

Islamic Lifestyle, Certain Recommendations

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Islam is a perfect religion and has presented comprehensive instructions and guidelines for all aspects of our lives, including for healthy eating, here are some recommendations for you:

- Avoid eating when you are not hungry. Stop eating before you feel fed up.
- Try not to drink water while you are eating.
- Avoid eating too much, since eating and drinking within limits is a must for your physical and spiritual health, as Imam Ali (AS) has pointed out: "Eating less adds to the value of one's soul and also helps one's bodily health." and "When Allah desires good for a servant of His, He makes him/her avoid talking a lot, avoid eating a

lot and avoid sleeping a lot."

- Try to benefit from various sources of nourishment. In Islamic medicine, this piece of advice is found, as we read in the Holy Qur'an (2: 172): "You who believe, eat any wholesome things We have provided you with, and thank God if it is He Whom you worship."
- Washing the hands before eating has also been recommended in Islam, as we read in a Hadith: "Wash your hands and do not wipe them before eating (also wash your hands after the meals and then wipe them).
- Do not look at the others' in the face while eating. Instead, look at the food and remember God's favours in order to get the spiritual benefit, too.



- Say Bismillah (In the Name of Allah) before and Al-Hamdullilah (All-praise is due to Allah) after eating.

- Chew slowly and well for better digestion. Avoid haste while eating. Imam al-Reza (AS) has been quoted as, "The time you spend for having meals will not be regarded as part of your life-span (and so not deducted from your life-span)".

- Try to make mealtimes peaceful and happy ones. Islam disapproves of talking about annoying things, and/or doing such things while eating.

- Also, Islam advises against blowing into food or drinks for getting them cool,

since it may spread diseases and annoy the people around too.

- Likewise, it has been quoted from the Holy Prophet of Islam (pbuh) that too cold or too hot food or drink is harmful and so should be avoided. The significance of this Prophetic narration and the above recommendation should be emphasized particularly nowadays when the coronavirus has afflicted world peoples. And last but not least, do not forget to brush your teeth after each meal.

Now let's read some other recommendations concerning healthy eating. They are useful for all, especially for young people.



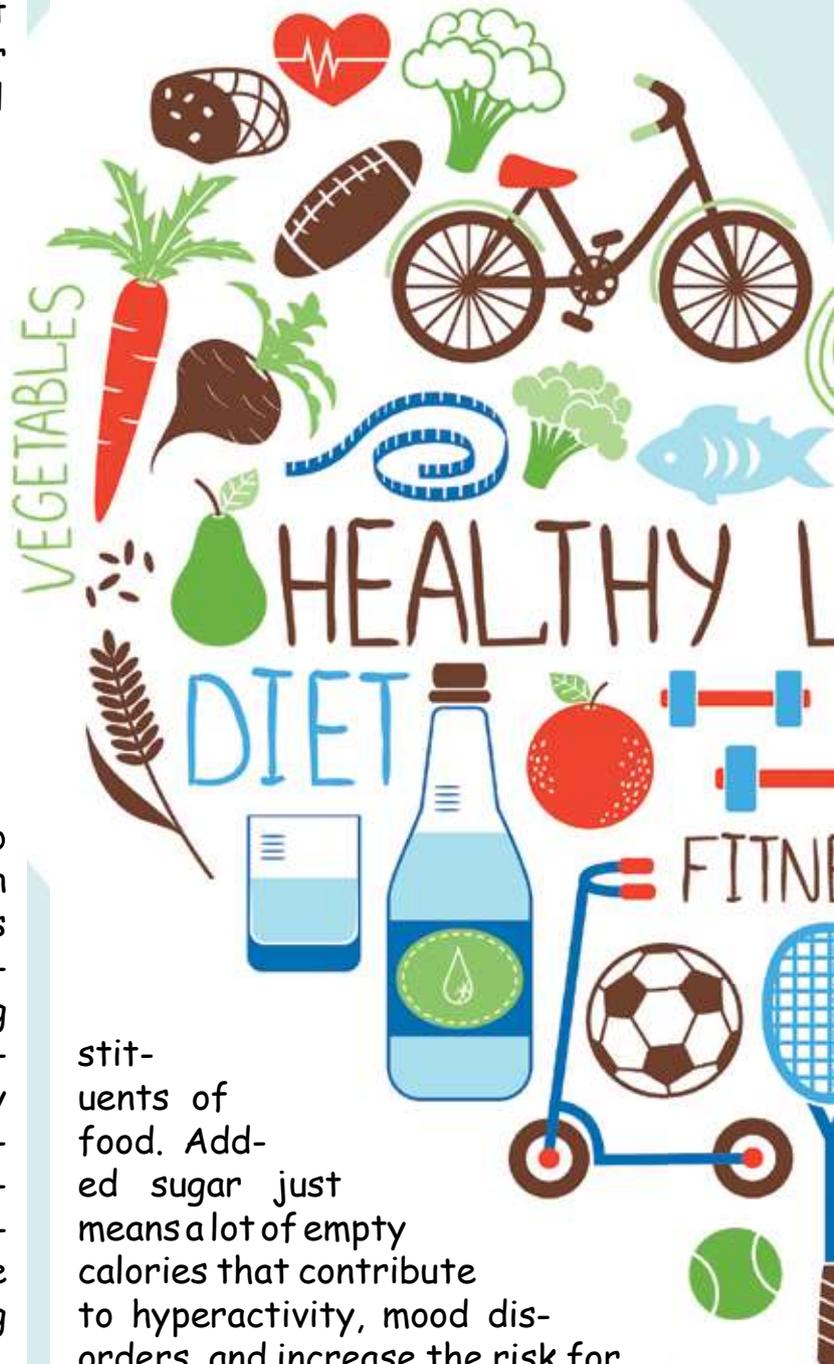
Healthy Eating

To stay healthy and maintain a healthy weight, we need to be physically active and eat the right amount of nutrients to balance the energy we use. A healthy diet can have a profound effect on our sense of mental and emotional wellbeing. Healthy eating is essential for good health, growth, and development. Healthful eating has many benefits for us. It can: stabilize our energy, improve our minds, help us maintain a healthy weight, help prevent mental health conditions such as depression, anxiety, and ADHD. Also, healthy eating can help prevent many chronic diseases, obesity, heart disease, high blood pressure, and type 2 diabetes. Eating well supports your healthy growth and development into adulthood. It's important to remember that nobody is born with a craving for French fries and pizza and an aversion to broccoli and carrots. This conditioning happens over time as we are exposed to more and more unhealthy food choices. However, it is possible to reprogram our food preferences so that to crave healthier foods instead. Here are some tips for shaping positive eating behaviours:

- Limit sugar and refined carbs

in your diet

Your body gets all the sugar it needs from the naturally occurring con-



stituents of food. Added sugar just means a lot of empty calories that contribute to hyperactivity, mood disorders, and increase the risk for obesity, type 2 diabetes, and so on. Avoid sugary drinks. Instead,

try adding a splash of fruit juice to sparkling water or blending whole milk with a banana or berries for a deli-

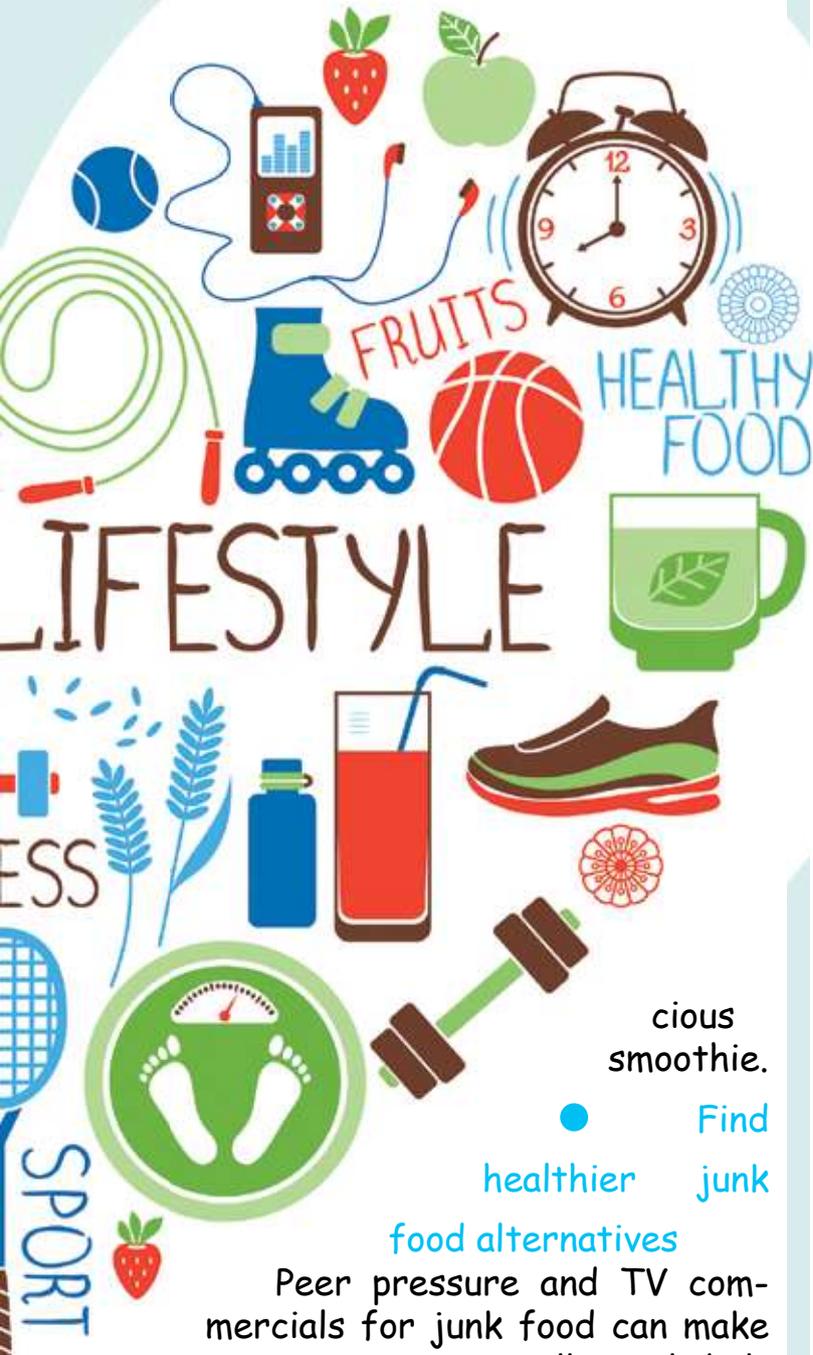
ories and low in nutrients. Still, junk food is tempting for every one of us, so instead of eliminating it entirely, try to cut back on the times you eat fast food and, on the times that you do, make the healthiest choices possible.

● **Start with breakfast:**

Eating a balanced breakfast with protein is a great way for your child to start their day. Protein can help them stay fuller longer. It even can help teenagers lose weight. Try one of these for a healthy, on-the-go breakfast: Egg sandwich on whole-wheat bread, Greek yogurt, Peanut butter on whole-grain toast, hard-boiled eggs, toast, and an apple.

● **Eat a variety of foods:**

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients. Filling half of our plate with colorful vegetables and fruits (and choosing them as snacks), split the other half between whole grains and healthy protein. Enjoy a wide variety of foods from these 5 food groups: 1- fruit, 2- vegetables, legumes, and beans, 3- cereals (including bread, rice, pasta, and noodles), preferably wholegrain, 4- lean meat, fish, poultry and/or alternatives, 5- milk, yoghurt,



cious smoothie.

● Find healthier junk food alternatives

Peer pressure and TV commercials for junk food can make getting you to eat well a real challenge. Fast food is typically high in sugar, unhealthy fat, and cal-

cheeses and/or alternatives. Healthy eating from the 5 food groups (above) is essential for all children.

- Remember that fat is a necessary part of our diet. What matters most is the type of fat we eat. We should regularly choose foods with healthy unsaturated fats (such as fish, nuts, seeds, and healthy oils from plants), limit foods high in saturated fat (especially red meat), and avoid unhealthy trans fats (from partially hydrogenated oils).
- Water should be the drink of choice with every meal and snack, as well as when we are active.
- Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.
- Limit juice - which can have as much sugar - to one small glass per day, and avoid sugary drinks like fruit drinks and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and increase the risk of type 2 diabetes, heart disease, and other problems. It's OK to eat small amounts of discretionary foods now and then as part of a balanced

diet. But you should try to limit these foods in your daily diet since they can lead to becoming overweight or developing diseases in later life. Examples of foods to limit are sweet biscuits, cakes and desserts, processed meats and sausages, ice-cream, confectionery and chocolate, meat pies and other pastries, commercial burgers, pizza, hot chips, and fried foods, crisps and other fatty and/or salty snacks, cream and butter, sugar-sweetened cordials and soft drinks.

In conclusion, healthy eating in childhood means one will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity, and some cancers. It will also mean she/he feel better, look better and enjoy life more.

Healthy eating habits are more likely to stay with you if you learn them as a child.

