

A guide to halal sweets

From the sweeties.net wiki

Halal means permissible. For sweets, the main questions are where the gelatine came from, whether there are any insect ingredients, and whether there is any alcohol. Here is a checklist.

The checklist

1. **Gelatine.** Gelatine is made from animal collagen, and most comes from pork skins, pork and cattle bones or cattle hides. Gelatine from pigs is not halal, and nor is gelatine from animals not slaughtered according to Islamic law. Gelatine from fish avoids some of the religious objections: see [beef gelatine and pork gelatine](#)
2. **The gelatine's source.** Labels often just say gelatine. In 2016 Mondelez, maker of Maynards Bassetts, said its sweets could contain beef or pork gelatine, listed simply as gelatine: see [are wine gums halal?](#)
3. **Carmine, also called cochineal or E120.** A red colour made from insects. Many Muslims consider food containing it forbidden, because all insects except the locust are considered haram: see [what is carmine?](#)
4. **Alcohol.** Intoxicants such as alcoholic drinks are not halal. Check the ingredients for alcohol.
5. **Glycerol, or glycerine.** Used in food as a sweetener, glycerol can be made from plant oils such as soya or palm, or from animal tallow. If the source matters to you, look for certification.

Why certification matters

In most Muslim majority countries, halal certification is given by legal authorities. In countries such as the UK, it is voluntary: companies apply to independent organisations, which certify products for an annual fee. Because ingredient sources are not always shown on labels, a halal mark from a recognised certifier is the clearest sign that a sweet meets halal standards. Many people also follow the guidance of their own tradition and scholars.

Haribo, for example, makes a halal certified Goldbear with beef gelatine at its factory in Turkey, while its standard Goldbears are made with pork gelatine: see [is Haribo made from pig?](#)

The simplest options

- **Gelatine free and vegan sweets** remove the biggest concern. Vegetarian food is generally considered halal if it contains no alcohol: see [a guide to vegan sweets](#)

- **Boiled sweets and rock**, made mostly of sugar, rarely need gelatine, but still check the colours and glaze: see [what sweets are gelatine free?](#)

Loose sweets

Pick and mix sweets share displays and scoops, so if halal status matters to you, check each sweet's details and ask the seller: see [pick and mix and allergies](#)

Our pick and mix includes sweets sold as halal golden bears, alongside vegan gummy bears and vegan fizzy cola bottles. Each sweet card shows its ingredients before you buy.

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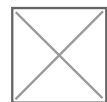
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