

The general rule in the Sharee'ah, or Islamic law, regarding food and drink

is that everything is lawful

except for what is expressly forbidden which is bound to affect human health, character and religion. Allah reminds us that He has created everything on the earth so we can benefit from it, with the exception of things He has forbidden. Allah almighty says, "It is He who created everything in and on the earth for you." (Surat Al-Baqarah, 2:29)

> are lawful and except for

alcoholic drinks

Allah has permitted us

except for what He has forbidden



Animals that are forbidden for human consumption

All meat eating animals

All predatory birds

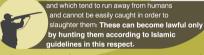
Snakes and Mice

Domestic donkeys

They are used in villages for riding and carrying purposes



Wild animals, which live in natural conditions



A number of conditions must be met for hunting wild animals, including the following:

- 2 The game must belong to the category of animals that cannot be easily slaughtered, as they tend to run away from humans. If, however, it can be easily slaughtered, such as chicken, sheep and cows, then it is not permissible to hunt them.



Cheese and rennet Milk does not turn into cheese except by adding a

specific type of yeast organism that coagulates it and turns it into cheese. This substance, called rennet, is extracted from the inner mucosa of the fourth stomach chamber (the abomasum) of slaughtered young, unweaned ruminant animals, such as calves.

- Cheese made with rennet extracted from an animal that is slaughtered by a Muslim or a member of the People of the Book (a Christian or a Jew) is permissible. Muslim scholars are generally agreed regarding this. 2 Cheese made with rennet extracted from the
- abomasum of a dead animal is, according to the correct view of Muslim scholars, permissible. 3 Cheese made with rennet extracted from the
- abomasum of a pig is strictly forbidden and impure because rennet extracted from pigs is considered forbidden and impure.



Jewish food Kosher foods

Kosher food is food that is consumed

according to Jewish law (halakha). As far as we know, all types of foods

that are permissible in the Jewish religion are also permissible in Islamic law, with the exception of alcohol.

Therefore, a Muslim is allowed to

consume Jewish foods if he is certain they are alcohol-free. It would be better, however, to look for halaal food to spread the halaal culture in society.

for human consumption are of two types

Animals that are lawful



according to Islamic la

Islamic Slaughter

This means slaughtering animals in a manner which satisfies the conditions of slaughtering stipulated by Islamic law.

Conditions for slaughtering animals in Islam:

- 1 The person undertaking the slaughtering process must be Muslim or a member of the People of the Book (that is, a Jew or a Christian). In addition, he must have reached the age of discretion and carries out this act for
- 2 The tool used for slaughtering the animal must be suitable for the intended purpose and sharp enough to
- trachea (windpipe), the oesophagus (food pipe) and the two blood vessels on either side of the throat.



Types of Meat Served

in Restaurants and Stores

- 1 Meat from animals killed by a Muslim or a member of the People of the Book (a Christian or a Jew): Muslim scholars are generally agreed that this is lawful.
- Meat from animals killed by a Muslim or a member of the People of the Book but not according to Islamic law such as by electrical stunning or water-bath stunning, is strictly forbidden
- 3 Meat from animals that are slaughtered by other than a Muslim or a member of the People of the Book (a Christian or a Jew) such as a Buddhist or a Hindu, is strictly forbidden. This includes meat served in restaurants in countries where Muslims or People of the Book constitute a minority, unless proven otherwise. Meat from animals killed by a member of the People
- of the Book while the manner of such slaughter is not known or meat of animals generally found in their restaurants and stores: The preponderant view is that it is permissible to eat such meat, making sure, however, to invoke Allah's name at the time of eating (that is, saying Bismillaah), but it is better to look for halaal meat elsewhere.

Amphibians

Amphibians

Muslim scholars have different opinions regarding amphibians: are they considered land or sea animals? Some of them are of the opinion that they are considered sea animals and so all their types, dead or alive, are permissible for human consumption unless they are proven to be harmful. Some others opine that they are considered land animals and so all rulings on land animals apply to them. Therefore, meat eating animals and predatory animals among them are unlawful for human consumption; those that can be easily slaughtered must be slaughtered; those that tend to run away from humans and cannot be easily caught in order to slaughter them may be hunted according to Islamic guidelines in this respect; the meat of the dead ones among them is considered unlawful for human consumption.

It is better to adopt this opinion to be on the safe side.

All types of seafood

are permissible for human

consumption

unless they are proven to be harmful Allah almighty says, "Anything you catch in the

sea is lawful for you, and so is all food from it."
(Surat Al-Maa'idah, 5:96) The phrase 'anything you catch' in the above verse refers to aquatic animals that are caught

The term seafood also applies to any

freshwater life eaten by humans; therefore, all edible aquatic life can be referred to as seafood.







Information taken from the book The New Muslim Guide

Hasan Baharoon

Author: Fahad Bahamam

Art Supervisor: