



UNIVERSITY OF
CALGARY

Religious Dietary Considerations

Halal

/hə'lä́l, halal/

From Arabic, meaning “permissible” or “lawful”, Halal usually describes meat that is slaughtered following Islamic religious guidelines known as Zibah or Zabihah. Many Muslims observe Halal dietary laws outlined in the Qur’an and Sunnah.

- Animals should be alive and healthy at the time of slaughter.
- Of the animals that may be eaten, they must be killed in accordance to Islamic religious guidelines.
- No pork or pork by-products.
- No meat products containing blood.
- No alcohol or other intoxicating substances, including avoiding places where alcohol is served.
- No food over which the name of another deity other than God has been pronounced.
- Try to avoid contact or cross contamination between Halal food options and pork products.
- Birds that do not eat meat, most seafood and all vegetables are halal.
- Some Muslims will only eat meat slaughtered by hand and avoid mechanically slaughtered meat.

When in doubt, ask!

Developed by the Faith & Spirituality Centre