



EXPLORING QURAN & SUNNAH

HEALTHY FOOD



EATING & WORSHIPING

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ ۝١٦٢
لَا شَرِيكَ لَهُ، وَبِذَلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ ۝١٦٣

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



يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ

تَعْبُدُونَ ﴿١٧٢﴾

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)

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ

عَدُوٌّ مُّبِينٌ ﴿١٦٨﴾

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

NUTRITIOUS

HIGH IN FIBER

SAFE & FRESH

**NO ARTIFICIAL
COLOURS**

**NO
PRESERVITIVES**



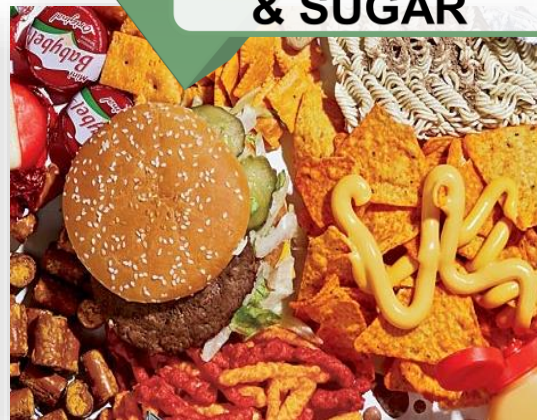
HEALTHY FOOD

UNHIGENIC

**RICH IN
CHEMICALS**

**PROCESSED
& CANNED**

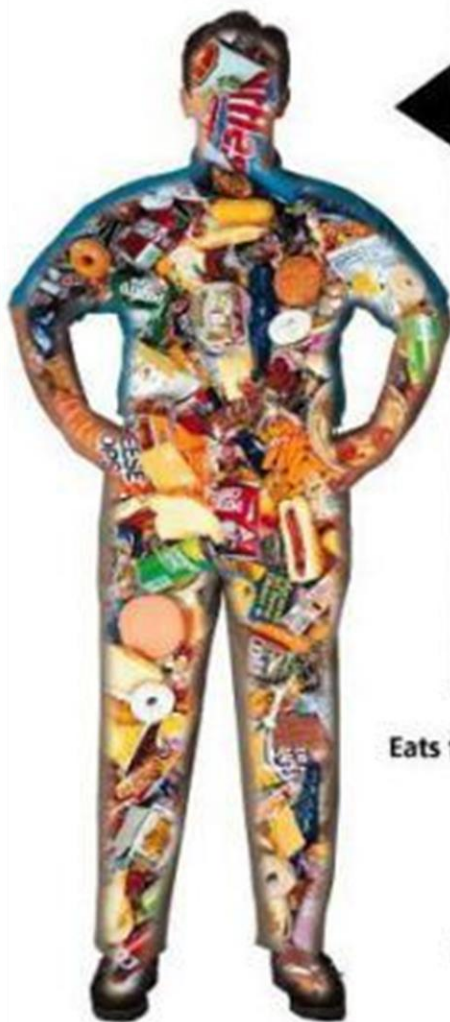
**HIGH IN FATS
& SUGAR**



UNHEALTHY FOOD

HEALTHY VS UNHEALTHY

The Difference Between These Two People Is What They Eat



Eats mostly refined food
45% of calories from fat
42 teaspoons sugar intake daily
(powerful appetite stimulant)
4 times more heart attacks
4 times more sugar diabetes
More arthritis
More sleep disorders
More depression
More cancer
More doctor visits
More allergies
Requires 100 miles of new
blood vessels per pound of fat
More foot problems
More gout
Shorter life expectancy



Eats fruits, vegetables, whole
grains and legumes

BENEFITS

More self-acceptance
Fewer accidents
Longer average lifespan
Less heartburn
Higher energy level
Increased virility in men

You Can Eat Your Way To a Healthier Life

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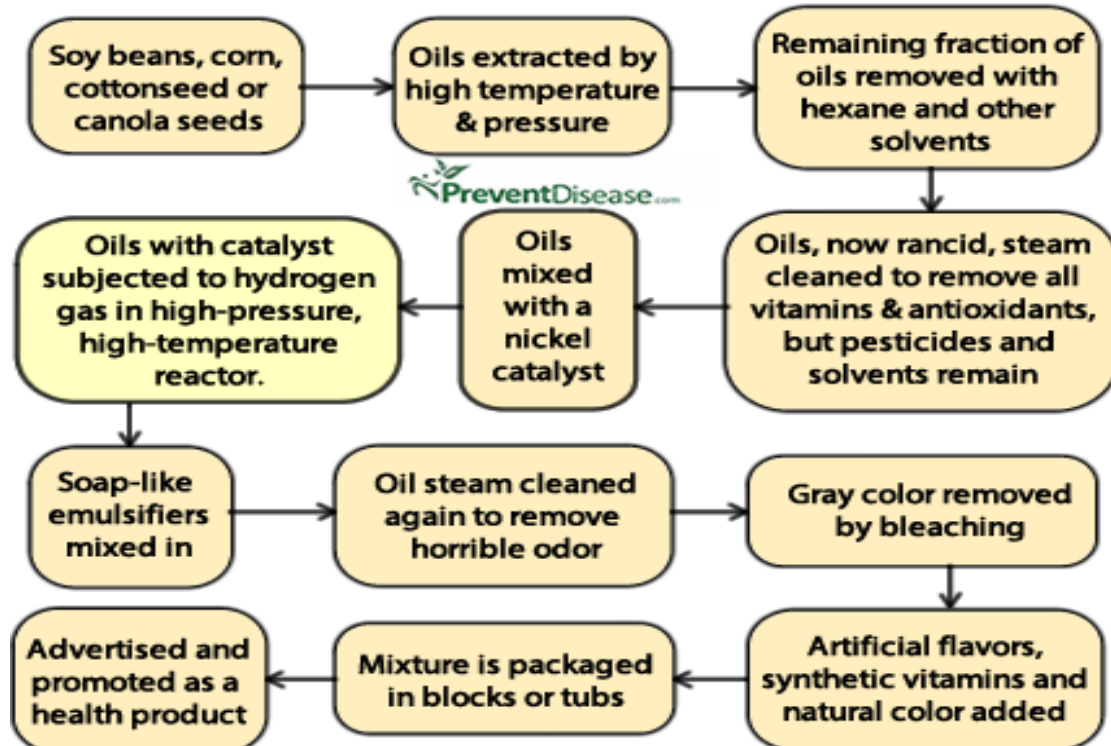
UNHEALTHY FOOD

WHITE FLOUR ITEMS



MARGARINE

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



PROCESSED FOODS FRIZZY DRINKS

How SODA IMPACTS YOUR BODY



WEIGHT

Drinking one soda a day equates to consuming 39 pounds of sugar per year. Regularly consuming sugary drinks interacts with the genes that affect weight. Sugar-sweetened beverages are linked to more than 180,000 obesity-related deaths a year.

Having too much sugar in your diet reduces production of a brain chemical that helps us learn, store memories and process insulin. Consuming too much sugar also dulls the brain's mechanism for telling you to stop eating.

BRAIN

KIDNEYS

The high levels of phosphoric acid in colas have been linked to kidney stones and other renal problems. Diet cola is increased with a two-fold risk — especially when more than two servings a day are consumed.

The carbonation in soft drinks can cause gas, bloating, cramping and exacerbate the effects of irritable bowel syndrome. Caffeine can also worsen episodes of diarrhea or contribute to constipation.

DIGESTIVE SYSTEM

BONES

Soda consumption has been linked to osteoporosis and bone density loss, likely due to the phosphoric acid and caffeine in soda.

Chronic diet and regular soda consumption leads to an increase risk of heart disease, including heart attack and stroke.

HEART

LUNGS

The more soda you drink, the more likely you are to develop asthma or COPD.

The high levels of acid in soda corrode your teeth — almost as badly as drinking battery acid.

TEETH

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 (ﷺ) 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 (ﷺ) 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 (ﷺ) 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 (ﷺ) 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 (ﷺ) said that mushroom is a good cure for the eyes; it also serves as a form of birth control and arrests paralysis.

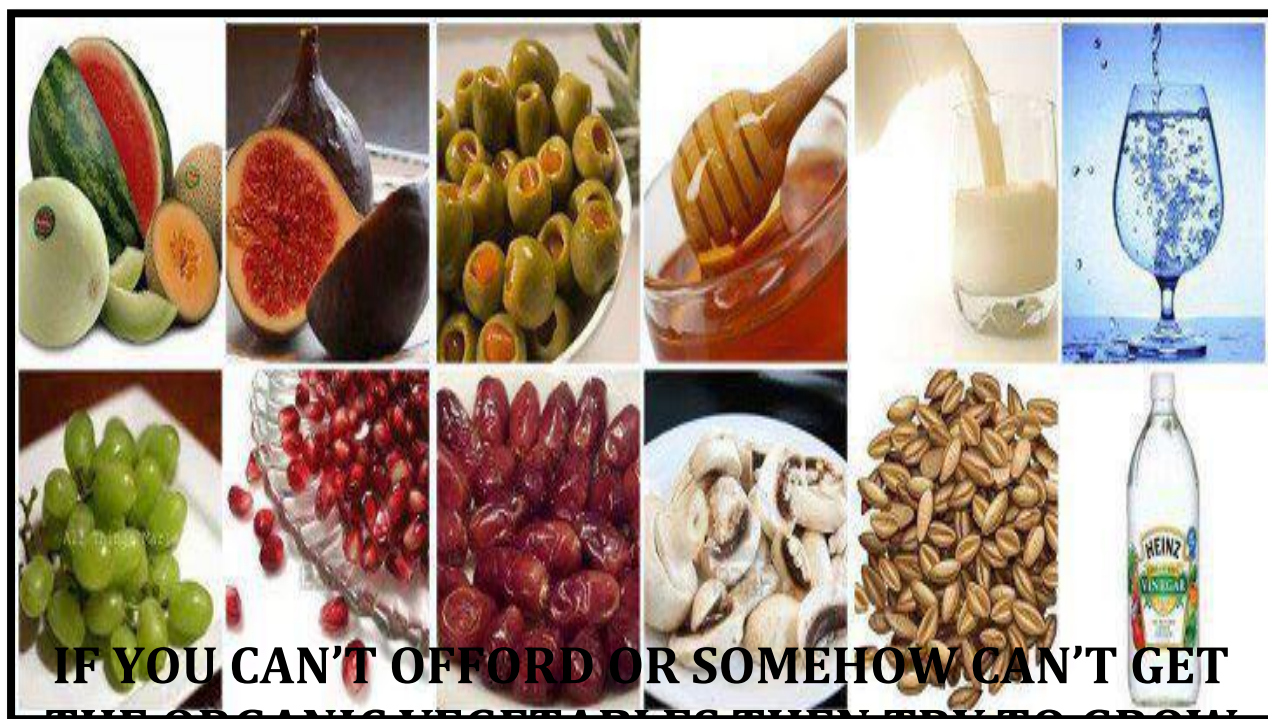
9. OLIVE **KITCHEN GARDEN** OIL:

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

10. POMEGRANTE: The Prophet (صلى الله عليه وآله وسلم) said it cleanses you of Satan and evil aspirations for 40 days.

11. VINEGAR: Prophet (صلى الله عليه وآله وسلم) used to eat it with olive oil.

12. WATER: The Prophet (صلى الله عليه وآله وسلم) 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 AFFORD 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 by 4'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.