

Ingredients that are contrary to Leviticus 11

Seafood: abalone, calamari, caviar (depends on source), clam, cockle, cuttlefish, crab, crayfish, jellyfish, kina, krill, lobster, mollusc, mussel, octopus, oyster, pāua, pipi, prawn, roe (depends on source), scallop, sea urchin, sea cucumber, shellfish, snail, shrimp, starfish, surimi, squid, whelk

Some processed food can contain traces of crustaceans, which is usually identified on the label.

Fish without both fins and scales: Fish names can be inaccurate - see the [Kosher Fish List](#) for more information. Prohibited fish include barber, basa, bullhead, catfish, dogfish, dolphin, eel, flake, golden cobbler, inanga, kokopu, kōaro, lamprey, leatherjacket, lemonfish, lumpfish, marlin, mirror dory, monkfish, mudfish, piharau, red spot whiting, rig, river cobbler, rock salmon, rockling, shark, skate, stingray, sturgeon, swordfish, turbot, whitebait.

Cochineal insects / E120 / carmine / carminic acid / red 4 / crimson lake / CI 75470: Used in *TimTam* biscuits, *Hundreds and Thousands*, and in many processed foods of various colours. Also in lipsticks and other cosmetics.

Unclean animals: Alligator, alpaca, ant, bat, camel, chamois, [cat](#), [dog](#) 😊, crocodile, donkey, emu, frog, hare, hawk, horse ([sometimes in imported beef products](#)), hyrax, kangaroo, kiore, lizard, llama, mealworm, ostrich, owl, pig, possum, rabbit, rat, scorpion, seagull, snail, snake, tahr, tarantula, turtle, vulture, wallaby, wild pig, wild rat, “edible insects” or crawlers (except crickets, grasshoppers, locusts)

Pig: bacon, bologna, capicola, chorizo, crackling, frankfurters, ham, hot dogs, lard, mortadella, pepperoni, pork, prosciutto, salami, soppressata, *Spam*. Sometimes labelled “animal fat” or “hydrolysed animal protein.” Often in beef sausage casings, boerewors, jerky, lab-grown / cultured meat, luncheon, pate, pies, ravioli, sausage meat, “seasoning,” steamed bao buns, stuffed pasta, terrine, and in many processed foods.

Gelatine / gelatin / E441: Usually from pig unless specified as bovine. Sometimes called “thickener” or “gelling agent”. Used in products such as the following:

- Gelatin powders (These contain bovine gelatin: *McKenzie's*, *Queen*, *Nutra Organics*)
- Yogurt (These are gelatin-free: *Gopala*, *Kashish*, *De Winkel Plain*, *Fresh 'n Fruity Greek*, *Yoplait Greek*)
- Ice cream (These contain bovine gelatin: *Much Moore*, *Kāpiti* products certified as “Hallal”)
- Cream cheese (These contain bovine gelatin: *Mainland*, *Anchor*)
- Marshmallows (These contain bovine gelatin: *Ma Baker*, *Dandies*)
- Jelly (These contain bovine gelatin: *Gregg's*, *Aeroplane Jelly*)
- Instant Desserts / Mouse (These are gelatine-free: *Gregg's*)
- Whipped cream (These don't contain pig gelatin: *Anchor Whipped Cream*, *Tatua Dairy Whip*)
- Fondant (This contains bovine gelatin: *Cake Craft*, *Bakels Pettinice*)
- These products may contain pig gelatin: canned meat, chewing gum, dumplings, frosted cereal, jellybeans, gummy lollies, sauces, soup, spring rolls, steamed buns, sugar-coated foods. Sometimes gelatin is used to process juice, wine, beer, coated nuts and flavoured popcorn.

Additives that may be problematic if not specified as bovine or plant-derived:

- **E160a, food orange 5 / CI 40800 / carotene / beta-carotene:** Vegan, but liquid products may be stabilised with pig-derived gelatin

- **E161g / orange 8 / CI 12175 / canthaxanthin:** Can be from crustaceans
- **E161j / astaxanthin:** Can be from krill or shrimp
- **E252 / potassium nitrate / saltpetre:** Can be from pig waste
- **E304 / fatty acid esters of ascorbic acid:** Can be from pig
- **E322 / lecithin:** Can be from fish that don't have fins and scales
- **E422 / glycerol / glycerine / glyceride / “sweetener” / “humectant”:** Can be from pig
- **E430 - E436 / poloxalene compounds:** Can be from pig-derived stearic acid
- **E441 / gelatin / gelatin / “gelling agent” / “thickener”:** Can be from pig or prohibited fish
- **E442 / ammonium phosphatides:** Can be produced using pig ingredients
- **E470a, E470b / salts of fatty acids:** Can be from pig
- **E471, E472a, E472b / glyceryl monostearate / GMS / monostearin / monoglycerides and diglycerides of fatty acids / “emulsifier” / “stabiliser” / “thickener” , “glycerides”:** Can be from pig. Often used in fresh pasta, jam, marmalade, jelly, chocolate (*Galaxy, Millka, RJ's, Cadbury Curlywurl, etc.*), whipped cream, baked goods, infant formula, ice cream, margarine, and other processed foods.

These products are free from pig-derived E471 or E472:

- Ice cream: *Much Moore, Kāpiti* products certified as Hallal
 - Cream cheese: *Mainland, Anchor*
 - Marshmallows: *Ma Baker, Dandies*
 - Jelly: *Aeroplane Jelly, Gregg's*
 - Instant desserts: *Gregg's* (vegan emulsifiers)
 - Whipped cream: *Anchor Whipped Cream, Tatura Dairy Whip*
 - Fondant: *Cake Craft, Bakels Pettinice*
- **E473 - E479:** Can be derived from pig fatty acids
- **E482, E483, E491 - E495:** Derived from stearic acid (E570), which may be from pig fat
- **E542 / bone phosphate / “emulsifier” / “anticaking agent” / “raising agent”:** Usually from pig bones. Used in dried foods, powdered dairy products. Sometimes used in toothpaste and cosmetics and as a source of phosphorous in supplements
- **E570 / stearic acid / “thickener” / “stabiliser”:** Can be from pig fat
- **E626 - E635 / flavour enhancers:** Can be derived from pig
- **E631/ INS 631 / disodium inosinate / “flavour enhancer” / “seasoning”, “spices”:** Traditionally derived from pig intestines. Can be derived from prohibited fish. Often in canned vegetables, smoked fish/meat, soups, sauces, cheese, chips, instant noodles, fast food, etc. Sometimes in “MSG-free” products.
- **E640 / glycine / sodium glycinate:** Can be derived from pig gelatin
- **E904 / shellac:** From the lac insect. Used as glaze or coating on chocolate, fruit, and in some baked goods
- **E910, E920, E921 / cysteine / cystine / l-cysteine:** Can be from pig. In some breads and baked goods