

DEVELOPMENT A GUIDE FOR THE HALAL DIET

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INTRODUCTION

„Eat and drink but do not overdo it, He does not like those who overdo it“.

holly QURAN

We have halal food but DO WE EAT HALAL?

THE ANSWER IS MOST OFTEN NO

INTRODUCTION

- Today there are numerous diseases that arise as a result of an unhealthy lifestyle and diet. Halal food is imposed as an imperative among Muslims, but the halal way of eating is often forgotten and neglected.
- The aim of the paper is to point out the needs and possibilities for establishing standards and guidelines for halal proper diet.

Task and work methods

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- On the basis of existing modern knowledge about proper nutrition, and the general principles of Islam and the halal lifestyle, collect existing knowledge and propose procedures for the development and establishment of guides for halal proper nutrition.

NEEDS AND POSSIBILITIES FOR ESTABLISHING GUIDELINES

- The most common diseases of modern times are obesity, hypertension, diabetes, dyslipidemia, and ultimately result in heart attack and stroke. People can use halal food on a daily basis, but if the diet is not aligned with modern principles, diseases can arise as a result, which often end tragically. For most of these diseases, modern medicine and dietetics use numerous guidelines for proper nutrition. The interest of Muslim believers, all over the world, exists for quality education in this area. The best basis for education is the existence of halal diet guides and standards.

NEEDS AND POSSIBILITIES FOR ESTABLISHING GUIDELINES

On the other hand, halal food producers are interested in informing consumers about the nutritional value of their products. The basis for halal diet is the Qur'anic verse: „Eat and drink but do not overdo it, He does not like those who overdo it“.

And other numerous sources of Islam talk about moderation in consumption, locally produced and seasonal food (sustainability). The task of all institutions dealing with halal certification is to inform consumers about the importance of halal nutrition.

NEEDS AND POSSIBILITIES FOR ESTABLISHING GUIDELINES

A Halal guide to proper nutrition would "illuminate" how to practically realize daily moderate consumption of diverse and nutritionally valuable food.

It would especially emphasize medicinal ingredients for health, with an indication of harmful ones, and methods of healthy food preparation and serving.

NEEDS AND POSSIBILITIES FOR ESTABLISHING GUIDELINES

- Today, we are able to find numerous scientifically based research results compliant to the halal diet guides, which are in accordance with the sources of Islam.

NEEDS AND POSSIBILITIES FOR ESTABLISHING GUIDELINES

The guide would also include a halal food pyramid



Izbjegavanje
STRESA

FIZIČKA
AKTIVNOST

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- The guide offers a special advantage to food producers, catering and hotel facilities.



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HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

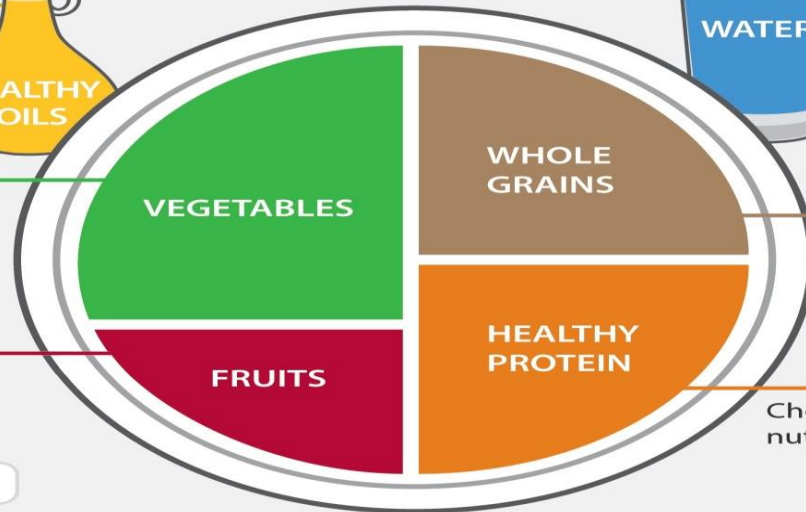


The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
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Conclusion

It is necessary to establish a halal guide to proper nutrition as soon as possible, which would be accepted by halal food consumers. The most important purpose would be the education of halal consumers and producers of halal food products about halal nutrition.