

List of Haraam Ingredients

Vanilla Extract

Nutmeg

Fish Gelatin

Anchovies (found in Caesar salads and Worcestershire sauce)

Raw Fish like Sushi

Crab

Oysters

Gelatin

Lecitin

Mace

Fish Sauce & Oyster Sauce

Watercress (type of lettuce)

Ingredients that can be used for substitute

- Vanilla Flavor (readily available at Trader Joe's).
- Nutmeg is sometimes found in pumpkin spice mix. Ask before eating. There are pumpkin items available without nutmeg.
- Lobster: you can eat only if you do Bismillah before they
- die. Shrimp: you can eat only if you do Bismillah before they die. Gelatin: you can get Halal beef gelatin from Indian stores. Always check for Gelatin in Fruit Snacks and all gummy candies.
- Lecitin: not all types are haram. We can eat the lecitin that is derived from soy.
- Marshmallows- Halal available. We also can eat Jet Puff that is in a jar as it doesn't have any Gelatin, and it can be used for Rice Krispie Treats.
- Fish that we can eat are: Salmon, Trout, and Tilapia.
- In Halal Chinese places, ask them to make the food without Fish and Oyster Sauce.

- In vegetarian items, check for watercress as it's haraam.
- Chocolate Liquor is commonly found in chocolate and is allowed (it is not alcohol)