

Nutrition in Islamic Perspective

**By:
Taufiq RN**

Ilmu Gizi (Nutrition science):
Ilmu yang mempelajari segala sesuatu tentang makanan dalam hubungannya dengan kesehatan optimal

Zat Gizi (Nutrient):
Ikatan kimia yang diperlukan tubuh untuk melakukan fungsinya, yaitu sebagai energi, membangun dan memelihara jaringan, serta mengatur proses-proses kehidupan (metabolisme)

Health:

Not just absence of disease, but must include basic human needs vis: physical, mental, psychological, and social well-being.

This approach recognizes the individual as whole and relates health to both internal and external environments

Wellness: all persons full development of their potential, within whatever environment they may find themselves

it implies a balance between activities and goals:

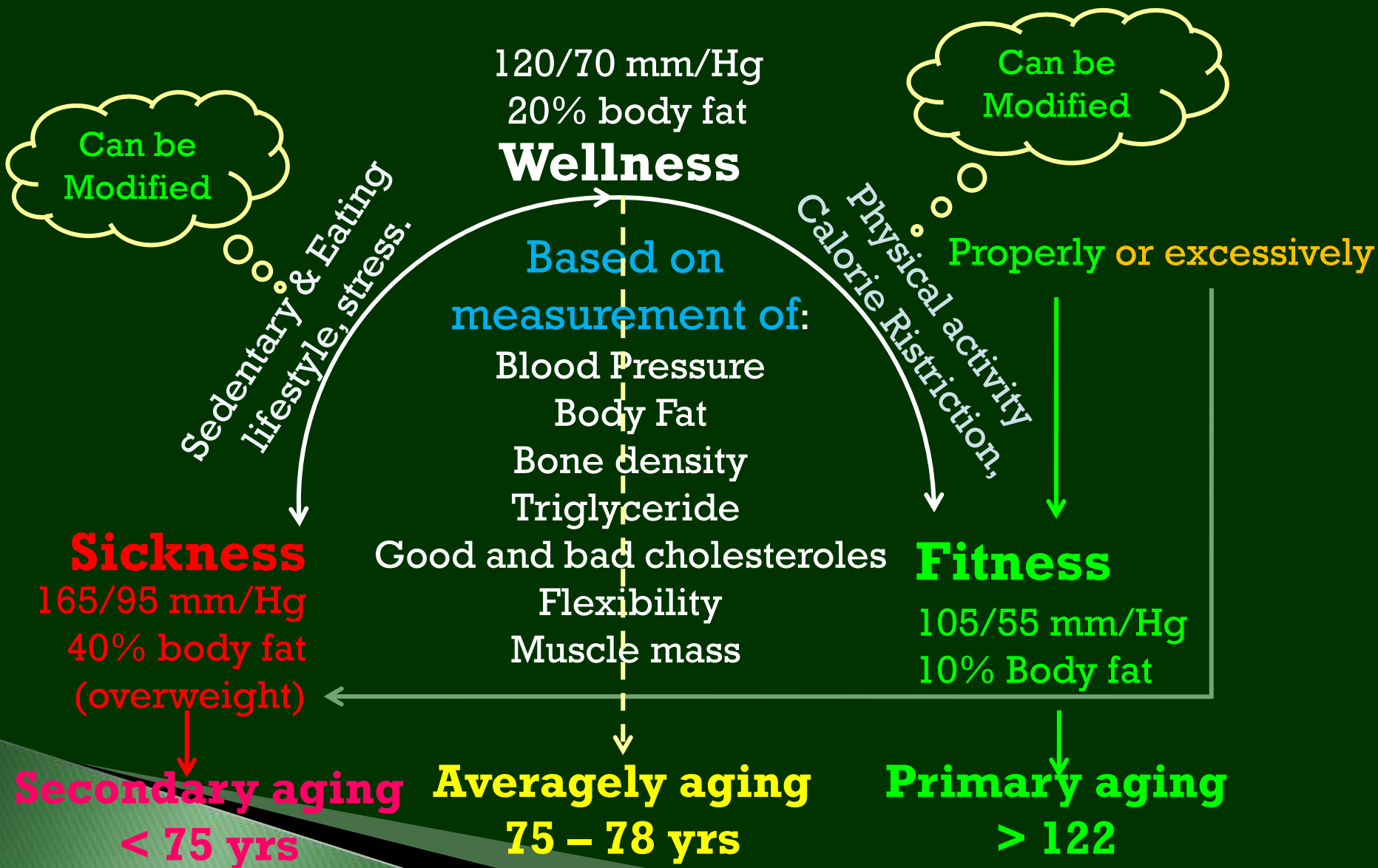
work vs. leisure

lifestyle choice vs. health risk

personal need vs others expectations.

Dynamic state motivating person to seek a higher level of function

The Life Continuum



Nutrients function

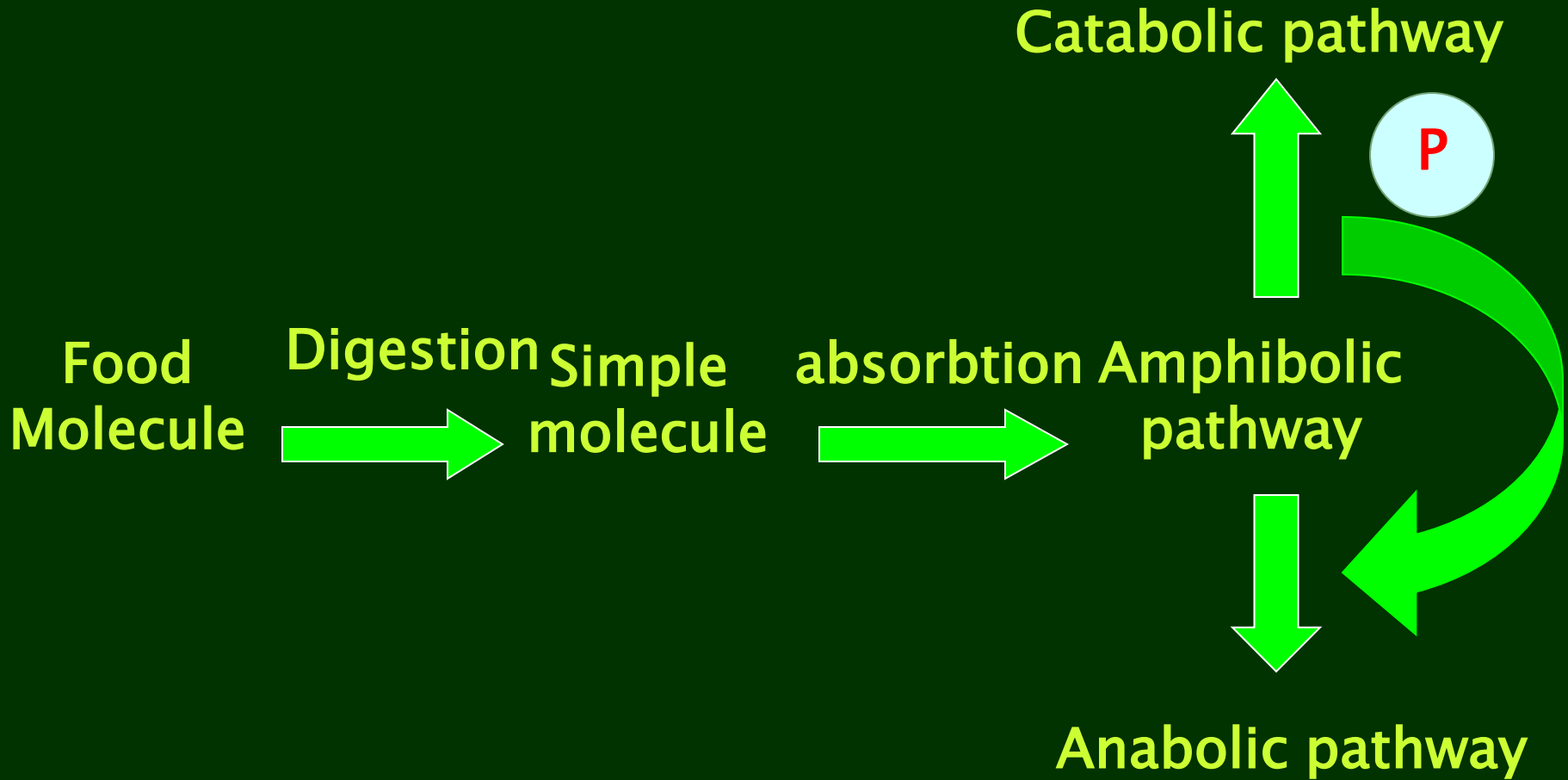
To sustain life:

1. Provide energy source
2. Building tissues
3. Regulate metabolic processes

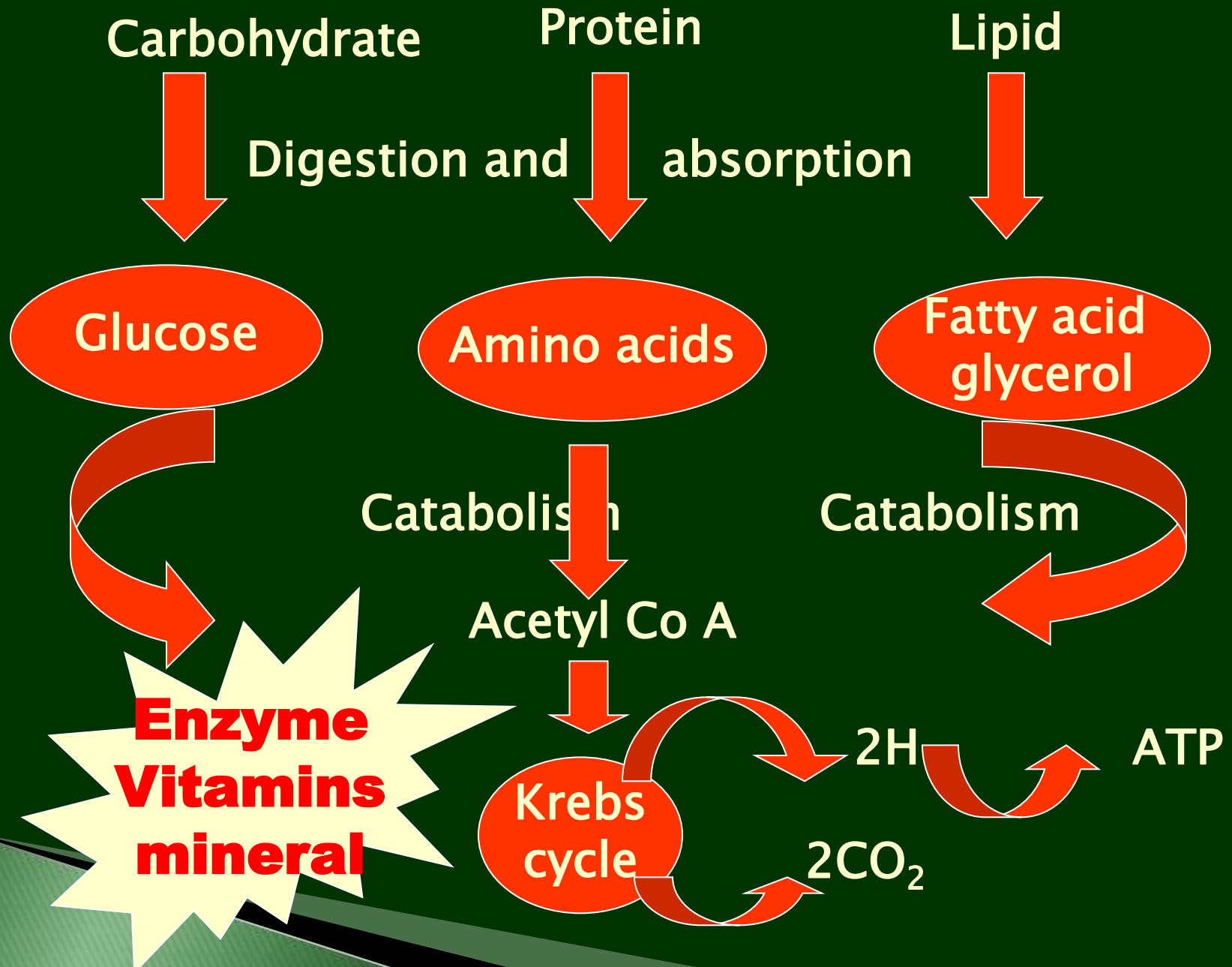
Sign good nutrition (Healthy People):

1. Well developed body,
2. Ideal weight-height,
3. good muscle development and tone,
4. skin is smooth and clear,
5. hair is glossy,
6. eyes are clear and bright.
7. Posture is good
8. facial expression is alert.
9. Appetite,
10. digestion,
11. elimination are normal.
12. Mentally and physically alert
13. have a positive outlook on life.
14. Able to resist infectious diseases





The three major categories of metabolic pathway



Carbohydrate

Protein

Lipid

Digestion and absorption

Glucose

Amino acids

Fatty acid
glycerol

Catabolism

Catabolism

Enzyme
Vitamins
mineral

Acetyl Co A

Krebs
cycle

2H

ATP

2CO₂

Nutrition: concern the food people eat and how their bodies use it

- ▶ A highly important factor of health promotion is proper nutrition. Choosing wholesome food and avoiding what is unwholesome are essential to health.
- ▶ Islam considers health to be one of the greatest blessings to have been given to human beings by God. → it is considered the greatest blessing after faith itself.

- ▶ The Prophet said: "There are two blessings which many people do not appreciate: health and leisure".
- ▶ He also said: "No blessing other than faith is better than well-being".
- ▶ As an aspect of grace, man should express gratitude to God for it, and it should be properly looked after.

- ▶ God says in the Quran:
 - Eat of the good things which We have provided for you. (2:173)
 - Eat of what is lawful and wholesome on the earth. (2:168),
 - Describing the Prophet God says: He prohibits them from all that is foul. (7:157)

- ▶ To abstain from eating without a valid reason is contrary to health protection. Hence, Islam does not approve of it. God says in the Quran: Do not forbid yourselves the wholesome things God has made lawful for you. (5:87)
- ▶ Healthy nutrition means having a balanced diet, in order to maintain the balance that God has established in all matters, and to which reference is made in the Quran: "And He enforced the balance. That you exceed not the bounds; but observe the balance strictly,. and fall not short thereof". (55:7–9)

- ▶ **Healthy nutrition means a diet balanced in quantity.**
Eating too much is contrary to Islamic teachings.
In the Quran we read: Eat and drink, but avoid excess. (20:81)
- ▶ According to a hadith, the Prophet (pbuh) said: "No human being fills a container to worse effect than he fills his own stomach. It is sufficient for a human being to have a few bites to keep himself fit (which means that it is sufficient to have only what one needs to maintain strength and well-being). If he must eat (or according to another version "If a human being cannot resist the temptation..."), then let him use one-third for food, one-third for drink and one-third for breathing".

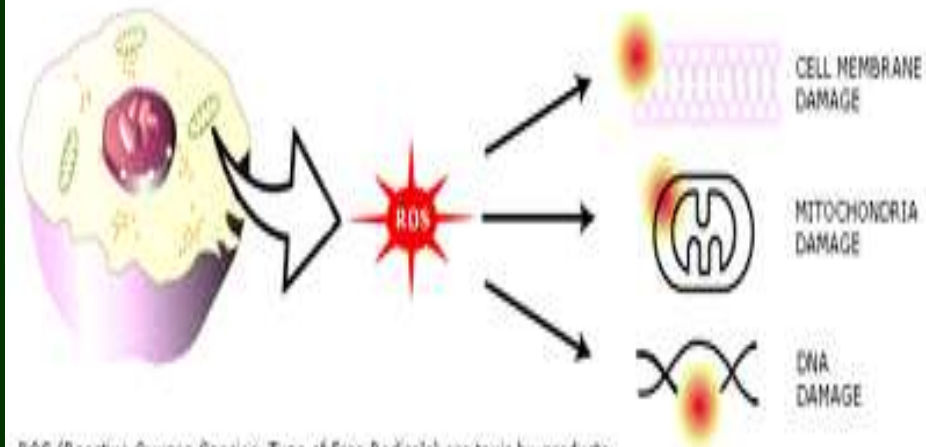
- ▶ Another authentic hadith quotes the Prophet as saying: "The food of one person will be sufficient for two, and the food of two people will be sufficient for four, and the food of four will be sufficient for eight".
- ▶ Healthy nutrition also means a **diet balanced in its contents**. This means that it must have a mixture of the different types of food which God has graciously provided for His creation, so that it satisfies all the body needs in terms of proteins, fat, carbohydrates, salts and vitamins. Most of these are mentioned in the Quran: He created cattle which give you warmth, benefits and food to eat. (16:5) It is He who subdued the seas, from which you eat fresh fish. (16:14)

Consequent

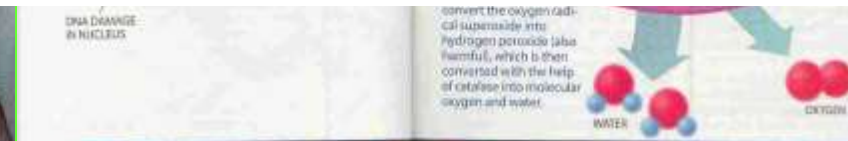
- Metabolisme makanan menghasilkan energi dan radikal bebas yang bersifat merusak



ROS (Type of Free Radicals) Damage



ROS (Reactive Oxygen Species, Type of Free Radicals) are toxic by-products of energy production that can damage the cell membrane, mitochondria and DNA. This is the reason we need a good supply of antioxidants.



Terimakasih

