



# EQUAL EATS

## HALAL

EQUAL  
EATS  
EN073

### **I follow a halal diet.**

I avoid all food that is made from, cooked in, touches, or contains **pork or alcohol**. This includes bacon, ham, pork ribs, pork sausage, and lard.

*I can eat meat and chicken, but they must be Halal certified. Seafood is okay.*

### **Is this food okay for my diet?**

*Thank you for your help!*



English

©2020  
Equal Eats