



EXPLORING QURAN & SUNNAH

HEALTHY FOOD



EATING & WORSHIPING

١٦٢

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

١٦٣

لَا شَرِيكَ لَهُ، وَبِذَلِكَ أُمِرْتُ وَإِنَّا أَوَّلُ الْمُسْلِمِينَ

Say, "Indeed, my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds. No partner has He. And this I have been commanded and I am the first [among you] of the Muslims." [Quran 6:162, 163]

IBADAH

IN ISLAM

Every act is considered an act of worship if performed in accordance with the ways prescribed by Allah.

PRIMARY PURPOSE
OF EATING IS TO
SERVE ALLAH IN ALL
ASPECTS OF LIFE.

OTHERWISE SUFFER FROM
PHYSICAL /EMOTIONAL
WEAKNESS

ISLAM & HEALTH



يَأَيُّهَا الَّذِينَ آمَنُوا كُلُّوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَأْشْكُرُوا اللَّهَ إِن كُنْتُمْ إِيمَانًا

١٧٢ تَعْبُدُونَ

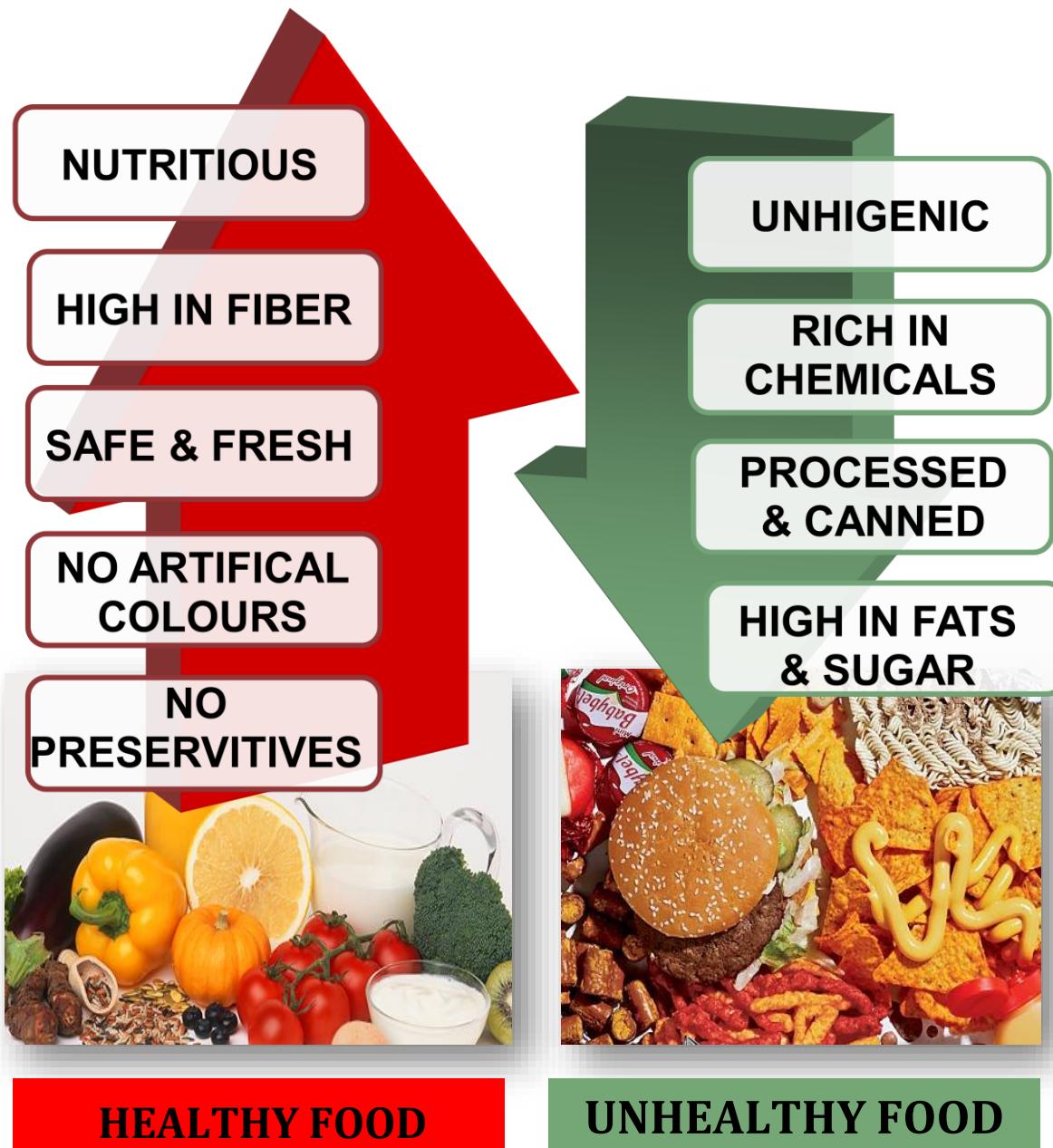
O you, who have believed, eat from the good things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship. (Al.Baqarah:172)

يَأَيُّهَا النَّاسُ كُلُّوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا أُخْطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ

١٧٣ عَدُوٌّ مُّبِينٌ

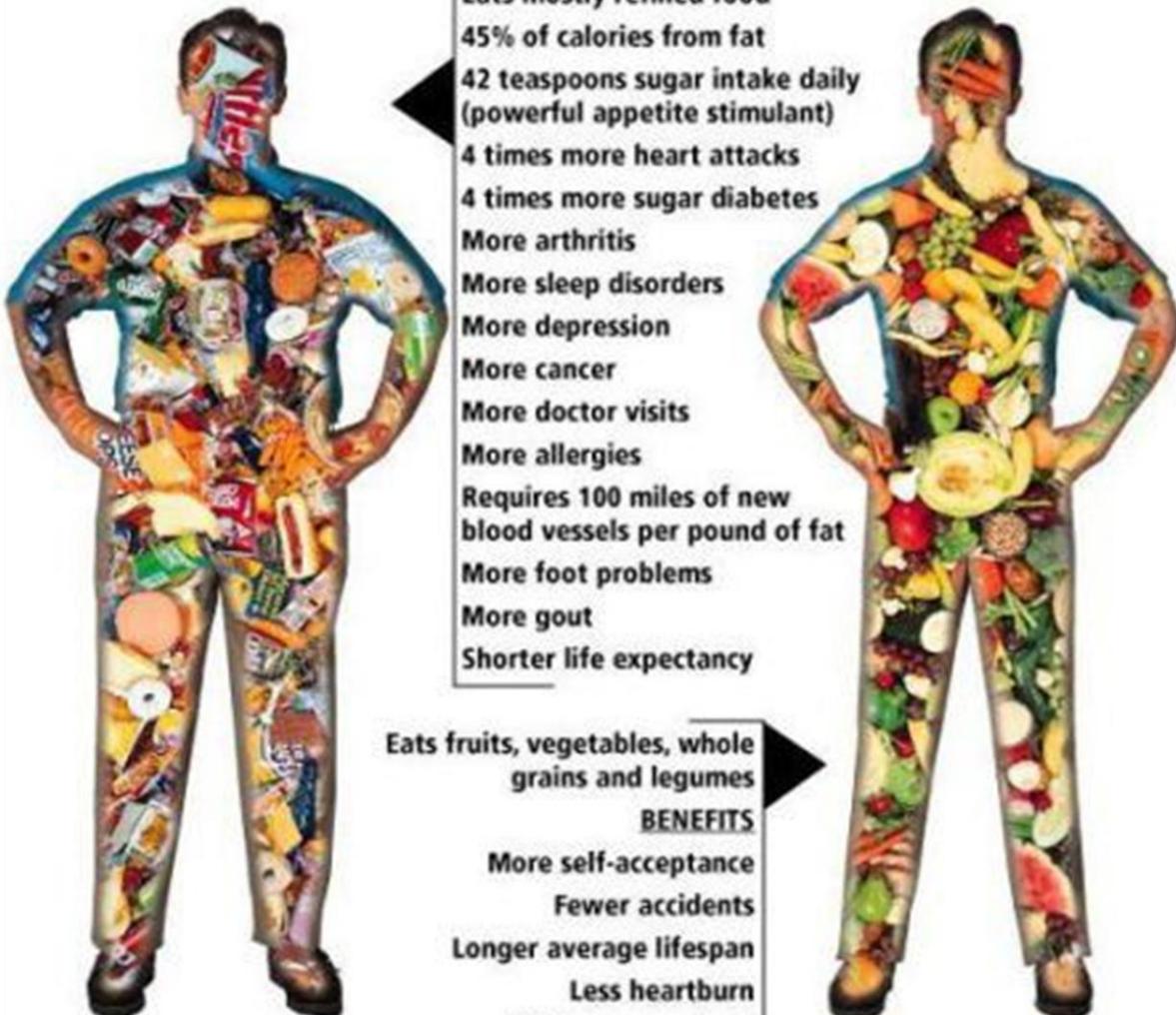
O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy. (Al.Baqarah:172)

HEALTHY VS UNHEALTHY



HEALTHY VS UNHEALTHY

The Difference Between These Two People Is What They Eat



You Can Eat Your Way To a Healthier Life

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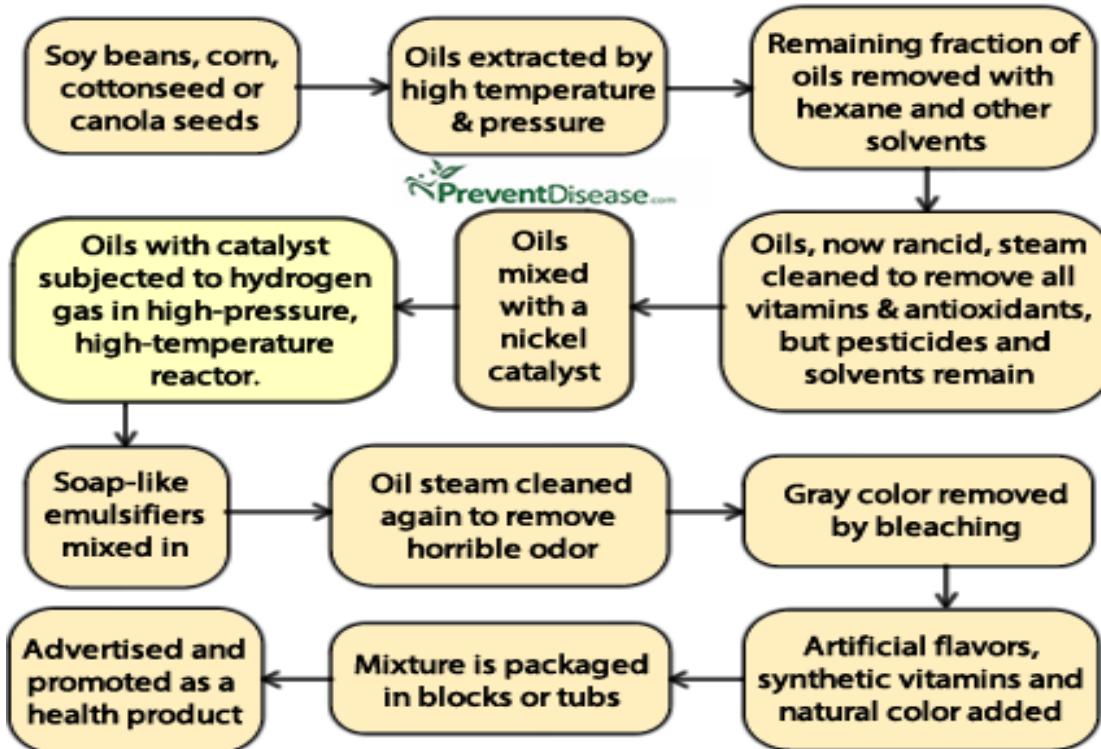
UNHEALTHY FOOD

WHITE FLOUR ITEMS



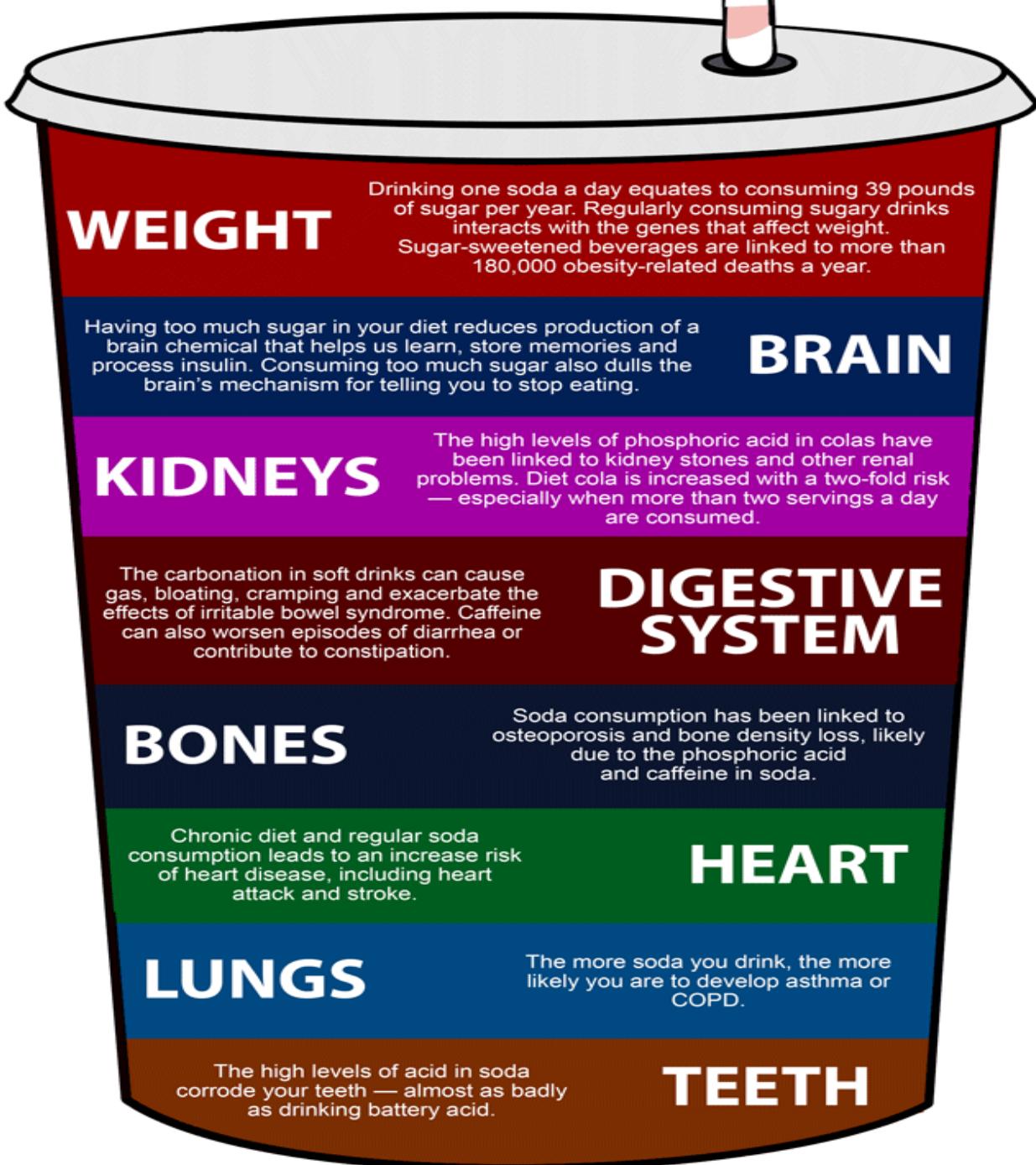
MARGARINE

Do People That Eat Margarine Really Know How It's Manufactured?



PROCESSED FOODS FRIZZY DRINKS

HOW SODA IMPACTS YOUR BODY



HEALTHY FOOD

Veggies and fruits

- Gourd
- Spinach
- Peas
- Olives
- Dates
- Grapes
- Pomegranate
- Apples
- Berries



Nuts and Beans

- Almonds
- Peanuts
- Cashew
- Roasted chana
- Red beans
- Raisins



Milk

- Plain milk
- Milk with honey
- Milk shakes
- Haldi doodh



Whole Wheat Grain

- **Home made porridge (wheat or barley).**
- **Chappati or paratha.**
- **Bran bread.**
- **Meethi tikyan.**



“Stomach is the home of disease. Diet is the main medicine”. (Sahih Muslim)

SUNNAH FOODS

1. **BARLEY (jau)**: Good in fever, while use in a soup form.
2. **DATES**: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) said that a house without dates has no food. It should also be eaten at the time of childbirth.
3. **FIGS**: It is a fruit from paradise and a cure for piles.
4. **GRAPES**: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) was very fond of grapes. It purifies the blood, provides vigor and health, strengthens the kidneys and clears the bowels.
5. **HONEY**: Considered the best remedy for diarrhea when mixed in hot water. It is the food of foods, drink of drinks and drug of drugs. It is used for creating appetite, strengthening the stomach, eliminating phlegm; as a meat preservative, hair conditioner, eye soother and mouthwash. It is extremely beneficial in the morning in warm water.
6. **MELON**: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) said: 'None of your women who are pregnant and eat of water melon will fail to produce off spring that is good in countenance.'
7. **MILK**: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) said that milk wipes away heat from the heart just as the finger wipes away sweat from the brow. It strengthens the back, improved the brain, renews vision and drives away forgetfulness.
8. **MUSHROOM**: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) said that mushroom is a good cure for the eyes; it also serves as a form of birth control and arrests paralysis.

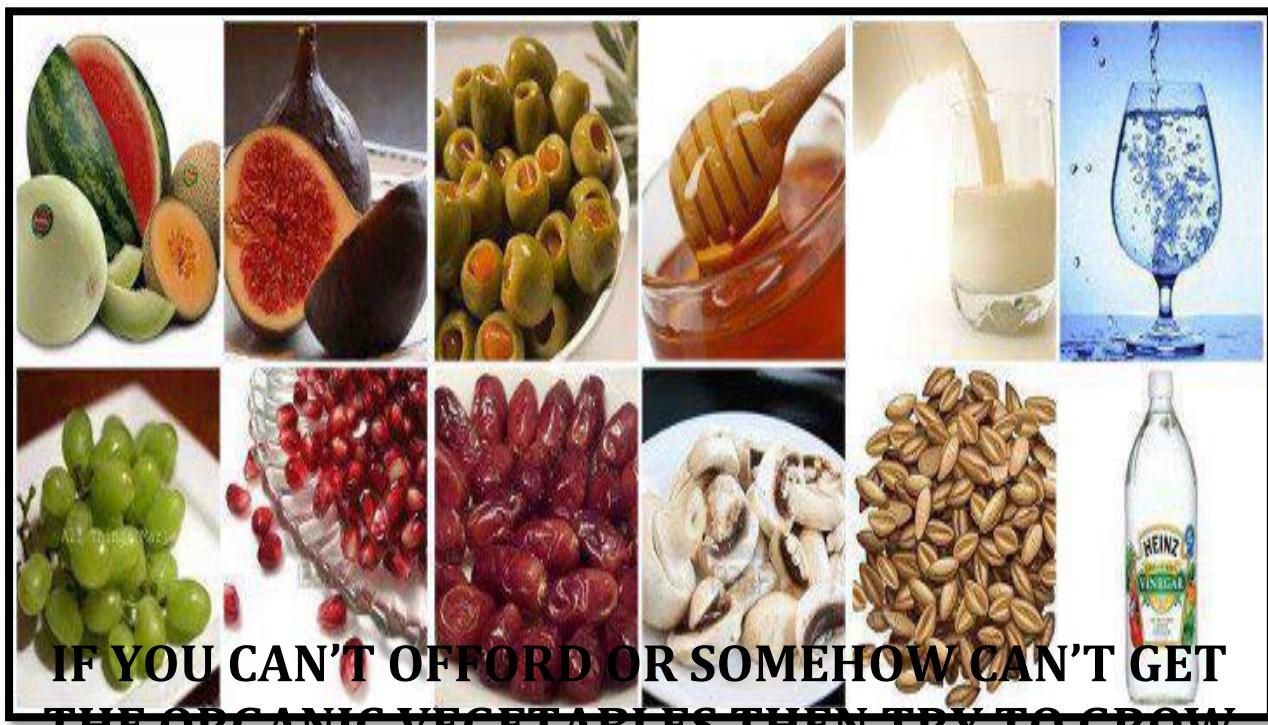
9. OLIVE **KITCHEN GARDEN** OIL:

Excellent treatment for skin and hair, delays old age, and treats inflammation of the stomach.

10. POMEGRANTE: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) said it cleanses you of Satan and evil aspirations for 40 days.

11. VINEGAR: Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) used to eat it with olive oil.

12. WATER: The Prophet (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) said the best drink in this world is water, when you are thirsty drink it by sips and not gulps, gulping produces sickness of the liver.



**IF YOU CAN'T OFFORD OR SOMEHOW CAN'T GET
THE ORGANIC VEGETABLES THEN TRY TO GROW
YOUR OWN IN YOUR KITCHEN!**

A SQUAREFOOT KITCHEN GARDEN



- ✓ Use untreated lumber (either 2 by4's, or 2 by 6's will work fine) cut into 4' 3" lengths.
- ✓ Nail the ends together to create a square with an inner area of four feet.
- ✓ Divide the square into 16 equal squares, using strips of wood or strings as dividers.