

# Healthy Diet from an Islamic Prospective



These statements and recommendations have not been evaluated or endorsed by the FDA. This information is not intended to diagnose, treat, or cure any disease.



# “So Eat of the Good Things”

أَيُّهَا النَّاسُ إِنَّ اللَّهَ طَيِّبٌ لَا يَقْبَلُ إِلَّا طَيِّبًا -Allaah is Tayyib and except only that which is tayyib

وَيَحِلُّ لَهُمُ الطَّيِّبَاتِ وَيُحَرِّمُ عَلَيْهِمُ الْخَبَائِثَ -Those who follow the Messenger will be successful. He makes lawful for them the good things, and prohibits for them the evil. 7:157

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ -Oh Children of Adam, take your adornment at every masjid, and eat and drink, but do not be excessive. Indeed, He does not like those who commit excess. 7:31

Which Allah has provided, halal and good (tayyib) and thank Him for His blessings if indeed it is Him alone that you worship. 17:114

Eat from the good things (tayyibaat) which We have provided for you, and do not transgress therein 20.81

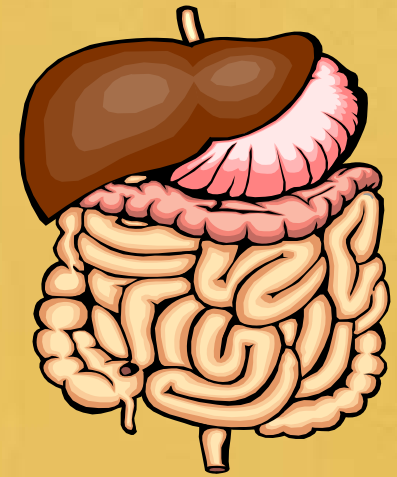
# TAYYIB

- ALLAH IS TAYYIB (good)
- He only accepts that which is Tayyib
- “There is to be no harming and no reciprocation of harm.” لا ضرر ولا ضرار
- مَا مَلَأَ آدَمِيٌّ وَعَاءً شَرًّا مِنْ بَطْنٍ ، بِحَسَبِ ابْنِ آدَمَ أَكَلَاتُ يُقْمَنُ صَلْبَهُ ، فَإِنْ كَانَ لَا مَحَالَةَ ، فَتُلْتُ لِبَطْنِهِ ، وَتُلْتُ لِشَرَابِهِ ، وَتُلْتُ لِنَفْسِهِ
- “The Son of Adam does not fill any vessel worse than his stomach. It is sufficient for the **Son of Adam** to have a few mouthfuls, to keep him going. If he must fill his stomach, then let it be one third for air, one third for water and one third for food.”

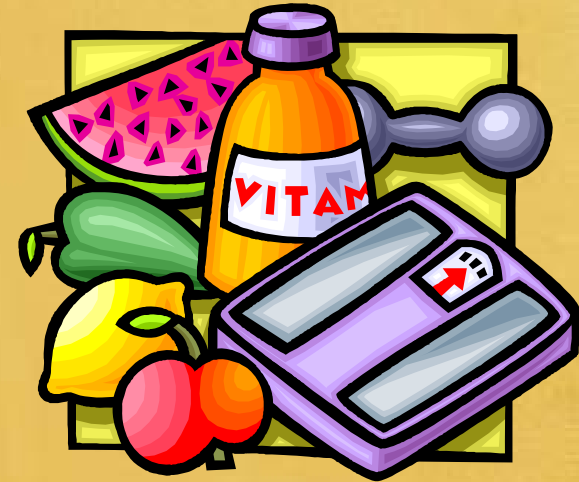
# Digestion:

## What happens to the food we eat?

- Digestion
- Absorption
- The body uses the process of **Digestion** to break down large food molecules so the intestinal tract can absorb them. During digestion **enzymes** speed up chemical change assist in the process of digestion.



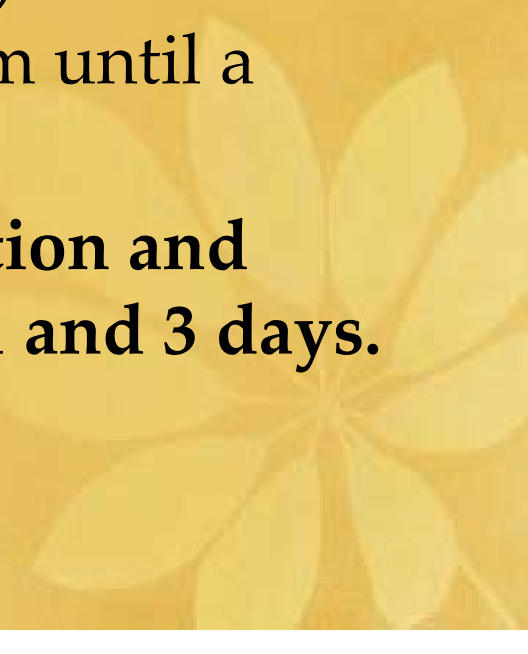
# Digestion: Metabolism



- Metabolism
  - Calorie
  - Calories/Gram
    - Fiber = 2
    - Protein and Carbohydrates = 4
    - Alcohol = 7
    - Fat = 9
- Foods that contain nutrients such as carbohydrates, fats, proteins, and non-nutrient alcohol contain calories and fiber. **Fiber supplies energy only to colon cells.**
- **The body cannot extract energy from water, vitamins and minerals, therefore they do not have a caloric value.**



# Digestion: Metabolism

- **Absorption** is the passage of nutrients through intestinal walls and into the general circulation of blood that travels throughout the body. After nutrients enter the blood stream, many are passed on to the **liver** where they are processed and stored. By the time the food enters the **large intestine**, most of the usable nutrients have been absorbed. The additional residue, is excreted as feces or stool, which remains in the rectum until a bowl movement takes place.
  - **In general the process of digestion, absorption and elimination of fecal matter takes between 1 and 3 days.**
- 

# Tayyibaat Foods Mentioned in Quran and Hadith

- Tayyibaat Mentioned in the Quran and Sunnah

- |                           |                                     |                      |
|---------------------------|-------------------------------------|----------------------|
| – dates                   | honey                               | sheep milk           |
| – cucumbers               | vinegar                             | raisins              |
| – Water cress             | grapes                              | Ajwah dates          |
| – pomegranate             | bread                               | ginger(zanjabeel)    |
| – Figs                    | camel meat                          | melon                |
| – olives                  | grains                              | rayhaan-(basil)      |
| – Olive oil               | herbs                               | lemongrass (ithkhir) |
| – Sprouts                 | fruit                               | eggs                 |
| – Cow milk                | meat of fowl (chicken, quail, etc.) |                      |
| – Goat milk               | mushrooms                           |                      |
| – Camel milk              | black seed                          |                      |
| – Gourd (squash, pumpkin) | barley                              |                      |
| – Lamb                    | water                               |                      |
| – Beef                    | fish, seafood, fish liver           |                      |
| – Garlic                  | mustard seed                        |                      |
| – Onions                  | lentils                             |                      |

# 6 Classes of Essential Nutrients

- Some nutrients supply energy
  - Carbohydrates
  - Lipids-Fats
  - Proteins
- The body has the RIGHT to these daily
- Others regulate cellular activities
  - Vitamins
  - Minerals
  - Water



# THE HEALTHY MUSLIM DIET

- **WATER**
  - Hydration
  - Nutrient transport
  - Nerves, muscles
  - Excretion of wastes
  - 6 -9 glasses /day
  - Includes non caffeinated beverages and water content in food.
- **CARBOHYDRATES**
  - Source of energy
  - Simple sugars found in fruits and vegetables, honey
  - Complex sugars found in starchy vegetables, whole grains, legumes, beans, dairy products




# HEALTHY MUSLIM DIET

- **PROTEIN**

- Source of energy
- For growth
- Maintenance and repair
- Meats, chicken fish, eggs,
- Nuts, legumes

## **FAT**

- Source of energy
  - Good fats: butter
  - olive oil, nuts
  - coconut oils,
  - meat and
  - vegetable
  - fats, fish oils
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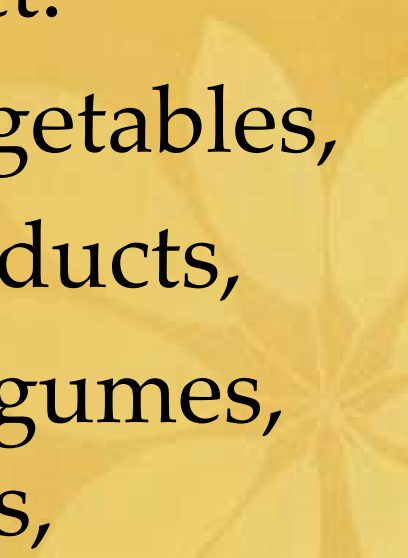


# HEALTHY MUSLIM DIET

- **VITAMINS**

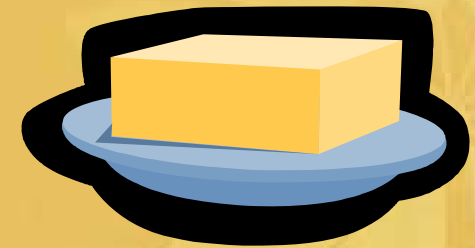
- Sustain normal health and body functions, energy metabolism, maintain health of blood and vision
- Fruits, vegetables, meats, fat, dairy products, nuts, whole grains

- **MINERALS**

- Assist and regulate many body functions,
  - Bones, blood, energy, ect.
  - Fruits, vegetables,
  - Dairy products,
  - Grains, legumes, meat, eggs,
- 

# Lipids-Fats: Recommendations

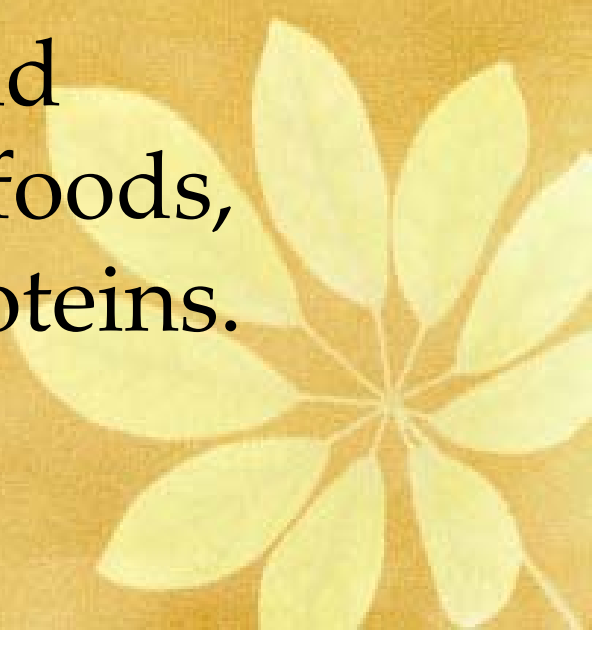
- Adults should consume less than 30% of calories from fat
  - No more than 10% of calories from saturated fat
- Adults should limit cholesterol intake to no more than 300 mg per day

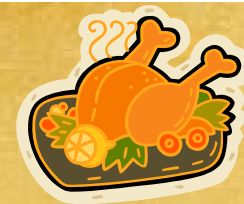




# Proteins

Protein is needed to build, maintain, and repair cells to form structural components such as hair and nails, and to make enzymes, antibodies, and numerous hormones. Most foods, even plant foods contain proteins.





# Proteins


Comprised of 20 amino acids

- 9 amino acids must be supplied by diet (“essential amino acids”)
- Amino Acids are molecules that compose proteins
- Complete Proteins
  - 9 essential amino acids, most are from animal sources
- Incomplete Proteins
  - Lack one or more essential amino acids, most of these are plant products



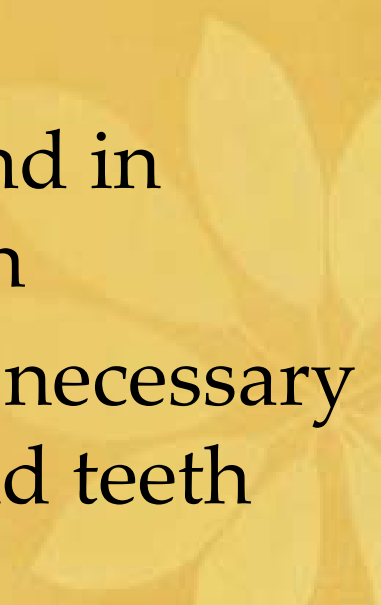
# **Why is a healthy diet important to you?**

To prevent deficiency diseases such as

- Vit. A - Blindness
  - Vit. C - Scurvy
  - Vit. B6 - Seizures
  - Vit. B12 - Anemia
  - Vit. D - Growth Retardation
  - Iron - Anemia
  - Calcium - Rickets, Osteoporosis
  - Niacin - Mental Illness
- 



# Minerals

- **Minerals** are certain elements such as calcium, iron, and sodium that function as free atoms or parts of chemical compounds.
  - **Small amounts** are needed for health and excess amounts can become toxic.
  - They have a wide variety of roles in the body. (Magnesium, Potassium, Zinc and Selenium) Minerals help to regulate chemical reactions in the body!
  - **Iron** is found in hemoglobin
  - **Calcium** is necessary for bone and teeth structure
- 

# Blessings of Milk

- (16.66)“We give you drink from the bellies of livestock, pure milk, good tasting to those who drink it.
- Ibn “Abbass RAA narrated that the Messenger of Allaah SAWS said:  
“Whoever is fed by Allah, let him say
- “Allaahumma baaarik lana fihi, wa imna khayran minhu (O Allah, bless it for us and feed us with better than it.) And whoever is given milk to drink by Allah, let him say


# Blessings of Milk

- “اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ”
- (O Allaah, bless it for us and give us more).”
- And the Messenger of Allah SAWS said: “Indeed, Allah, The Most High, did not send down a disease, except that He sent down for it a cure, except death. So upon you is to drink Cow’s milk, for cows ruminates (eat) from every herbage.

# Calcium



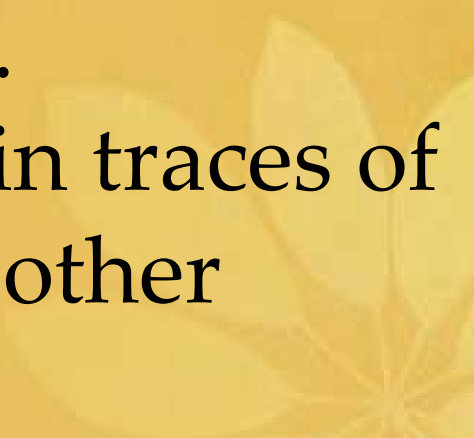
- Most plentiful mineral in the body
  - Needed for strong bones and teeth
  - Involved in regulating blood pressure, clotting blood, and muscular movements
- Bones store calcium-Osteoporosis
  - Bones lose mineral density and strength
    - Aging people, especially menopausal women, are at risk, after age 40
    - Cigarette smoking and alcohol consumption can accelerate bone loss.
    - The body maintains the level of calcium by storing excess when levels are too high and releasing it when the level is below normal. Bone tissue continues to being built, torn down and rebuilt.



ما أنزل الله داء إلا أنزل له دواء فعليكم  
بألبان البقر فإنها ترم من كل الشجر




# Health Benefits of Grass Fed Products

- Meat, eggs and dairy products from pastured animals are ideal for your health. Compared with commercial products, they offer you more “good” fat. They are richer in antioxidants; including vitamins E, beta-carotene, and vitamin C. Furthermore, they do not contain traces of added hormones, antibiotics or other drugs.
- 




# Health Benefits of Grass Fed Products

- Lower in total fat
  - Higher in beta-carotene, Vitamin A
  - Higher in Vitamin E (alpha-tocopherol)
  - Higher in the B-vitamins thiamin and riboflavin
  - Higher in the minerals calcium, magnesium, and potassium
  - Higher in total omega-3s
  - Healthier ratio of omega-6 to omega-3 fatty acids
- 



# Health Benefits of Grass Fed Products

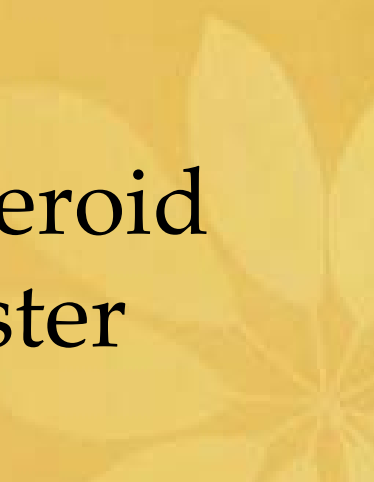
- Higher in CLA (cis-9 trans-11), potential cancer fighter, necessary for fat burning
  - Higher in vaccenic acid (which can be transformed into CLA)
  - Lower in the saturated fats linked with heart disease
  - Balanced source of many more nutrients
- 

# Harm of Factory Processed Meats & Milk

- **Harms of Non Grass Fed Animal Products**
  - Animals develop acidosis, then rumenitis (gastritis)
  - ulcers and liver abscesses develop, causing animals not to be able to absorb nutrients efficiently
  - Gasses become trapped in stomach, leading to bloating, such that cows may die of asphyxiation
  - Acidosis causes nutrient depletion which can lead to polio, starving the brain of energy, and causes paralysis
  - The above problems are then managed by drugs, antibiotics, the effects of which are harmful to humans




# Harm of Factory Processed Meats & Milk

- 90 % of dairy cows in the US live their entire lives in sheds, with cement floors, never once feeding on pasture
  - Dairy cows die in about 4 years, vs. 15 for grass fed cows, due to unnatural treatment
  - 99% of US beef cattle are given steroid hormone implants to promote faster growth
- 



# Harm of Factory Processed Meats & Milk

- These include female hormones which have marked negative effects on males and females
  - Reduction of masculine appearance of men and boys
  - These are unsafe hormones, not prescribed for humans
  - In children, these cause early puberty, hormone imbalances, ovarian cysts
- 

# Harm of Factory Processed


## Meats & Milk

- In adults, hormone imbalances, cancer, liver and kidney failure, auto-immune disorders and more
- The animals become so heavy they cannot stand on their feet
- The FDA still allows the risky practice of recycling animal offal into feed: ruminant animals (cattle, sheep, goats, deer) are fed to non-ruminants (pigs and poultry), and these non-ruminants are rendered and fed back to ruminants-blood meal, including pig blood



# Raw vs. Pasteurized Milk


- **Pasteurized Milk**

- Many nutrients destroyed
  - Proteins and enzymes denatured, so the body does not recognize them resulting in allergies
  - Immunoglobins destroyed, depressing immunity
  - Destroys good bacteria
  - Encourages growth of bad bacteria
  - Linked to Crohn's disease
- 




# Raw vs. Pasteurized Milk

- **Pasteurized Milk**

- Irritable bowel syndrome
  - Renders most of the calcium insoluble, not absorbed by the body
  - Leading to rickets and bad teeth and bones
  - Homogenization release xanthine
  - Oxidase which causes free radical damage
  - Respiratory allergies
- 




# Raw vs. Pasteurized Milk

- **Health Benefits of Raw, Natural Milk**
  - Source of many nutrients
  - Healthy bacteria supporting immune system
  - Healthy fats
  - Cancer fighting CLA
  - Excellent source of calcium
  - Beneficial enzymes
  - More calcium, iron, B vitamins
- 

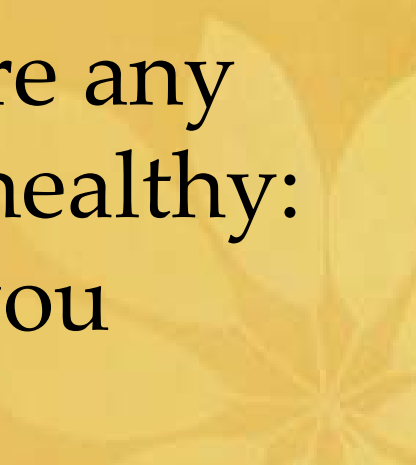


# Raw vs. Pasteurized Milk

- **Health Benefits of Raw, Natural Milk**
  - Vitamins C, E
  - Milk fat for growth, development
  - Milk fat helps calcium absorption
  - And is antimicrobial, kills germs
  - live enzymes necessary for Calcium
  - Iron and milk sugar metabolism
  - Divine Sanction as a super food
  - *Real Milk is TAYYIB!!*
- 




# *WHAT IS THIS POPULAR MYSTERY ITEM?*

- Phosphoric acid, sodium Benzoate, caffeine, bleached white sugar, corn syrup, artificial colors and flavors, carbonated water, artificial sweeteners
  - Does this sound Tayyib? Are there any nutrients in it? Does this sound healthy: If I mixed this up and gave it to you would you consume it?
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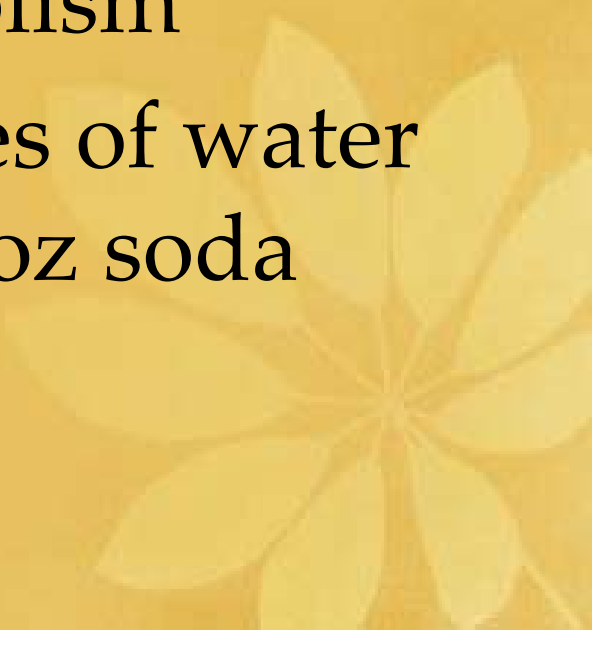


# *SODAS*

- Carbonated Water: it is plain into which
    - Gas under pressure has been dissolved
    - Causes teeth erosion
    - Stomach enlargement leading to acid reflux
    - Which could lead to esophageal cancer
    - irritates ulcers
    - Leaches Calcium from bones
    - 100,000 times more acidic than water
- 



# *SODAS*

- Phosphoric acid: Highly toxic
  - Extremely acidic
  - Leaches minerals from bones in order to buffer its extreme acidity
  - Interferes with Calcium metabolism
  - It would take 32 eight oz. glasses of water to neutralize the acid in one 12 oz soda
- 

# *SODAS*

- Caffeine: dehydrating, causes water loss, stimulant
- Sugar: dehydrating, depresses immune system, long list of diseases
- Benzoates: produce benzene, hormone increases, leads to diabetes
- Aspartame, (NutraSweet, Equal) over 90 health problems: death, brain cancer, eye problems including blindness, hearing loss, ringing in ears, epilepsy, dizziness, slurred speech, nerve disorders,

# *SODAS*

- Physiological disorders,
- heart palpitations,
- stomach problems,
- blood in stool,
- skin rashes,
- hormonal changes,
- brain damage,
- birth defects,
- suicidal tendencies, retardation and a long list of well know diseases

# ***SODAS***


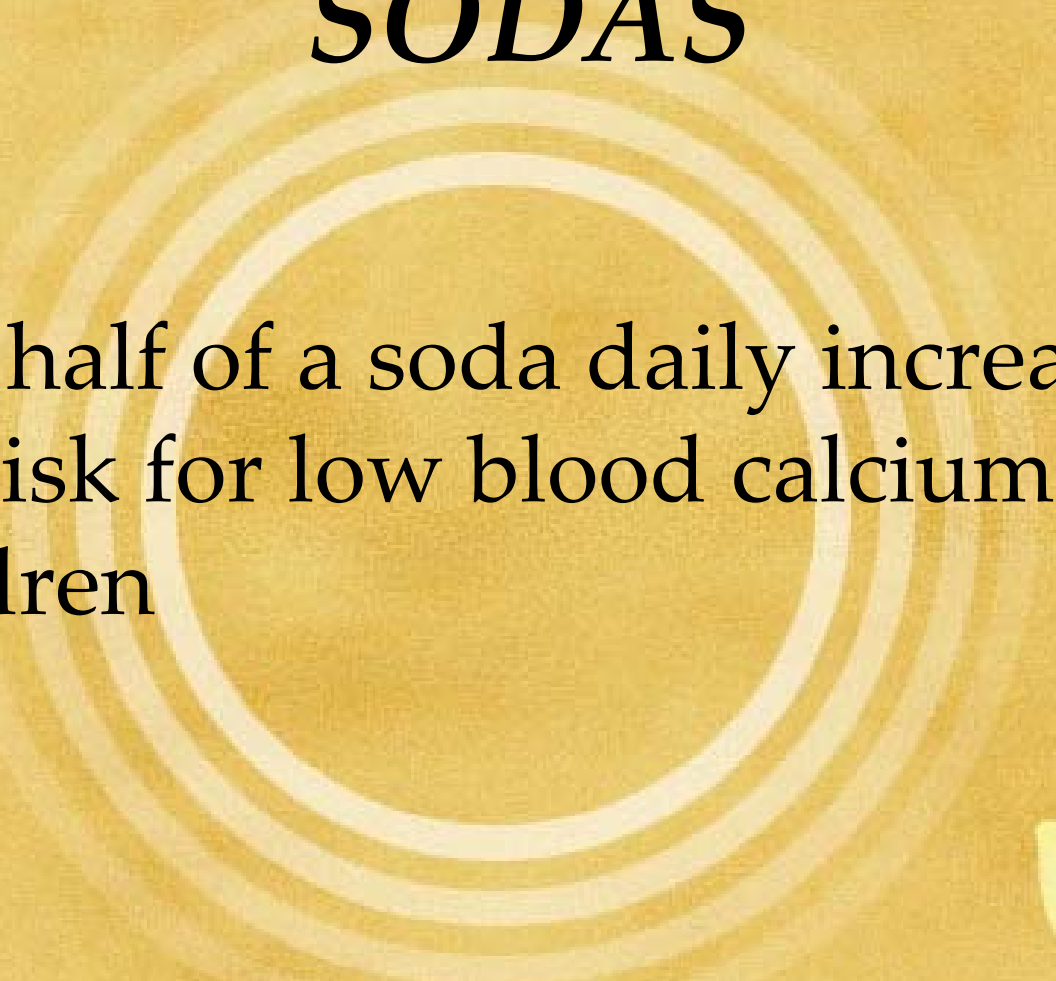
- One half of a soda daily increases the risk for low blood calcium in children
- Two colas daily increases chronic kidney disease
- Some of the diseases caused by the ingredients in sodas are: cirrhosis of the liver, kidney problems, diabetes, obesity, weak bones, teeth damage, mineral imbalances, acidity, high cholesterol, high blood pressure, high cholesterol, high insulin, weight gain, dehydration, and more. ***TAYYIB***

***NO, ABSOLUTELY NOT, THERE IS  
NOTHING TAYYIB ABOUT THIS AT ALL!!***




# *SODAS*


One half of a soda daily increases  
the risk for low blood calcium in  
children



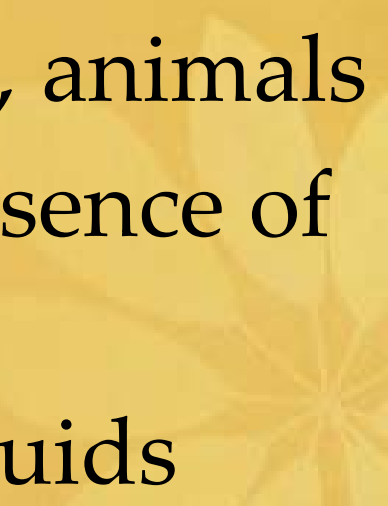



# Negative Effects of Smoking on Nutrition

- Smoking depletes many vitamins:
    - A, B's, C, D, E, Folate and B 12
    - These vitamins help fight many diseases, including heart disease and cancer.
    - Smoking is Not TAYYIB !!
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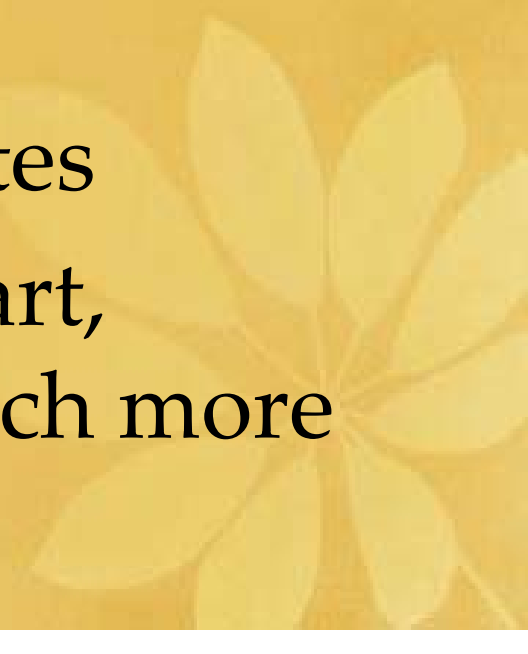


# Salt that Heals, Salt that Kills

- Unrefined Natural Salt
  - 98% Sodium
  - Chloride
  - Contains 80 elements, including 51 minerals
  - Used by man since the beginning of time
  - Vital for survival of humans, plants, animals
  - Pink, gray or tan in color due to presence of minerals
  - Composition like blood and body fluids
- 



# Salt that Heals, Salt that Kills

- Helps stabilize blood pressure
  - Hydrates the body
  - Aids in remedies for many illnesses
  - Stabilizes heart beat
  - Alkalizes body, aids digestion
  - Anti-histamine, aids sleep, diabetes
  - Gout, arthritis, bones, nerves, heart, prevents muscle cramps, and much more
- 


# Salt that Heals, Salt that Kills

- **Processed Bleached White Salt**

- 99.9% Sodium Chloride
- Additives hinder absorption by body
- Heated to 1200 degrees, changing the molecular structure
- Used by humans from 50 to 100 years only aggravates High Blood Pressure
- Causes Edema, and other diseases
- Bleached white—causes electrolyte imbalances
- Causes salt cravings because does not satisfy
- Excess burdens kidneys and adrenal glands



# White Rice vs. Whole Grain Rice

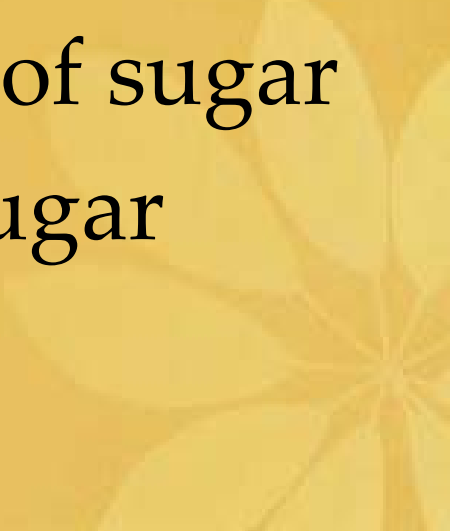
- Whole Grain Brown Rice:
  - Complex carbohydrate with fiber gives controlled release of sugar to blood preventing insulin spikes
  - Good amounts of Vitamins: B, E, folic Acid, Minerals, Potassium, Calcium, Iron, Magnesium, Zinc, Chromium
  - 4 Grams Fiber per cup
- 

# White Rice vs. Whole Grain Rice

- White Polished Milled Rice
- Germ and Bran layer removed, only starchy endosperm layer left
- These nutrients removed in processing
- 1 Gram Fiber per cup
- *White rice was originally brown rice which has had the outer layer removed. White rice is processed and polished diminishing its nutrient and fiber content*

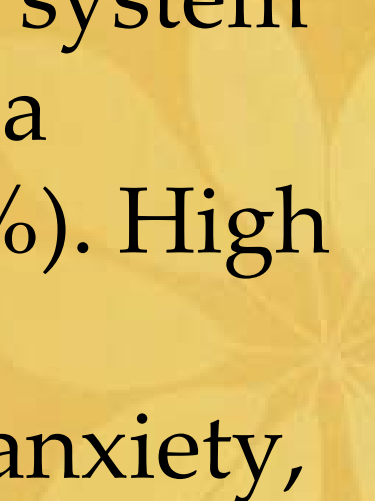


# Sugar Revisited

- *How much do you really consume?*
  - Average Carbonated Soda - 9 tsp of sugar
  - 1 pita bread - 7 tsp of sugar
  - ½ cup rice - 6 tsp of sugar
  - 1 piece of cake with icing – 11 tsp of sugar
  - 2 ounces of potato chips – 7 tsp of sugar
  - 2/3 cup of Macaroni – 5 tsp of sugar
  - 1 muffin – 5 tsp of sugar
  - 1 slice of bread – 3 tsp of sugar
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# Bleached White Sugar: Is this Tayyib?

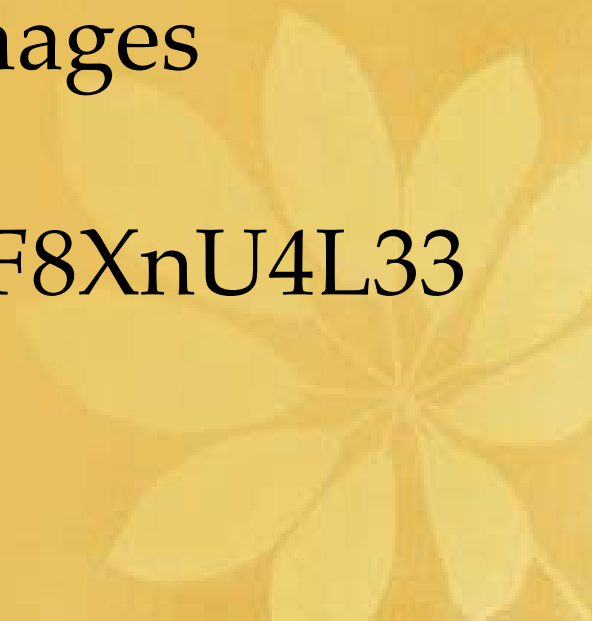
- Classified as a toxin and as an addictive, stripped of nutrients, bleached, processed with chemicals, causes diabetes, hypoglycemia, heart disease, obesity, cancer, depresses immune system (a few teaspoons depresses the immune system by 25% for 4-5 hours, and one cola depresses immune system by 50%). High cholesterol, depression, obesity, indigestion, gout, hyperactivity, anxiety,
- 




# Bleached White Sugar: Is this Tayyib

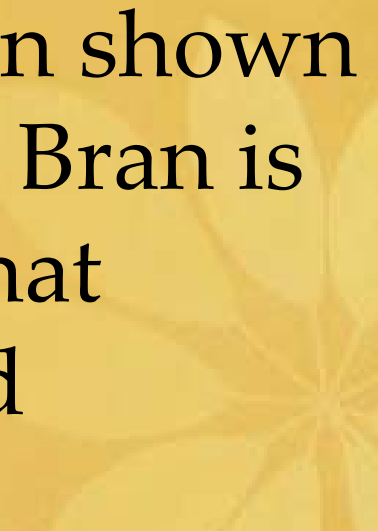
- High blood fats, empty calories, tooth decay, gum disease, near sightedness, raises blood pressure, plaque in arteries, sticky blood leading to blood clots, uses up B vitamins, feeds bad bacteria, Candida, arthritis, asthma, damages pancreas, and more....


[www.youtube.com/watch?v=hF8XnU4L33U](http://www.youtube.com/watch?v=hF8XnU4L33U)



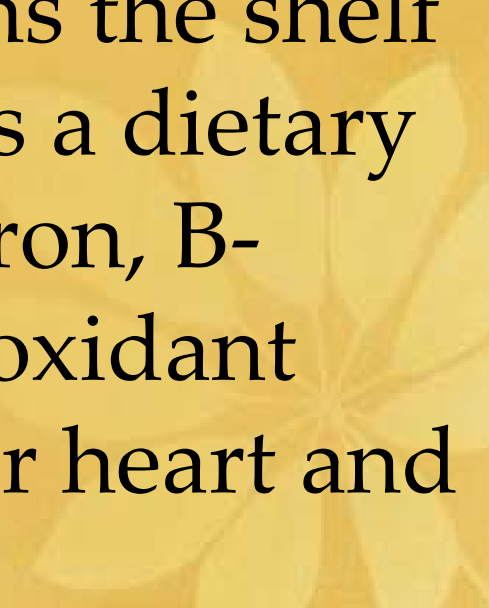



# What's wrong with bleached processed white flour?

- **The wheat bran** is the outer layer of the wheat kernel that covers the seed inside. It is removed when wheat is refined into white flour. Bran is the part of the wheat kernel that is highest in fiber, primarily the insoluble type, which has been shown to lower the risk of colon cancer. Bran is also the part of the wheat plant that contains most of the minerals and vitamins.
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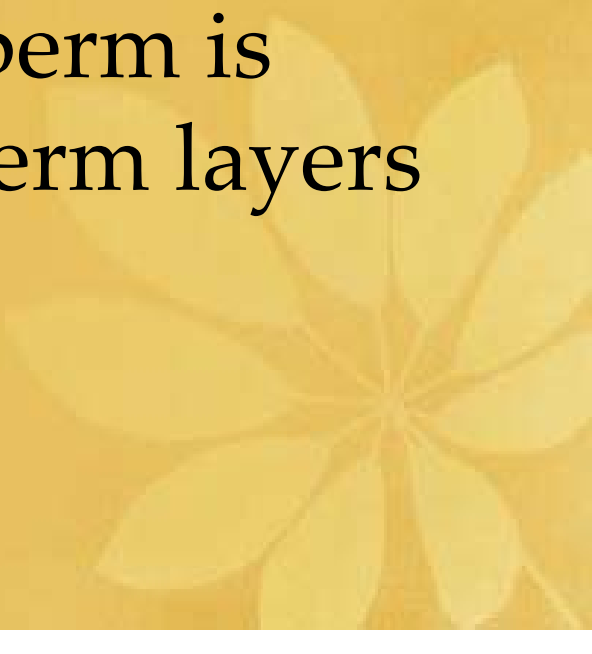


# What's wrong with bleached processed white flour?

- **The Wheat Germ** is the nutrient-dense embryo of the wheat plant, which is power-packed with protein, minerals, iron, and contains most of what little fat there is in the wheat plant. (This is why processors like to remove it from flour, as it shortens the shelf life.) Wheat germ is often used as a dietary supplement because it is rich in iron, B-vitamins, vitamin E, and the antioxidant selenium. Important nutrients for heart and blood
- 




# What's wrong with bleached processed white flour?

- The endosperm is the largest part of the wheat kernel and the least nutrient-dense. Yet, because by weight the endosperm is about 80 % of the whole wheat kernel, it contains the greatest amount of proteins and carbohydrates. The endosperm is what is left after the bran and germ layers have been milled away.
- 




# MSG is the Silent Killer

- **Monosodium Glutamate (Ajinomoto)**
    - overexcites brain neurons until they die
    - causes increased insulin secretion, leading to obesity
    - chronic migraine headaches
    - fetal damage (baby in womb)
    - ADHD
    - epileptic convulsions
    - eye damage
    - depression
- 




# MSG is the Silent Killer

- Numbness
  - Burning sensation
  - Tingling
  - Facial pressure or tightness
  - Chest pain or difficulty breathing
  - Headache
  - Nausea
  - Rapid heartbeat – Heart palpitations
  - Alzheimer's
  - Lou Gehrig's Disease
- 



# Hidden names for MSG

- Autolyzed yeast      Calcium Caseinate
  - Gelatin                      Glutamic Acid
  - Monosodium Glutamate
  - Monopotassium Glutamate
  - Textured Protein      Yeast Extract
  - Yeast Food                  Yeast Nutrient
  - Sodium Caseinate      Hydrolyzed Protein
  - Gelatin
- 



# Dietary Tips

- Aim for a healthy weight.
  - Be physically active each day.
  - Keep foods safe to eat.
  - Consume a nutritionally adequate diet less processed food.
  - Consume organic fruits, vegetables, whole grains, raw milk and organic dairy foods.
  - Consume 20-35% of calories from fat and limit your cholesterol to 300mg/day.
  - Consume fiber rich foods.
  - Use mineral salt
- 



# SUMMARY

- Nutrients include carbohydrates, lipids, proteins, vitamins, minerals, and water and are needed for energy and growth, repair, and maintenance of tissues
  - Nutrients are obtained by eating a variety of foods and needs change through one's lifetime
  - Following the Sunnah of the Prophet and hadith for the example of eating will give us the Healthy Muslim Diet which is TAAAYIBAAT
- 