

## *Dietitians Corner*

*By Barbara Wakeen, MA, RD, LD*

### **Gelatin...the Kosher Controversy**

This article is an extension from the last **Insider** article on Kosher and Halal dietary laws....

The intention of that article was to identify differences in the dietary laws of Islam and Judaism. One of the points addressed in the Kosher portion presented 'gelatin containing pork acceptable as Kosher'. Gelatin comes from the processed bones of animals. There are also vegetarian sources of atin commonly served in our institutions to meet multiple religious requirements.

The rationale behind the kosher statement above relates to the chemical processing gelatin undergoes such that it is no longer considered meat....and thus may be considered pareve or kosher.

Although there are many references that addressed/rationalized this discussion, gelatin containing pork, continues to be controversial topic within Judaism.

Refer to the link sources below referenced accessed 3/3/2006 to view discussion of this rationale:

**[http:// www.milechai.com/judaism/kosher.html](http://www.milechai.com/judaism/kosher.html)**

“.....a number of prominent rabbinic authorities have noted that gelatin undergoes such extensive processing and chemical changes that it no longer has the status of meat, and as such may be considered pareve and kosher. Most Conservative Jews, and a significant minority of Israeli Orthodox Jews, accept that all gelatin is kosher.”

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**<http://groups.msn.com/judaismfaqs/kashrutkeepingkosher.msn>**

“.....One of Kashrut's most controversial topics is the kashrut of gelatin, which comes from the processed bones of animals. If the source of gelatin is a kosher animal that was properly slaughtered, than such gelatin is considered kosher by all Jews. Most American Orthodox Jews

insist that all other gelatin is treif (non-kosher). However this issue has had a long and contentious history; Respected halakhic authorities have noted that gelatin undergoes such extensive processing and chemical changes that it no longer has the status of meat, and as such is pareve and kosher. As such, most Conservative Jews, and many Israeli Orthodox Jews, accept that all gelatin is kosher.”

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<http://www.soundvision.com/info/halalhealthy/halal.kosher.asp>

“Gelatin is considered Kosher by many Jews regardless of its source of origin. If the gelatin is prepared from non-zabiha, Muslims consider it haram (prohibited). ”

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<http://www.ifanca.org/faq/#gelatin>

“ Gelatin is considered Kosher by many Jews regardless of its source of origin. For Muslims, if gelatin is prepared from swine it is haram.”

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My research with hands on users, i.e. food processors/manufacturers, RD’s and even a rabbinical student, pretty much resulted that if it contains pork, it is most likely to be considered ‘non-kosher’. The RD’s that operate in kosher venues rely on product labeling as kosher and documentation. Much kosher documentation has renewals and updates also.

### ***Kosher Statistics***

**Kosher Today Weekly New Update**, March 13, 2006, reports there are more than 90,000 packaged products and more than 300,000 ingredient items labeled kosher.

According to an article in **Food Processing.com** (accessed 6/26/06), “Kosher in the Mainstream”, approximately 20% of Jewish population in the US is kosher

<http://www.foodprocessing.com/articles/2005/397.html>

### **Queries of the Quarter**

- Diet manuals and nutritional guidelines
- Menus and nutrient deficiencies
- HIPPA and corrections
- Removal of fruit sources...due to hooch production

- Hunger strike policy
- Boot camp servings
- Juveniles and wellness programs
- Healthy commissary items
- Nutritional analysis programs adults and NSLP/SBP

For discussion on any of these topics, please email me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com).

To some these are new topics, and to many, these are part of our daily operations. This indicates newcomers to 'the corrections world' and a wealth of expertise to share. Many thanks to all who have contributed to these discussions!

### **Meetings and Announcements**

American Dietetic Association FNCE  
September 16-19, 2006  
Honolulu, Hawaii  
[www.eatright.org](http://www.eatright.org)

CD-HCF Corrections Sub-unit Meeting  
Monday September 18<sup>th</sup> – time and location to be announced

NCCHC National Conference  
October 28 – November 1, 2006  
Atlanta, GA  
[www.ncchc.org](http://www.ncchc.org)

Past Dietitians Corner articles may be viewed on the ACFSA web site – [www.acfsa.org](http://www.acfsa.org).

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### **Membership Information**

***If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com). You do not have to be a dietitian. This is an informal discussion group and your name/email address will be listed in each email sent to the group.***

***If you are interested in joining the CD-HCF Corrections Sub-unit, contact me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com). ADA membership and CD-HCF membership are required to participate. If you are already a member and want to subscribe the Corrections Sub-unit EML or be listed in the directory, visit the CD-HCF web site at [www.cdhef.org/subunits](http://www.cdhef.org/subunits).***

## Wellness Programs