

Honey in halal nutrition

Mariam Abdul Latif

Universiti Malaysia Sabah Jalan UMS, Malaysia

The preservation of future generation and the protection of consumer welfare, as contained in the “Maqasid Shariah”, is a priority in view of the incremental negative behaviours existing in today’s societies at large. The World Health Organization recorded 54% of 56.4 million deaths were due to the top 10 causes in 2015 worldwide. Ischaemic heart disease and stroke are the world’s biggest killers, accounting for a combined 15 million deaths in 2015, which have remained the leading causes of death globally in the last 15 years (WHO, 2017). This qualitative research on halal nutrition focused on halal food consumed by the Prophet Muhammad s.a.w. and his eating practices. Honey is the favorite food of the Prophet Muhammad s.a.w. The Prophet s.a.w. said: ‘Honey is a remedy for every illness and the Qur’an is a remedy for all illness of the mind, therefore I recommend to you both remedies, the Qur’an and honey.’ Vallianou N.G.et al. (2014) reported that honey comprises predominantly of monosaccharides and oligosaccharides. The most abundant sugar in honey is fructose, while sugars in it are sweeter and give more energy than artificial sweeteners. Honey also contains several vitamins, especially

B complex and vitamin C, together with a lot of minerals. Honey contains at least 181 constituents. Many evidences confirmed the antibacterial properties and beneficial effects of medical honey on wound healing and clinically effective in the treatment of hemorrhoids and anal fissure. The biological actions of honey can be ascribed to its polyphenolic contents which, in turn, are usually associated to its antioxidant and anti-inflammatory actions, antitumor, antimetastatic and anticancer effects are mediated via diverse mechanisms, as well as to its cardiovascular, antiproliferative and antimicrobial benefits. The research concluded by recognizing the Halal Nutrition framework is in parallel with the food pyramid whereby it is actually a moderate and a healthy balanced diet, relevant and befitting the halal nutrition but the whole regime has to be without the haram elements which are blood, pork, carrion and liquor to provide proper nutrition guidelines for quality and better consumption of halal food for the future generation. This is in line with the Maqasid Shariah.

e: mariam@ums.edu.my