

## Muslim Sub-Group

### Food, Nutrition, Health and the Muslim Faith

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#### Chapter (16) sūrat l-nahl (The Bees)

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاشْكُرُوا نِعْمَتَ اللَّهِ إِن كُنتُمْ إِيَّاهُ  
تَعْبُدُونَ ﴿١١٤﴾

“So eat of the sustenance which Allah has provided for you, lawful and good; and be grateful for the favours of Allah, if it is He Whom ye serve.”

The Bees, Chapter 16, verse 114

### Who We Are

Throughout the Quran, there are references to God's mercy and mention of traditional healing foods contained therein. There are careful guidelines for permission and impermissible foods for consumption. In the traditional medicine of our Beloved Prophet Muhammad (Peace be upon him), there are remedies and cures often through foods outlined therein.

The Muslim sub-group's goal is to explore the intersection of Islamic theology and health, educate nutrition professionals about the impact of Halal nutrition, health and religion from a local, national and global perspective and strengthen the dietitian's role within the health and wellness structure in places of worship.

We consist of members who are culturally and professionally diverse Academy members who work with Muslim clients or patients professionally, who are of the Muslim faith personally, or who otherwise have an interest in increasing cultural competency skills. The group's activities and projects revolve around the following areas: professional development and networking, community education, and increasing both diversity and cultural competence within the dietetics profession.

Our objective is to inform and empower those to adopt and practice the dietary recommendations of balance and moderation set for in the Quran, Hadith and Tradition (sunnah) of our Beloved Prophet Muhammad. The goal is to get back to the basics of incorporation Halal foods that promote a sound and healthy body, mind and spirit which is essential and will enable worship in the best manner.

### Areas of Focus

The focus of the Muslim sub-group is to reduce health disparities in the Muslim community through the following four objectives:

1. Provide a forum in which members may network with and mentor one another and develop professionally.
2. Promote careers in dietetics within the Muslim community and provide a mentorship program for students and new dietitians.
3. Serve as a resource for and increase nutrition awareness within the Muslim community.
4. Serve as a resource for and disseminate factual information to members of the public, other dietitians and healthcare professionals, organizations, and other entities desiring better understanding of Muslim dietary habits, practices, application and other nutritional issues.

The Muslim sub-group aims to serve Academy members from various practice areas with an interest in cross-cultural awareness and reducing health disparities, specifically as they relate to the Muslim population. We will work with the Academy's mission, vision and principles in implementing educational programs, resources and other venues that may include:

- Educating Academy members on the intersection of the Islamic faith tradition, health and nutrition
- Establishing Relationships
- Encourage respectful research within Muslim communities.
- Working with Interfaith leaders and other religious leaders to show the important relationship between a healthy congregation and long-term success in achieving nutrition, health and wellness goals of the community.

Interested in joining the Religion MIG and being a part of the Muslim sub-group? Visit your MyAcademy profile page on [eatrightpro.org](http://eatrightpro.org). Annual dues are \$10 for Academy members and \$5 for Academy student members.