muslim.
3. Flesh that has been sacrificed for some God or Goddess.
4. All forms of najasat (impurities).
5. Drugs/Intoxicants.
6. Donkeys, monkeys, elephants, etc.
7. Food containing Haraam items to be avoided at all times e.g. fish prepared with wine, etc. cakes, ice-cream containing rum or brandy or any Alcohol or liquor.
8. Contamination of a Halaal item with non-Halaal will render it non-Halaal/Haraam and unacceptable.

Jamiatul Ulama (KZN) - Halaal Department





















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Source: Jamiatul Ulama (Kwazulu-Natal)

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