



Healthy Eating

Sehat-e-Jismani Department



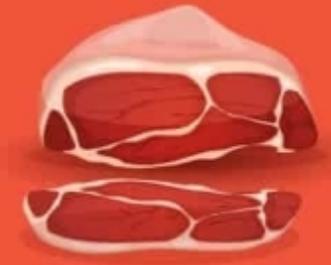
Majlis Atfalul
Ahmadiyya USA

Holy Qur'an (05:04)

- “Forbidden to you is *the flesh of an animal* which dies of itself, and blood and the flesh of swine; and that on which is invoked the name of one other than Allah; and that which has been strangled; and that beaten to death; and that killed by a fall; and that which has been gored to death; and that of which a wild animal has eaten, except that which you have properly slaughtered; and that which has been slaughtered at an altar. *And forbidden is also* that you seek to know your lot by the divining arrows. That is *an act of* disobedience. This day have those who disbelieve despaired of *harming* your religion. So fear them not, but fear Me. This day have I perfected your religion for you and completed My favour upon you and have chosen for you Islam as religion. But whoso is forced by hunger, without being willfully inclined to sin, then, surely, Allah is Most Forgiving, Merciful.”

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PROBLEMS WITH **PORK**



Swine Flu in Humans
According to the CDC, swine flu has not been shown to be transmissible to people through eating properly handled and prepared pork

Increased Cancer Risk from Bacon and Other Processed Pork
According to the World Health Organization, processed meat like ham, bacon and sausage causes cancer

The Pig's Problematic Digestive System
Since the pig's digestive system operates rather basically, many of these toxins remain in its system to be stored in their more than adequate fatty tissues ready for our consumption

Trichinosis Dangers
Pigs carry a variety of parasites in their bodies and meat and one of the biggest concerns with eating pork meat is trichinosis or trichinellosis

Pigs Harbor Common Viruses and Parasites
Pigs are primary carriers of tapeworm, HEV, PRRS, Nipah virus, Menangle virus and more

“Forbidden to you is *the flesh of an animal* which **dies of itself**, and **blood...** and that which has been **strangled**; and that **beaten to death**; and that **killed by a fall**; and that which has been **gored to death**; and that of which a **wild animal has eaten**, except that which you have **properly slaughtered**”



To make sure all bacteria are killed, food must be heated at 120 degrees for 20 minutes in a pressure cooker.



Meat can be poisonous even after heat treatment. This occurs shortly after natural death.



Roadkill or any wild dead animal may have died due to an infectious disease. It can be expected to have large amounts of bacteria and toxins in the gut.



Slow forms of Death or from Shock/Fear (e.g. beaten, strangled, gored etc.) result in Meat that is:

- 1) High Acidity (pH Level)
- 2) Tough
- 3) Tasteless
- 4) Darker Color and Spoils Faster

“...and that on which is invoked the name of one **other than Allah...** and that which has been **slaughtered at an altar**”

1. **Shirk:**

1. See examples of modern day Shirk with Animal Sacrifice

2. **Eid-ul-Adha:**

1. Muslims Sacrifice Goats and are instructed to utilize the full animal:
 1. 1/3 for family
 2. 1/3 for family & Friends
 3. 1/3 to feed the poor
2. Also – Muslims can give Sadqa instead limiting the # of Goats to be slaughtered



Gadhimai Festival in Nepal. Some 500,000 animals are beheaded by Hindus to appease the Goddess Gadhimai to bring them Good Fortune



Offerings to the West African deity *Tongnaab*. Sacrifices are made for fertility, stability, prosperity, and security in life. Others sacrifice to make amends for evil acts and to reverse the negative consequences of sin or curse.



In the Santeria faith, blood sacrifices are made to the “orishas” which are manifestations of God. This act is called *matanza*. Initiates are expected to make a **sacrifice** on a regular basis, and at least once a year. The meat is often eaten by worshippers.

Islam's Emphasis on Moderation

O children of Adam! look to your adornment at every time and place of worship and eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds. (Holy Quran 7:32)

Islam teaches that all Permitted food should be taken in moderation

Nothing should be indulged into excess. Obesity and Overeating are foreign concepts in Islam

Intoxicants and drugs are completely forbidden.

OBESITY

American Heart Association
My Heart. My Life.™

IN INFANTS TO PRESCHOOLERS



1 IN 3 CHILDREN

and adolescents, ages 2-19,

ARE OVERWEIGHT OR OBESE

and nearly **NONE** meet healthy diet and physical activity recommendations.



FRENCH FRIES

are the most common vegetable that children eat, making up

25%

of their vegetable intake.



JUICE

(which may lack important fiber found in whole fruit) makes up

40%

of children's daily fruit intake.

FACT

An estimated **12.5 MILLION CHILDREN**, ages 5 years or younger, spend **33 HOURS PER WEEK** in **CHILD CARE SETTINGS** where they may **CONSUME MOST OF THEIR DAILY CALORIES**.

OBESITY is linked to **MORE CHRONIC CONDITIONS THAN:**

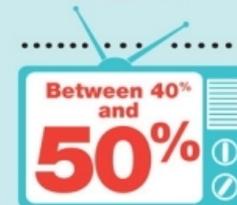


SMOKING

POVERTY

DRINKING

increasing the **RISK** of more than **20 PREVENTABLE CONDITIONS**, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high cholesterol stroke.



Between **40%** and **50%**

OF TODDLERS, ages 12- to 35-months-old, watch **MORE** television than is recommended.

Nearly

1/2

OF PRESCHOOL-AGED CHILDREN DON'T get enough **PHYSICAL ACTIVITY**.

The **COST** of obesity

in the United States is staggering, totaling about

\$147 billion.

Children who **EAT HEALTHY FOODS** and **GET DAILY PHYSICAL ACTIVITY** have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS



RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

OBESITY MAY BE PREVENTED BY



PHYSICAL ACTIVITY

GOOD NUTRITION

LESS SCREEN TIME

MORE SLEEP

DEVELOPMENTALLY, BIRTH TO AGE FIVE, is an important time to **TEACH** children to **PREFER HEALTHY FOODS** and **DEVELOP GROSS MOTOR SKILLS**, setting positive patterns and habits.

heart.org/healthierkids

Do Not Fill the Stomach

The Holy Prophet (saw) never ate his fill:

- Kill not your hearts with excessive eating and drinking.
- There is no vessel worse for a person to fill than his stomach. A few mouthfuls should suffice to keep him on his feet. But if he must eat more, then let him fill one-third of his stomach with food, one-third with drink and leave one-third for easy breathing.

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



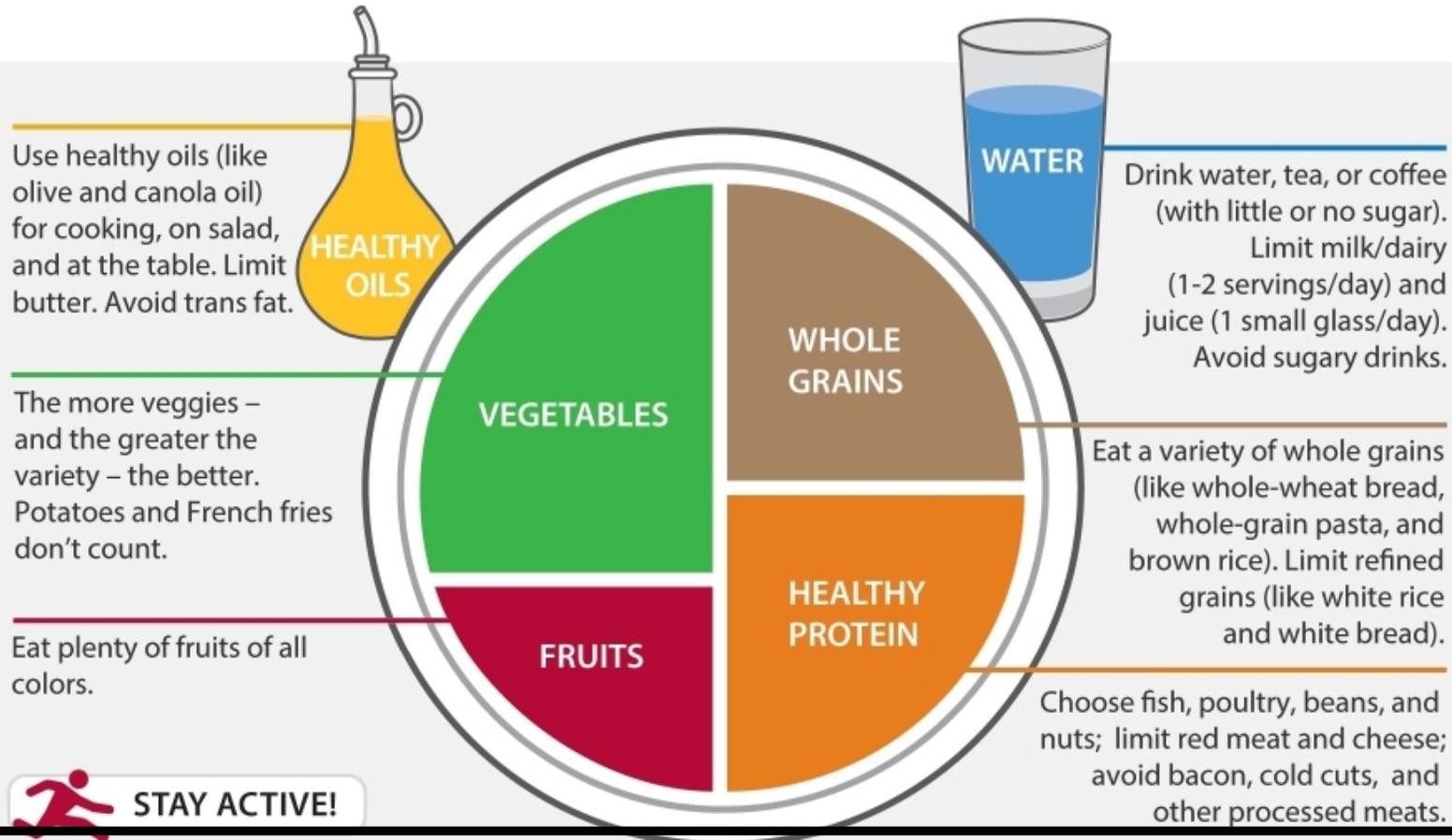
Choose whole grain foods

Kid's Healthy Eating Plate

- Half of our plate should be filled with **vegetables & fruits**
- Half can be **whole grains & healthy protein**
- Avoid sugary drinks
- **Choose fruits & vegetables** as snacks
- Remember to stay active!



HEALTHY EATING PLATE



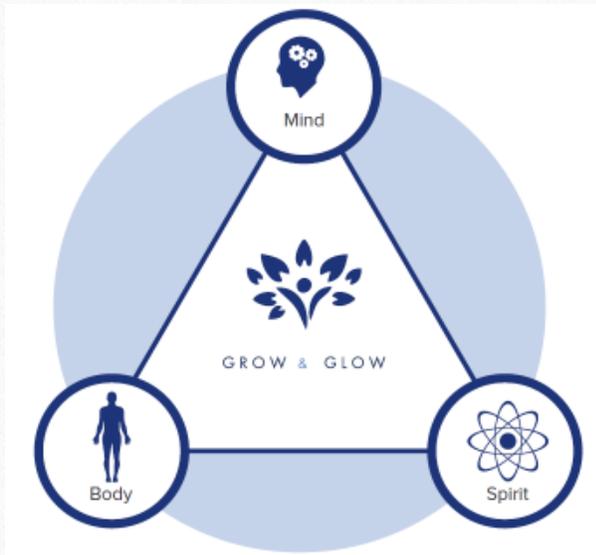
Eating Etiquette

<https://youtu.be/-TC-b 4 qhY?t=641>

10:41 to 12:45

Body Affects Spirit

Islam teaches that the **condition of the body affects the condition of the spirit**. Khalifatul Masih has said (Friday Sermon Sept 30, 2016):



<https://youtu.be/ey68qUFcDUg?t=290>

4:50 to 10:50

References

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- The Holy Qur’an
- “Kid's Healthy Eating Plate.” *The Nutrition Source*, 22 May 2019, www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/.
- “What Can a Muslim Eat?” *Islam Ahmadiyya*, www.alislam.org/question/what-can-muslim-eat/.