



Foods for specific needs

- Religious reasons
- Lifestyle choices

What is Halal food?

Halal food is food that is considered *permissible* for Muslims to eat according to Islamic law.

The word "halal" means "allowed" or "lawful" in Arabic. For food to be halal, it must meet specific religious requirements. For example, **pork and its products, alcohol, and meat from animals not slaughtered properly** are all forbidden (called *haram*).



How is food certified to be Halal?

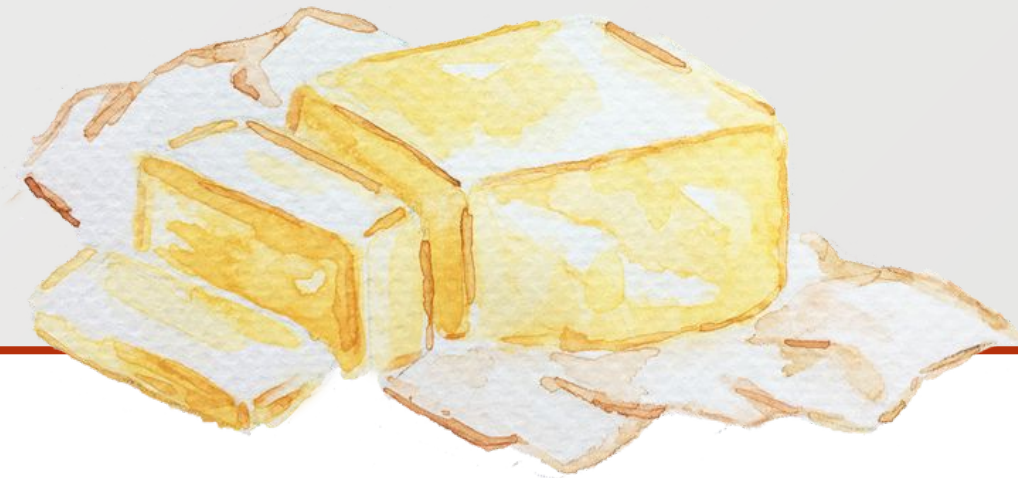


Halal meat must come from a healthy animal that is slaughtered by a Muslim who says a prayer to Allah (*Bismillah*) during the process. The blood must be fully drained from the animal, as blood is not halal.

To ensure that food is truly halal, **certification organisations (such as Halal Australia or AFIC)** inspect food companies and restaurants to check ingredients, preparation methods, and hygiene. If everything meets the halal standards, the product is given a **halal certification label**, which tells consumers that the food is safe for them to eat according to their faith.



What is Kosher Food?

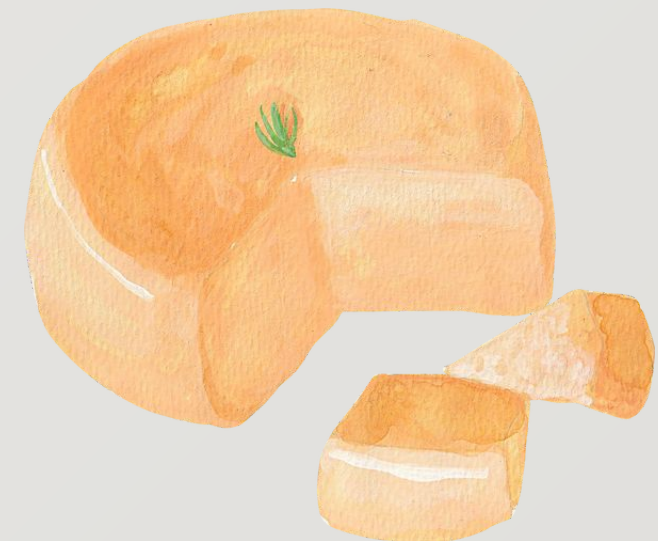


In kosher food preparation, meat and dairy must be kept entirely separate, with **different kitchens, utensils, and cookware** used for each to prevent any cross-contamination, as mixing them is forbidden by Jewish dietary laws.

Kosher food refers to food that is prepared according to **Jewish dietary laws**, known as *kashrut*. The word "kosher" means "fit" or "proper" in Hebrew, and it outlines what is permissible to eat under Jewish law. Certain foods are forbidden, such as **pork, shellfish**, and eating **meat and dairy together**. Kosher meat must come from specific animals that chew their cud and have split hooves, like cows and sheep. Additionally, **the meat must be slaughtered by a trained Jewish butcher, called a shochet, in a process called shechita, which ensures the animal is killed in a humane and kosher manner.**

How is Kosher food certified?

To certify that food is kosher, **kosher certifying organizations** (like the Orthodox Union, OU, and Kosher Australia) oversee the preparation of food and inspect ingredients, production processes, and facilities. If everything meets the strict kosher standards, the food is given a **kosher certification mark** on the packaging. This label assures consumers that the food complies with the detailed laws of kashrut.



What is Vegan food?



Veganism is a dietary choice that excludes all animal products, including meat, dairy, eggs, honey and figs. A vegan diet is entirely plant-based, focusing on foods like fruits, vegetables, grains, legumes, nuts, seeds, and plant-based alternatives like tofu, tempeh, and plant milks. Many vegans also use substitutes for animal-derived products, such as plant-based cheeses, non-dairy butter, and egg replacements made from ingredients like flaxseeds or chickpea flour.





What is Vegetarianism?

Vegetarianism is a dietary pattern that excludes meat but still allows the consumption of other animal products, such as dairy, eggs, and sometimes honey. There are different types of vegetarian diets: **lacto-vegetarians eat dairy but avoid eggs and meat; ovo-vegetarians eat eggs but avoid dairy and meat; and lacto-ovo-vegetarians consume both eggs and dairy.** Vegetarian dishes are often rich in fiber and antioxidants, and they can include a variety of plant-based proteins like beans, lentils, and tofu, alongside dairy and eggs for added nutrition



What is a pescatarian?



A **pescatarian diet includes fish and other seafood, but excludes other types of meat such as beef, pork, and poultry.** While they avoid land animals, pescatarians still consume other animal-based products, such as dairy and eggs, depending on their personal preferences. **Pescatarians will also include a variety of plant-based foods into their diet, such as vegetables, fruits, grains, and legumes, making the diet both flexible and nutrient-rich.**



What is a Keto Diet?



The **keto diet** (short for **ketogenic diet**) is a **high-fat, low-carbohydrate eating plan that aims to shift the body's metabolism from burning carbohydrates for energy to burning fat**. By drastically reducing carbohydrate intake, the body enters a state known as ketosis, where it begins to break down stored fat into ketones to use as an energy source. This diet typically consists of foods like fatty cuts of meat, fish, eggs, cheese, nuts, seeds, and non-starchy vegetables, while avoiding high-carb foods like bread, pasta, rice, and sugary snacks.

