

THE FIQH OF FOOD

LESSON 1:
QURANIC VERSES
ON DIETARY LAWS





The Spiritual Impact of Food

- Food is medicine and nourishment for our bodies.
- What we consume and how we consume it has a profound impact on the soul of a human being.
- What most of us don't realize is how corporations have mastered the art of marketing whereby they have manipulated the masses into adopting destructive eating habits.





The Spiritual Impact of Food

إِنَّمَا أَخْشَى عَلَيْكُمْ شَهَوَاتِ الْغَيِّ فِي بَطُونِكُمْ وَفُرُوجِكُمْ، وَمُضِلَّاتِ الْهَوَى

“What I fear most for you is the capricious appetites of your stomachs and private parts, and the desires that lead you astray.”- The Prophet (s)

Source: *Musnad* of Abi Barzah al-Aslami, tradition 3,251





The Spiritual Impact of Food

- On the day of Ashura, Imam Hussein delivered a speech to the army of Umar ibn Sa'ad where he said:

وَكُلُّكُمْ عَاصٍ لِّأَمْرِي غَيْرُ مُسْتَمِعٍ قَوْلِي، فَقَدْ مَلَأْتُمْ بُطُونَكُمْ مِنَ الْحَرَامِ وَطُبِعَ عَلَى قُلُوبِكُمْ.
وَيَلَّكُمْ، أَلَا تَنْصِتُونَ؟ أَلَا تَسْمَعُونَ؟

"All of you are disobedient towards my command, unwilling to listen to my words. [This is because] your stomachs are filled with what which is unlawful and [as a consequence] your hearts are sealed..."





The Spiritual Impact of Food

من أكل لقمة حرام، ... لم تستجب له دعوة أربعين صباحاً

“He who eats a morsel of that which is forbidden... his supplications are not answered for 40 days.”- The Prophet (s)

Source: Bihar Al-Anwar, v. 63, p. 313





The Spiritual Impact of Food

فَأَبْعَثُوا أَحَدَكُمْ بِوَرِقِكُمْ هَذِهِ إِلَى الْمَدِينَةِ فَلْيَنْظُرْ أَيُّهَا أَزْكَى طَعَامًا فَلْيَأْتِكُمْ بِرِزْقٍ مِّنْهُ

“...so send one of you with this money of yours into the city, and let him observe which of them has the purest food and bring you some provision there-from...” Quran 18:19





The Spiritual Impact of Food

يَا أَيُّهَا الرُّسُلُ كُلُوا مِنَ الطَّيِّبَاتِ وَاعْمَلُوا صَالِحًا إِنِّي بِمَا تَعْمَلُونَ عَلِيمٌ

“O messengers! Eat of the good things and work righteousness. Truly I know what you do.” Quran 23:51

- Notice how the consumption of “good things” is mentioned alongside the performance of righteous acts.





The Spiritual Impact of Food

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ

“O you who believe! Eat of the good things We have provided...” Quran 2:172

- In several verses God differentiates between “halal”, or the merely permissible and “tayyib”, the pure, lofty and ideal.





The Spiritual Impact of Food

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

“O you who believe! Fasting is ordained for you as it was ordained for those before you so that you might remain conscious of God.” Quran 2:183

- According to a sound narration, none of the previous nations had the obligation of fasting. Rather, the meaning of this verse is that fasting was obligated on the prophets of those nations.





The Spiritual Impact of Food

إن شهر رمضان لم يفرض الله صيامه على أحد من الأمم قبلنا، فقلت له: فقول الله عز وجل: * (يا أيها الذين آمنوا كتب...!)؟! قال: إنما فرض الله صيام شهر رمضان على الأنبياء دون الأمم، ففضل الله به هذه الأمة، وجعل صيامه فرضاً على رسول الله (صلى الله عليه وآله) وعلى أمته

The month of Ramadan is not something God made obligatory on any individual from the previous nations. The above verse was read to the Imam as a response. The Imam replied: "God only made obligatory the fast of the month of Ramadan upon the prophets, not their nations. So, God graced it to this nation and made the fast upon the Messenger of Allah and upon his community."

Source: Al-Faqih, v. 2, p. 99





The Spiritual Impact of Food

- Most people do not comprehend that we live in a completely unjust production, supply and consumption system, of which food is the central element to this.
- ***“Since 1980, when the government issued its first set of dietary guidelines, the number of Americans who are obese or have type-2 diabetes has more than doubled.”***





The Spiritual Impact of Food

- We're taught that healthy food is low in sugar and calories, that we need carbs from grains, calcium from milk and protein from meat,
- In the U.S, and many countries around the world, corporations are given the freedom to contribute money to political campaigns.
- As a result, lobbying efforts by large food and beverage producers and brands keep their interests embedded within public food and health policy.





The Spiritual Impact of Food

- With significant power over legislation, major food and beverage companies have a huge influence on what gets published in the USDA's dietary guidelines.
- According to Prophet Muhammad such a system in which we are consuming that which is ruinous for the body will dull the senses, make people lazy in seeking the truth and lazy in their actions such that obesity would become prevalent.





The Spiritual Impact of Food

إِنَّ بَعْدَكُمْ قَوْمًا يَخُونُونَ وَلَا يُؤْتَمِنُونَ، وَيَشْهَدُونَ، وَلَا يُسْتَشْهَدُونَ وَيَنْذِرُونَ وَلَا يَفُونَ، وَيَظْهَرُ فِيهِمُ السِّمْنُ

“There will be some people after you, who will be dishonest and will not be trustworthy and will give witness (evidences) without being asked to give witness, and will vow but will not fulfill their vows, and obesity will appear among them.” - The Prophet





The Spiritual Impact of Food

- One of the most important - and threatening to the corporate machine - findings, in the China Study was in regions where protein intake was less than 5% from meat and dairy, there was no cancer. This finding was replicated across the world from India to China with the same outcomes.





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عَنْ عَائِشَةَ، قَالَتْ إِنَّ كُنَّا آلَ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَنَمْكُثُ شَهْرًا مَا نَسْتَوْقِدُ بِنَارٍ إِنَّهُ هُوَ إِلَّا
التَّمْرُ وَالْمَاءُ .

“We the family of Muhammad used to spend (the whole) month in which we (did not need to) kindle the fire as (we had nothing to cook) ; we had only dates and water (to fill our bellies).”





The Spiritual Impact of Food

- According to a 2014 statistic, ten out of the top twenty-six countries that lead the body mass index are Muslim majority countries.





The Principle of Permissibility of Food

هُوَ الَّذِي خَلَقَ لَكُمْ مَّا فِي الْأَرْضِ جَمِيعًا

“It is He who has created for you all that is on earth...” Quran
2:29

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا

“O humankind, eat from the earth, all that is lawful and good...”
Quran 2:168





Foods Forbidden by the Quran

حُرِّمَتْ عَلَيْكُمْ الْمَيْتَةُ وَالْدَّمُ وَلَحْمُ الْخِنزِيرِ وَمَا أُهِلَّ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ وَالْمَوْقُوذَةُ وَالْمُتَرَدِّيَةُ
وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَمِ ذَلِكَمْ فِسْقٌ

“Forbidden for you are dead animals, and blood, the flesh of swine, and that which has been offered to other than God, that which has been strangled or beaten to death, that which has been killed by falling or has been gored to death, that which has been mangled by beasts of prey- except that which you slaughter- and that which is sacrificed on stone alters, and that which you allot with divining arrows; that is iniquity...” Quran 5:3





Hunting Dogs

يَسْأَلُونَكَ مَاذَا أُحِلَّ لَهُمْ قُلْ أُحِلَّ لَكُمْ الطَّيِّبَاتُ وَمَا عَلَّمْتُم مِّنَ الْجَوَارِحِ مُكَلِّبِينَ تُعَلِّمُونَهُنَّ مِمَّا عَلَّمَكُمُ اللَّهُ فَكُلُوا مِمَّا أَمْسَكْنَ عَلَيْكُمْ وَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهِ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ

“They ask you what is lawful for them. Say: ‘Lawful for you are all good things.’ And as for the hunting animals you have taught, teachings them from what which God has taught you, eat of what they catch for you, and mention the Name of God over it...” Quran 5:4



Consumption of Wine

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ
لَعَلَّكُمْ تَفْلِحُونَ

“O you who believe! Wine, and gambling, and idols, and divining arrows are but a means of defilement, of Satan’s doing.

So avoid it, that haply you may prosper.” Quran 5:90





The Permissibility of Fish

وَهُوَ الَّذِي سَخَّرَ الْبَحْرَ لِتَأْكُلُوا مِنْهُ لَحْمًا طَرِيًّا

“And it is He who made the sea subservient for you to eat from it fresh meat...” Quran 16:14

أُحِلَّ لَكُمْ صَيْدُ الْبَحْرِ وَطَعَامُهُ

“The game of the sea and the food thereof is made lawful for you...” Quran 5:96



Consumption of Honey

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ
لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ

"Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought." Quran 16:69





The Food of “the People of the Book”

الْيَوْمَ أُحِلَّ لَكُمْ الطَّيِّبَاتُ وَطَعَامُ الَّذِينَ أُوتُوا الْكِتَابَ حِلٌّ لَكُمْ وَطَعَامُكُمْ حِلٌّ لَهُ

“This day [all] good foods have been made lawful, and the food of the People of the Book is lawful for you and your food is lawful for them...” Quran 5:5

- Narration from Imam Al-Sadiq explains that “food” refers to vegetables, grains or other foods that do not require ritual slaughtering.



Permissibility of Livestock

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً نُسْقِيكُمْ مِمَّا فِي بُطُونِهَا وَلَكُمْ فِيهَا مَنَافِعُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ

“And indeed, for you in livestock is a lesson. We give you drink from that which is in their bellies, and for you in them are numerous benefits, and from them you eat.” Quran 23:21





Hunting Game

وَحُرِّمَ عَلَيْكُمْ صَيْدُ الْبَرِّ مَا دُمْتُمْ حُرُمًا

“but forbidden to you is game from the land as long as you are in the state of ihram...” Quran 5:96





Fruits, Vegetables and Grains

فَأَنْبَتْنَا فِيهَا حَبًّا وَعِنَبًا وَقَضْبًا وَزَيْتُونًا وَنَخْلًا وَحَدَائِقَ غُلْبًا وَفَاكِهَةً وَأَبًّا مَّتَعًا لَكُمْ وَلِأَنْعَمِكُمْ

“ And caused to grow within it grain. And grapes and herbage. And olive and palm trees. And gardens of dense shrubbery. And fruit and grass - [As] provision for you and your grazing livestock.” Quran 80:27-32

