

# New Year....New Diet

## 13 Foods the Prophet (S) Ate and the Benefits

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The month of Muharram marks the beginning of a new year within the Islamic calendar. Often at the beginning of a new year people tend to make goals for the upcoming months – with the most popular goal being DIETING.

Transforming our health habits does not need to be weeks of “starvation” and rigorous exercise. This type of sudden change in regimen will only lead to temporary triumph but not long-term successes. When looking to make any type of personal change the best advice is to follow the Sunnah. One of the miracles of the Qur’an and Hadith is that it addresses all major and minor issues of one’s daily life including our diet. Let’s look at *What did the Prophet (s) do?*

### **He Kept It Moderate:**

**Miqdad ibn Ma’dikarib (r) reported that he heard the Messenger of Allah (s) once say:**

“A human being never filled up a container worse than his stomach.....However, if one must eat then let him make one third of his stomach for food; another one third for his drink; and another one third for his breathing.” (*Sunan at-Tirmidhi*)

In this hadith, Rasulullah (s) talks about making wise decisions about food and drink. In fact he was the first to introduce the concept of a “balanced diet.” The Prophet (s) explains that overeating is not healthy. When we eat too much food it upsets our stomach and makes us feel heavy and uncomfortable. Maintaining moderation in our food intake can prevent unnecessary weight gain. According to the Prophet(s) light meals are enough to give our body the energy and strength needed to continue our normal activities.

### **He Kept It Simple:**

It has been reported that Rasulullah’s diet was very simple. Many of the foods he ate are mentioned in the Qur’an and now in numerous medical journals for their vast benefits.

Food	Benefit
<p><b>Barley</b></p> 	<p>Cures a cough, sore throat, and pain from a fever. Rasulallah (s) also recommended barley to cure grief and kidney ailments.</p>
<p><b>Dates</b></p> 	<p>The Prophet (s) said that a house without dates has no food. He also said, <b>“He who eats seven ‘Ajwa dates every morning, will not be affected by poison or magic on the day he eats them.”</b> <i>[Sahih Bukhari]</i></p> <p>It should also be eaten at the time of childbirth.</p>
<p><b>Figs</b></p> 	<p>Is a fruit of paradise and cures piles. It’s also good for the stomach and can help in curing certain cancers.</p>
<p><b>Grapes</b></p> 	<p>The Prophet (s) was very fond of grapes – it purifies one’s blood, provides vigor and health, strengthens the kidney and clears bowels.</p>
<p><b>Honey</b></p> 	<p>Honey has many benefits a few being: it is considered the best remedy for diarrhea when mixed in hot water. It is the food of foods, drink of drinks, and medicine of medicines. It is used for creating appetite, strengthening the stomach, eliminating phlegm. It is also as a meat preservative, hair conditioner, face wash, eye soother and mouth wash and is extremely beneficial in the morning in warm water.</p>
<p><b>Melon</b></p> 	<p>The Prophet (s) said “none of your women who are pregnant and eat of watermelon will fail to produce off spring that is good in countenance and good in character.</p>

<p><b>Milk</b></p> 	<p>The Prophet (s) said that milk wipes away heat from the heart just as the finger wipes away sweat from the brow. It strengthens the back, improves the brain, renews vision and drives away forgetfulness.</p>
<p><b>Mushroom</b></p> 	<p>The Prophet (s) said that the mushroom is a good cure for eyes; it also serves as a form of birth control and arrests paralysis.</p>
<p><b>Olive</b></p> 	<p>Olives are an excellent treatment for skin and hair and delays old age. Green olives are the most nourishing. Olive leaves can be chewed to treat inflammation of the stomach, skin ulcerations, herpes and hives.</p>
<p><b>Pomegranate</b></p> 	<p>The Prophet (s) said pomegranate cleanses you of Satan and evil aspirations for 40 days.</p>
<p><b>Vinegar</b></p> 	<p>The Prophet (s) used to eat vinegar with olive oil (which is now a fashion in elite Italian restaurants)</p>
<p><b>Water</b></p> 	<p>The Prophet (s) said the best drink in this world is water, when you are thirsty drink it by sips not gulps, gulping water produces sickness of the liver.</p>

## Pumpkin

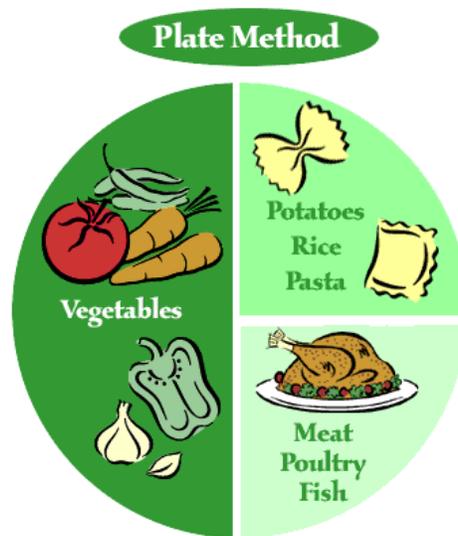


Pumpkin can lower the risk of prostate cancer. It protect against joint inflammation and arthritis. Having a cup of pumpkin seeds per day can prevent appearance of wrinkles. It stimulates the kidneys and prevents the formation of calcium oxalate stones. Having pumpkins can also prevent depression.

**“The Holy Prophet (Peace be upon him) amongst all other foods, liked pumpkin. [Tirmidhi]**

**Other foods included:** meat (in small quantities), bread, and carrots. All of these foods listed above are not only a Sunnah to eat but are proven to be extremely beneficial for human health and different parts of body - Milk and Honey being especially important.

## What Modern Nutritionist Say:



According to nutritionist Mujahed Khan from the Islamic Food and Nutrition Council of America (IFANCA) it is advised to keep our meals simple. Br. Mujahed explains that we should divide our plate into three parts. Half of the plate should be filled with non starchy vegetables, one fourth with lean protein such as fish, chicken or lamb (beef is high in fat), and one fourth with healthy starches such a brown rice or whole grain bread.

He recommends that organic and homemade food is a vital part in helping one lose weight or stay fit, if bought and prepared properly. Fast food and even restaurant foods are high in sodium. Foods high in sodium cause individuals to gain weight quicker and retain weight longer; which can eventually lead to other health issues such as obesity and heart disease.

### **Tips for a Healthy Lifestyle:**

- ✓ Eat small meals
- ✓ Split your plate in 3 parts: mostly greens, some protein, and little starch
- ✓ Split your stomach in 3 even parts of: food, for water, air
- ✓ Avoid fast food; incorporate Sunnah Foods
- ✓ Be active: go to the gym or walk 20 min. a day in your neighborhood
- ✓ Encourage your kids to be healthy: make healthy meals and enforce 30 min. of daily outdoor play.
- ✓ Look up healthy meal recopies and snack ideas for home and work

### **Recommended Books:**

**For Adults:** Life of Perfection-Shamail of Rasulullah

**For Kids:** Wisdom of Our Prophet

### **Content gathered from:**

IQRA' Books: Life of Perfection- Shamail of Rasulullah

<http://www.alquranclasses.com/favourite-foods-of-prophet-muhammad-pbuh/>

[http://www.ummah.com/forum/showthread.php?325828-12-Foods-of-Prophet-Muhammad-\(Peace-Be-upon-Him\)](http://www.ummah.com/forum/showthread.php?325828-12-Foods-of-Prophet-Muhammad-(Peace-Be-upon-Him))