

**NUTRITIONAL HABITS OF RESPONDENTS
WHO CONSUME ONLY HALAL FOOD AGED
30–60 IN THE TUZLA CANTON**

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The relationship between health and nutrition

- Balanced, varied nutrition is essential for overall health, preventing both deficiencies and chronic diseases
- Poor diet, obesity, smoking and alcohol are leading preventable causes of heart disease, stroke, diabetes and certain cancers
- Obesity results from multiple factors (diet, genetics, inactivity, stress) and increases metabolic and mental health risks
- Healthy daily choices—balanced diet, activity, no smoking or alcohol—are key to long-term well-being and disease prevention
- Obesity is a leading global health problem, increasing the risk for many diseases
- Obesity and chronic diseases are caused by a mix of factors: poor diet, inactivity, genetics, stress, low socioeconomic status, and environmental influences

Key nutrients in halal nutrition and their role

- Halal nutrition promotes pure, high-quality food, moderation and balance — aligned with health science
- Essential nutrients (carbs, fats, proteins, vitamins, minerals, water) are key for body functions and must be obtained through food
- Islam provides a comprehensive guide to life, emphasizing health through quality food, moderation and nutritional density, as taught by the Qur'an and Sunnah
- Foods from the Sunnah show anti-inflammatory effects, helping prevent chronic diseases and supporting hormonal, brain, gut and genetic health
- The Prophet Muhammad's (peace be upon him) dietary practices align with modern science, particularly in reducing inflammation, which is key to preventing chronic diseases
- Nutrient-dense foods support the body's internal regeneration, gut health, and immune system, contributing to overall well-being

Research results - Respondents' Attitudes Toward Halal Nutrition

- Religious motivation is the main driver of halal nutrition, with 83.5% citing faith as the key reason—far more than health (18.8%)
- While most support broader halal principles beyond formal certification (66.5%), few apply them nutritionally
- Low engagement with nutritional labels indicates a gap in practical knowledge
- There is a clear need for education connecting halal principles with modern nutrition

Question	Response Option	% of Responses
Is it sufficient for halal nutrition that only the food being prepared is halal?	1) Yes	66.5 %
	2) Not sure	30.1 %
	3) No	3.4 %
How often do you check nutritional information on halal products?	1. Never	14.2 %
	2. Occasionally	59.1 %
	3. Regularly	26.7 %
I consume various types of halal food while ensuring nutritional balance.	1) I do not pay attention	9.1 %
	2) Sometimes	63.1 %
	3) Always	13.1 %
When consuming halal food, I make sure not to overeat.	1) I do not pay attention	23.9 %
	2) Sometimes	59.7 %
	3) Always	31.3 %
Practicing halal nutrition can improve health related to diet-associated diseases.	1) Not sure	14.2 %
	2) Strongly agree	79.5 %
	3) Strongly disagree	6.3 %
Is health the most common reason for choosing halal food?	1) Not sure	22.7 %
	2) Strongly agree	18.8 %
	3) Strongly disagree	58.5 %
Is religion the most common reason for choosing halal food?	1) Not sure	4.5 %
	2) Strongly agree	83.5 %
	3) Strongly disagree	11.9 %

Research results - Nutritional Habits of Respondents

- Low intake of fruits, vegetables and whole foods; high intake of processed, sugary and fatty foods
- Only 39.7% consume whole grains regularly; 61.9% consume white flour daily
- Legumes, fish, berries and green tea rarely consumed—key nutrient gaps present
- Halal principles can guide healthier eating habits through natural, balanced nutrition.

Nutritional Habits	Occasionally	Daily / More than 3 times per week
Consumption of white flour products	61.90%	13.10%
Frequency of consuming sweets, cakes, pastries, chocolate, candy, puff pastries	53.41%	39%
Frequency of consuming fried food	64.77%	9.10%
Consumption of diet beverages, carbonated and non-carbonated	46.02%	5.50%
Frequency of consuming food containing margarine, vegetable fat, beef tallow	32.95%	3.97%
Consumption of processed meats and salty snacks	81.81%	7.95%
Frequency of consuming whole milk and full-fat dairy products (butter, fatty cheese)	63.10%	27.80%
Frequency of consuming sunflower, sesame, pumpkin seeds, soy, nuts	68.75%	23.90%
Consumption of fruits and vegetables	37.50%	61.40%
Frequency of consuming healthy dairy products such as whey, kefir, fresh cheese	61.40%	22.30%
Frequency of drinking 100% natural juices	79%	21%
Consumption of whole grain products	49.40%	39.70%
Consumption of berries	75%	13.10%
Consumption of leafy and cruciferous vegetables	76.70%	14.20%
Consumption of legumes	86.93%	6.25%
Frequency of fish consumption (not fried)	51.70%	0
Frequency of drinking unsweetened green tea	55.26%	6.25%

Conclusion

- Halal nutrition promotes natural, whole foods — but this principle is underapplied
- Gap between religious identity and actual dietary habits
- Nutritionally imbalanced diets despite halal certification
- Need for education based on science and faith
- Holistic halal nutrition can support public health



Thank you for your attention