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## Are fruit snacks haram

So my mother started buying Welches fruit snacks for my boobah. My DD loved them and I loved that she was eating something. That is until I realized they were made with pork gelatin :-(. So I have had it on my to do list to find a suitable alternative and today I did.First I walked to Trader Joes and was happy to find they had three varieties of fruit snacks. Unfortunately they were all made with animal gelatin. I must say i appreciate the fact that they clearly listed that on their package, unlike Welches. From downtown Brooklyn I traveled to Park Slope. At Back to the Land.(Side note, they sell Qhemet Biologics!) I found what I was looking for, Vegan Gummy bears.Well actually they were gummy bunnies. Annies Homegrown sells four varieties of their Bunny fruit snacks. So me being the collector and having traveled so far purchased all four varieties, berry patch, tropical treat, sunny citrus and summer strawberry. I must say they were tasty, a little bit stickier and chewier then Welches but yummy none the less. Plus the ingredients were pretty cool, no corn starch or red 40, it was made of cane sugar and fruit juices for color. The sugar and calories and the like were pretty comparable. Now although I was impressed with all of the above, I was not impressed with the price. They were about \$5 a box and each box contains 5 individual pouches. Not highway robbery but just not cheap enough for this frugal momma. So I will either be on the hunt for a store that sells them for less.Now there are some other Vegan/ Halal alternatives. Edwards and Sons is another highly respected vegan company. They produce three kinds of gummy, regular, sour and jelly. Although I have not tasted them (yet), I have read nothing but good reviews of their gummies.Surf Sweets. Some of their gummies are vegetarian and some are not. But they clearly state this on their website, again unlike other companies. The following was taken from their FAQ page.Are your products Vegetarian?Five of our products are Vegetarian (Fruity Bears, Gummy Swirls, Jelly Beans, Sour Berry Bears and Sour Worms). Our Gummy Bears and Gummy Worms contain gelatin so they are not vegetarian.Are your products Vegan? Four of our products are Vegan (Fruity Bears, Gummy Swirls, Sour Berry Bears and Sour Worms).Seitenbacher is another company that sells gummies. On their site I counted 15 different flavors! Although they do not come in the cute individual bags like Annies, baggies work just fine.Goody Good stuff is another brand that has received vegetarian certification. 8 flavorsere vegetarian approved and 4 were vegan approved. They are gelatin free. One major candy company has jumped on the bandwagon, Haribo candies now sells a kosher and a halal version of their gummy bears. Their halal version is only produced in Turkey, but can be purch as ed in the North West. They are come in 8 flavors and are gelatin free. Here is their FAQ page.Heavenly Delights is an Halal sweets company. They unlike the previously mentioned candies use gelatin and so they are not Vegetarian friendly. Still they are Halal their website states" All gelatin is from Pakistan and is approved by S.A.N.H.A (South African National Halaal Authority). You can also rest assured that the whole production process for Heavenly Delights confectionery is monitored by qualified scholars."You may also go the kosher route.Oh nuts is a store based in Brooklyn. They sell Kosher certified gummy bears. They are made using fish gelatin.Simcha Sweets is another New York store. They sell kosher gummy bears. What is cool about their site is they tell you the name of the Rabbis in charge of ensuring they are kosher.Schneider Gummy Planet is the last that I will list for now. They van be purchased at Park East Kosher store.Now you should be aware that although Vegetarian, Vegan, Halal and Kosher often overlap they are not always the same. Vegan is always vegetarian as, it has no animal products. However Vegetarian is not always Vegan, (a vegetarian could drink milk as it is not meat, but a vegan wouldn't because it comes from an animal. ) Similarly Vegetarian, vegan and kosher products may be Halal since they will not use pork. However they are not necessarily halal as they may use alcohol. So be responsible and read the box before you purchase and always feel free to call companies and ask them directly. olgakr/IStock/GettyImages Fruit snacks are an ideal way to give your kids nutrition throughout the school day. Kids love them because they taste great, and parents love them because many are healthier than other sweets. Most fruit snacks contain gelatin, which is made from animal products, to give fruit snacks the sticky texture that kids love. While there are few health risks associated with gelatin, there are many alternative fruit snacks if you don't want your child to eat it. Many of the brand-name fruit snacks on the market contain gelatin. If gelatin is a concern for you and your kids, make sure to read the ingredients carefully before you buy a packaged fruit snack. The gelatin in these products is usually beef or pork-based. While there are few health risks associated with gelatin, your child might have an allergy, or you might want your child to follow a vegan diet. If kosher food is a concern, look for kosher certification on the package. There are many gelatin-free fruit snacks available in stores and online. If you can't find a gelatin-free fruit snack that your kids like, there are many alternatives that you can put together quickly. Fruit and yogurt make a healthy snack that delivers nutrients. Use plain yogurt and add raspberries, blueberries or blackberries for a delicious snack. This one is easier to serve at home, but you can also put it in a plastic resealable container for your child to bring to school. Make fresh fruit fun to eat, just like a fruit snack, by putting it on skewers for your kids. Strawberries and grapes, as well as slices of pear, banana and apple, all go great on a delicious fruit kabob, perfect for the summer. Get your kids to help you make them by choosing the fruit and deciding on what order they should go onto the skewers. If you are using skewer sticks with sharp points, it's best to make it a stay-at-home snack rather than one your kids bring it to school. Packaged fruit snacks are a less natural form of dried fruits. Go back to the basics and give your kids the fruit injection they crave with dried fruits that can be taken anywhere. Apricots, dates, apples, cranberries and raisins all make a great snack. Combine them in a baggy or plastic container and send them to school with your kids. Mix it up by adding or substituting a different dried fruit each week. Make your own fresh fruit salads and separate into single-serving resealable containers for your kids to take to school. Chop strawberries, apples, pineapple and melon for a treat they can enjoy with or without a spoon. Make it tropical with mango, pineapple, grapes and kiwi, stir in a bit of light ranch dressing to hold it together and sprinkle with shredded coconut. Chop the grapes in half for younger children to reduce the choking hazard. Welch's is an American company owned by the National Grape Cooperative Association, a co-op of grape owners since 1956. Welch's is known for several products like grape juices, jams, and jellies, but what we're covering in this particular post are the equally popular fruit snacks. The fruit snacks are made with real fruit and are available in multiple varieties. They also offer you a range of packaging options to better fit your needs, namely bags or boxes of different sizes. However, the question you're waiting to be answered is — are Welch's Fruit Snacks vegan? Unfortunately, they're not vegan. On top of containing a few "questionable" ingredients like natural flavors, artificial flavors, added colors, and refined sugar, which makes it difficult to confirm the vegan status of a number of products — Welch's Fruit Snacks also contain gelatin, which is derived from collagen taken from animal body parts. Below, we'll get into the details of why you shouldn't eat Welch's Fruit Snacks if you're vegan, and we'll also give you some vegan alternatives to help you cope with this disappointing information. Welch's Fruit Snacks: Ingredients Initially, I was positive that Welch's Fruit Snacks were vegan, because being made from fruit, why would they not be? Well, if you look at the ingredients on their website, you'll be disappointed. Plus, I didn't just look at Welch's Original Fruit Snacks. I also looked through different variations, including the ones with reduced sugar, to see if there was one that didn't contain gelatin. Unfortunately, they all have an identical ingredients list: Fruit puree (grape, peach, orange, strawberry, and raspberry) Corn syrup Sugar Modified corn starch Gelatin Concord grape juice from concentrate Citric acid Lactic acid Natural and artificial flavors Ascorbic acid (vitamin C) Alpha-tocopherol acetate (vitamin E) Vitamin A palmitate Sodium citrate Coconut oil Carnauba wax Annatto (color), red 40, and blue 1. In any variation, you'll find these five ingredients: gelatin, natural and artificial flavors, artificial colors, and refined sugar. What is gelatin? Put simply, gelatin is a protein obtained by boiling the tendons, skin, ligaments and/or bones of cows and pigs. Gelatin has different uses in the food industry. It can be used as a gelling agent, stabilizer, thickener or texturizer. You can find it across different products including jellies, cream cheese, and margarine, or even dumplings. In addition, it also has its use in industries such as the pharmaceutical or supplements industry, where the vitamin capsules revolving the ailment are made from gelatin. If you wish to know in further detail how gelatin is made, feel free to watch the video below: Difference between natural and artificial flavors There is a slight difference between natural and artificial flavors. Natural flavors can be derived from animal or plant sources, and artificial flavors are 100% man-made. Both may or not be vegan depending on your point of view. Natural Flavors The reason most stringent vegans avoid natural flavors is because they can be either plant or animal-based, not to mention the fact some companies may hide animal ingredients (i.e: honey or castoreum) under the "natural flavors" guise. That said, these companies are not required to reveal that information unless we're speaking of major allergens like milk or nuts. Nevertheless, in some cases, it's obvious that the word "natural flavors" is referring to ingredients extracted from plant-based sources, which is what most likely happens with fruit-flavored beverages. With Welch's Fruit Snacks, we're not entirely sure because they're using gelatin. Artificial Flavors While artificial flavors are man-made, which immediately deems them vegan-friendly according to most people. People sometimes ignore the fact that these ingredients require the approval of the FDA before they can be safely included in products for the public's consumption. Obtaining approval means conducting tests to ensure these artificial substances don't cause serious health problems (at least in the short-medium term). Instead of conducting the tests on humans, animals are usually the subject of choice, particularly mice. Therefore, because there is a connection between anything artificial and animal cruelty, vegans that have stricter views or principles avoid artificial ingredients. Artificial colors and animal testing The same can be said for artificial colors. However, there is a caveat. When it comes to artificial flavors, I don't have any research or data suggesting that artificial flavors are periodically tested on animals. This means that artificial flavors may be a one & done deal. (Don't quote me on that) But I've managed to find recent tests made in 2017 and 2018, where the color red #40 is being tested on animals, more specifically on mice. Because this is an ongoing practice, stricter vegans also avoid artificial colors. Why is sugar questionable? The reason sugar is questionable is simple, but it all boils down to the refining process practiced by each sugar company or supplier. Typically, sugar comes from two sources: sugarcanes and beets. Because beets do not require as much refinement, they're filtered through a diffuser and mixed with a few vegan-friendly additives. However, cane sugar has more impurities and it requires a more thorough refinement, which means bone char is sometimes used. What is bone char? Bone char, also known as natural carbon, is a decolorizing and deashing agent used by sugar industries to give sugar its white, immaculate color. It's also capable of removing inorganic impurities like sulfates, as well as ions of magnesium and calcium. Bone char is obtained by carbonizing the bones of cattle, which results in a black powder that is quite similar to charcoal. Keep in mind that not all companies use bone char! Because there are modern alternatives like activated carbon and ion-exchange resins, you also have companies that don't use bone char in the United States. However, this information is not disclosed on product labels, so it's difficult to know if bone char was used to create an XYZ product or not. In light of that, if you're heavily against the use of bone char, you can always ask the company via phone or email. Are There Vegan Alternatives to Welch's Fruit Snacks? If you're searching for vegan fruit snacks, Welch's Fruit Snacks is not the right option. As a result, I've compiled a list of fruit snacks advertised as vegan-friendly. Keep in mind that some of these products contain a number of the few "questionable" ingredients we have covered in this blog post. Summary: Welch's Fruit Snacks Are Not Vegan Welch's Fruit Snacks contain gelatin, a protein obtained from animals such as pigs and cows. In addition, it also has questionable ingredients that may or may not be vegan. However, keep in mind that you can easily find vegan-friendly alternatives that don't contain gelatin, some of which we've mentioned in this blog post. I hope this blog post has helped. Thank you for reading. Future Kind's Essential Vitamins is our favorite vegan supplement. It's not your typical multivitamin because it was specifically created for vegans by vegans. It contains the vital vitamin B12, vitamin D, and Omega-3 fatty acids (DHA & EPA). These ingredients are delivered in the right doses, so that you never have to worry about a potential deficiency in the future. Read our review on the supplement to learn more about it. © 1996-2014, Amazon.com, Inc. or its affiliates In today's multicultural landscape, it is becoming more important for food service managers to understand the different dietary practices followed by Americans. As the U.S. population continues to grow and diversify, religious dietary restrictions, such as kosher and halal, are increasingly followed. During the last decade, the market for kosher food has increased by 15% on a yearly basis in North America. Similarly, halal food is also experiencing strong growth. Halal consumers now spend \$20 billion on food each year in the United States. Strict laws and regulations governing these two types of diets outline what foods a person can and cannot eat and how to prepare them. To help understand these religious practices, each diet will be examined in greater depth. The Kosher Diet Food is kosher when it meets dietary requirements outlined by Jewish law or kashrut, making it acceptable for people observing those laws to eat. The role of a kosher supervisor is to ensure the food is kosher and remains kosher after preparation or processing. A kosher symbol on a food product means that the product has been certified kosher from an agency. Kosher food is divided into three groups: meat, dairy and pareve (neither meat nor dairy). Only animals that chew their cud, have cloven hooves and are free from disease are considered kosher. These restrictions also apply to animal flesh, organs, milk and any by-products. Domesticated fowl are considered kosher. Seafood with fins and scales are also allowed. According to Jewish law, meat and dairy products cannot be combined or eaten at the same meal. Many people wait between three to six hours after eating a meal containing meat to have dairy products. Pareve foods do not contain any meat or dairy, therefore they can be eaten with either one. Examples of foods allowed: Meat: Kosher beef, game, lamb, chicken, turkey, duck, goose and fish Dairy: Products Milk, cheese, yogurt (from a kosher certified animal) Parve Fruits, vegetables, eggs, fish\*, cereal products, nuts, grains \*Fish cannot be placed on the same plate as meat - however, it can be consumed during the same meal. Examples of forbidden foods: Pork, reptiles, amphibians and insects Shellfish (including lobster, oysters, mussels), shrimp and scallops Animal products or by-products made from any non-certified animal The Halal Diet Islamic dietary laws define which foods are halal. Halal foods are lawful and permitted to be eaten by those observing Islamic teachings. Muslims are not allowed to consume foods or beverages that are Haram, or forbidden. Foods that carry a halal symbol on their packaging have been approved by an agency and are certified to be free of any forbidden components or ingredients. Halal claims on the nutrition label or the packaging must include the name of the certification body. Examples of foods Halal (allowed) and Haram (forbidden): Cereal products Halal: Cereal products not containing haram ingredients Rice Pasta Cereal products Haram: Cereal products containing haram ingredients (alcohol animal fats, vanilla extract) Fruits and vegetables Halal: All (frozen, canned, raw, boiled, butter, vegetable, oil) Juice Fruits and vegetables Haram: Fruits and vegetables containing Haram ingredients (alcohol, animal fats, gelatine, bacon) Milk and dairy Halal: Milk Yogurt, cheese, and ice creame made with bacterial culture without animal rennet Milk and dairy Haram: Cheese, yogurt and ice cream made with animal rennet, vanilla extract, gelatine, pepsin, or lipase Meats and alternatives Halal: Certified meat and poultry Seafood Nuts Eggs Peanut butter Tofu Halal deli meats Legumes Meats and alternatives Haram: Pork and port products (ham, sausage, bacon) Non certified meat and poultry Any product prepared with alcohol or animal fats It is often difficult to classify processed food as strictly halal or haram because of the ingredients they contain. Therefore, it is important to check the product's label or packaging to see if it is halal certified. If no certification is specified, verify the list of ingredients and look for haram or forbidden ingredients. Some examples include: gelatin, lipase, pepsin, alcohol, vanilla extract (pure or artificial), animal fats, animal blood, animal rennet, mono and diglycerides from an animal source, whey powder, sodium stearyl lactylate (SSL) or L-cysteine.By having food items and products available in your establishment that are allowed according to these religious principles, you will be able to satisfy the needs of a larger group of clients or customers. References: Share this:





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