

# HALAL, KOSHER, & VEGETARIAN

## WHAT IS THE DIFFERENCE?

We often hear the terms 'Halal', 'Kosher', & 'Vegetarian', and may have seen them printed on our food packaging. However, can Muslims consume Kosher food since "we share similar practices and prohibitions", and vegetarian food because "no animals are involved"?

## DOES HALAL = KOSHER?

Some consumers may tend to assume that Kosher is Halal, as they bear numerous similarities, from the presence of slaughtering rituals to the prohibition of the consumption of swine and blood. However, they are not equivalent.

### THE USE OF GELATIN

For instance, when it comes to animal-based gelatin, the animal that the gelatin is derived from needs to be slaughtered according to Islamic law, but gelatin is generally considered Kosher by many Jews, regardless of its source of origin.

## IS VEGETARIAN FOOD HALAL?

Most vegetarian food are prepared purely using non-animal products, and are usually 100% plant-based. However, vegetarian food may not necessarily be halal due to:

- the use of alcoholic ingredients such as cooking wine in Chinese vegetarian dishes
- differences in vegetarian diets that may include doubtful ingredients such as rennet in dairy products

The differences between the 3 dietary requirements can be summarised in the table below.

	HALAL	KOSHER	VEGETARIAN
ORIGINS	"Halal" in Arabic means permissible or lawful	Derived from the Hebrew word "Kashrut," which means proper or fit	Does not eat animal products, for health, moral, or religious reasons (for instance in Buddhism, Hinduism, & Jainism)
GUIDELINES	Follows Islamic Dietary Law, Based on the Quran	Follows Jewish Dietary Law, Based on the Talmud and other codes of Jewish tradition	While the typical vegetarian diet does not include meat, poultry or fish, there are variations that allow for the consumption of dairy products, eggs, and fish
SLAUGHTER	Animal must be slaughtered by a Muslim, in the name of Allah	Animal must be slaughtered by a Jew	Not Applicable
KITCHEN UTENSILS	Kitchen utensils that had direct contact with pigs or dog meat need to undergo ritual cleansing (Sertu)	Kitchen utensils used to prepare non-Kosher food need to undergo ritual cleansing (Kasherisation)	Good to thoroughly wash kitchen utensils that has come into direct contact with meat
PRODUCTION RESTRICTIONS	Halal products may be generally manufactured or consumed together	Meat and dairy products may not be manufactured or consumed together	Animal by-products such as beef gelatin and rennet may be included in manufacturing vegetarian products, but not vegan ones.
AQUATIC ANIMALS	Aquatic animals can be consumed	Aquatic animals that do not have both scales and fins cannot be consumed	Not Applicable
ALCOHOL	Alcohol, or any food that contains alcohol, cannot be consumed	Alcohol such as grape wine can be consumed, but must be prepared according to Jewish law	Alcohol can be consumed

Information on Kosher adapted from Kosher Check

Information on Vegetarian adapted from Healthline: Vegan vs Vegetarian

# HAVE A QUESTION?

Let us know at [info@wareeshalal.sg](mailto:info@wareeshalal.sg)



[www.wareeshalal.sg](http://www.wareeshalal.sg)



**Warees Halal Limited**



**Warees Halal Limited**



**@WareesHalal**