

## The Importance of a Balanced Diet in Islam

*M. Zubair*

Apart from adhering to other Islamic injunctions regarding nutrition such as moderation, eating etiquette, Halaal, etc. Islam also enjoins the importance of a balanced diet. Analyses of various verses from the Qur'an clearly show that the foods recommended in it, will fulfil one's daily protein, carbohydrate, fat and vitamin requirements.

Quranic verses speak about the importance of among other things meat (6;118) dates (6;141), milk (16;66), olives (95;1), pomegranates (6;141), figs (95;1), seafood (5;99), fish (16;14), etc. Other than Quranic verses, we have the authentic Sunnah of Rasulallah (sallallahu alayhi wasallam) also testifying to the importance of a balanced diet. Many examples can be cited here as well. Suffice it to say that extremes in diet were not the practice of Rasulallah (sallallahu alayhi wasallam) and are not recommended in Islam.

It is amply clear from the above that clinging to vegetarianism or other items as a diet pattern to the exclusion of other important foods should not be the practice of a Muslim at all. This is an unnatural practice of the Hindus and other nations and as such, Muslims have been advised to oppose them in their deviant ways. Abstaining from some of Allah's favours is like turning away from His favours - a serious matter for a Muslim! In fact, Allah Ta'ala warns us in the! Quranic verse:

***"O you who believe! Make not unlawful the good things which Allah has made lawful for you ..."* (5;90)**

***At another juncture, Allah Ta'ala says "Why should you not eat of meats on which Allah's name has been pronounced; when He has explained to you in detail what is forbidden for you..." (6;119)***

Islam itself is a balanced way of life that is pure from all sorts of excesses in any form. This is why a balanced diet fits beautifully into the balanced teaching of Islam. Islam is a natural lifestyle suited to the temperament of mankind at large. It is against the naturalness of Islam that extremes be pursued in physical as well as spiritual matters. Islam always promotes the middle path and this Ummah has been declared in the Holy Quran as being *the nation of the middle path*. As long as Muslims adhere to this general principle of Islam in every matter of their lives, they can look forward to not only good physical health but also an excellent mental, psychological and spiritual state of well being by the will of Allah Ta'ala.

☆ میں نے امام محمد سے بلاہ کر کوئی فصیح نہیں دیکھا (امام محمد بن ادریس شافعی) ☆