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In the name of God, the Most Beneficent, Most Merciful
Editor’s Note

Assalamu Alaikum

Eid Mubarak from all of us at Halal Consumer® magazine and IFANCA. Speaking of Eid, this is a time of sacrifice and if you had any questions regarding what qualifies for the sacrificial offering, you might find your answers in “Faith and Tradition This Eid-ul-Adha.”

As Eid brings families closer together, check out “Family Time in the Kitchen” for some ideas on how to help keep the family together every day. While you are in the kitchen, do a quick inventory of your cookware and utensils. I just bought a 25-piece knife set and don’t know what to use 24 of them on. Actually, I even got the second set for just the shipping and handling cost! Had I read “Kitchen Must-Haves,” I might have saved some money and kitchen space.

As the seasons change, oftentimes eating habits do, too. Keep in mind the Prophetic hadith about only filling one third of your stomach with food and one third with water, leaving one third empty. “The Healthy Diet” offers some helpful insights into the benefits of opting for quality over quantity.

Speaking of hadith, beets are this issue’s Prophetic food. In “Give Beets a Chance,” you can learn more about this Prophetic food that is becoming a trendy superfood! It’s also a good source of energy.

Naturally, you can’t spend all your time in the kitchen; when you are away, make sure you reach for healthy foods and snacks. “Halal & Healthy on the Go” offers some healthy snack options. There are many halal-certified options awaiting you.

If weight is an issue, be sure to read “Living with Thyroid Dysfunction.” You may be surprised to find that has something to do with your weight gain or loss. Of course, check with a physician for a diagnosis.

Check out the Spotlight on IFANCA halal-certified Maple Lodge Farms and their journey to halal. Their chicken isn’t available in the United States yet, but if you are in Canada, give them a try.

Finally, check out the delicious recipes and send us some of your own. We may publish them in the next issue.

Sincerely,
Roger M. Othman managing editor
**From the Publisher’s Desk**

*Assalamu Alaikum*

Over the years, we have heard many questions about the integrity of the halal meat in the marketplace. How was it slaughtered? What was the animal fed? Was the animal given antibiotics and hormones? Was the animal stunned prior to slaughter?

If so, how was it stunned? If you look out at the halal meat landscape you will find a variety of halal offerings; from kosher rejects labeled halal to over-the-phone-certified commercial slaughter to legitimate Muslim-slaughtered meat, it’s out there in the marketplace. Wouldn’t it be nice if we could find real prime beef that was fed a natural plant diet with no added hormones or antibiotics, slaughtered the traditional way by a Muslim?

For over three decades, we have been working with the industry to implement the ideal halal method of meat production. All that hard work has finally paid off and last July, we introduced the Five Star Halal identification System™. The system adds five stars to the Crescent-M halal certification mark. Each star represents one aspect of the halal process. Starting from the left, the first star identifies that the animal was slaughtered by a Muslim. The second star identifies that the animal was slaughtered by a traditional horizontal cut. The third star identifies that the animal was fed an all-natural plant diet. The fourth star identifies that the slaughterhouse has met animal welfare guidelines, which require it to have at least two annual welfare audits by Professional Animal Auditor Certification Organization (PAACO) certified auditors. The fifth star identifies that the animal was not stunned before or after slaughter. The system addresses all the consumer concerns of animal welfare, animal feed, slaughter, and stunning, and it has been implemented by IFANCA halal-certified Thunder Ridge Beef Company. Thunder Ridge, out of Sigourney, Iowa, produces Black Angus beef meeting the Five Star criteria. The beef is currently available in some retail outlets in the Chicago area as well as in many fine dining establishments throughout the United States and abroad. Soon they will introduce processed meat products made with the same halal-certified Five Star beef.

You’ve waited a long time, and your patience has been rewarded. Now there is finally a beef choice that meets all the needs of the most discerning halal consumer. There is no longer a need to wonder about any aspect of the production. Halal consumers can now sit down to dinner knowing the meat they are about to consume came from animals fed a natural diet, treated in a way that meets animal welfare guidelines, and is processed in the finest Islamic tradition. And it’s also competitively priced!

Sincerely,

Muhammad Munir Chaudry  
*President*
Most people will agree that having a tasty meal or snack is something we all look forward to. The great news is that good food doesn’t have to be packed with unnecessary calories or hard to come upon. Now, with the back to school scurry in full swing, it is also important to remember that we need to start the day off with a wholesome breakfast and provide energizing snacks for our children, as well as for ourselves, to maintain drive and focus for the full days ahead.

It is no secret that those who start their day off with a nutritious meal tend to perform better. Snack time should also be a time to replenish and refuel throughout the day. A hearty breakfast and nutritious snacks don’t have to take a long time to prepare or to consume. It could be as simple as a few dates with a glass of milk, or a cup of yogurt with a handful of mixed nuts and grains.

In the Quran, God mentions the palm trees and their nutritious crop of dates several times. In one instance He says, “And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe” (6:99).

Since ancient times, dates are known to instantly replenish energy and revitalize the whole body. For this reason, Prophet Muhammad (Peace Be Upon Him [PBUH]) advised those breaking their fasts to do so by eating dates. In the same sense, dates are an optimal morning breakfast food and midday snack. They are also easy to grab and transport and are readily available in many grocery stores under the IFANCA halal-certified labels of SunDates and Bard Valley Natural Delights Medjool Dates. According to nutritionist YaQutullah Ibraheem Muhammad, “Medjool dates are

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By Asma Jarad

**Halal & Healthy on the Go**

By Asma Jarad

Food Trends
a great source of fiber and natural sugar and are heart healthy and approved by the American Heart Association."

Indeed, there are innumerable health benefits to consuming dates on a daily basis, and science continues to uncover them to this day, including comforting upset stomachs, treating constipation, facilitating birth, reducing hunger pangs, and flushing the body from accumulated toxins. In addition to consuming dates as they are in their natural state, dates are also a versatile food that can be used in baked goods. In fact, Eid celebrations in many parts of the world include the tradition of baking and enjoying date cookies.

A second group of foods that are commonly available for people around the globe are nuts and grains. There are many varieties of nuts and grains, each one providing essential vitamins, fats, proteins, and minerals that every body can benefit from to maintain health and strength. From almonds, cashews, walnuts, peanuts, barley, wheat, bulgur, freekeh, and rice, we can find unlimited varieties to enjoy at home—some in their raw form and others with only some basic cooking. Under the IFANCA halal-certified labels, we can enjoy the Wonderful brand for pistachios and almonds.

In the Quran, God says, “And a sign for them is the dead earth. We have brought it to life and brought forth from it grain, and from it they eat” (36:33). For those who don’t have the time to cook, a quick option is to grab a single KIND bar of the Fruit & Nut
Delight, Nut Delight, and Almond & Apricot variety—these are certified by IFANCA as halal and are also famous for using natural ingredients with minimal processing or added preservatives. Some ZonePerfect and Nutrilite bars are also halal-certified and are a great option for the health-conscious Muslim on the go.

Another tasty, healthy, and versatile food is yogurt. These days, yogurt comes in endless flavors to please even the pickiest eaters. Flavors include anywhere from plain vanilla to indulgent raspberry cheesecake. Because flavored yogurts sometimes have added sugar and gelatin, be aware of the ingredients on the label. Cabot halal-certified non-fat Greek style yogurt offers the health benefits with great taste and is certified by IFANCA. Similar to dates and nuts, yogurt is a delight since ancient times and is packed with nutrients and health benefits. According to an article in Health Magazine, special proteins in dairy products help regulate blood pressure and high levels of calcium, magnesium, and potassium. Another tip in the article is to look for yogurt that contains probiotics, which help balance the microflora in the stomach and aid with digestion. As an added benefit, yogurt comes in convenient packs especially made for those who are in a rush. Single-serve yogurt breakfast drinks are also a healthy way to wake up your body functions.

A recent report published by DSM as part of its Dairy Global Insight Series reveals, “For health-conscious consumers with busy lives, yogurt offers a convenient ‘stop gap’ food that can be enjoyed without sacrificing healthy eating principles.” Indeed, as Muslims, we are always on the lookout for foods that are readily available to conform to our busy lives, and yet do not sacrifice our Islamic principles for maintaining a halal lifestyle. Nutritionist Maryam Funmilayo reminds us to maintain a balance between what we desire from food and what is Islamically ethical. She says, “I know sometimes we crave foods and snacks that are fast to prepare and are also healthy; however, we should bear in mind that foods are not just to fill us up and be forgotten about. They need to be tasted, relished, and enjoyed. As Muslims, we should remember that not only are we feeding our bodies, but also our minds and souls.”

Despite the overwhelming amount of unhealthy foods out there that accommodate the busy lifestyle, it is important to keep in mind that we still have many quick and healthy options available to us that are also delicious and satisfying. God provides sustenance for us in many forms; it is our duty to make the right choices that will benefit us in this life and the hereafter. God says in the Quran, “Say, ‘Who provides for you from the heavens and earth?’ Say, ‘Allah’ [God]. And indeed, we or you are either upon guidance or in clear error” (34:24). 

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Eid Mubarak

From Our Family To Yours – May the Blessings of Eid al Adha Bring Joy and Success Into Your Hearts

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The Healthy Diet: Choosing Quality Over Quantity

By S. Raheel Haque
That feeling when you stop after eating half of a hamburger and tell yourself that enough is enough and you can save the rest for dinner? It’s pretty empowering. But, we have to ask ourselves—how much did it actually benefit us? Did “watching my calories” really help slide the needle down on the scale? Has my quality of life gone up since I started this new diet? Is there a better way?

The primary purpose of food is to nourish and the secondary purpose is for enjoyment. Although for some this may be more of a debatable subject, it holds ground when we look at our true purpose in life—to follow the word of God. Enjoyment is an added bonus and blessing from God, which in this case involves taste buds that allow us to distinguish between different flavors that may be advantageous or detrimental to our bodies at different times.

Health experts are always telling their clients that the quality of food almost always overrules the quantity. When analyzed on a deeper than “calories in, calories out” level, it makes perfect sense. Don’t get me wrong—portion size is a huge issue these days as well. Paul Pitchford, a classically trained oriental medicine doctor, says in his book Healing with Whole Foods, “Overeating, a popular pastime in the wealthy nations, is thought to be the major cause of premature aging.” But what he says next is of prime importance:

“Fifty years of research have shown that when a nourishing diet is eaten sparingly, aging is retarded; the maximum life span and immunity are extended in all animal species so far tested, from protozoa to worms, insects, fish, and rodents as well as humans. In fact, consumption of too much rich and denatured food is responsible for most of our civilized diseases, such as obesity, cancer, and diabetes.”

For Muslims, this principle shouldn’t be anything new. God says in the Quran, “O you who have believed, eat from the good things which We have provided for you and be grateful to Allah [God] if it is [indeed] Him that you worship” (2:172). He also says, “O mankind, eat from whatever is on earth [that is] lawful and good […]” (2:168). The common denominator in these two verses is that what we consume should be “good.” Confusion occurs when we attempt to define what is meant by “good.” What was considered “good” and healthy five years ago might have changed based upon recent research. For example, margarine was looked upon as a savior that protected us from the horrors of filling our arteries with the cholesterol found in butter—until recently, when the research proved this fantasy wrong and the opposite to be true.

An issue on the forefront and currently being worked on by grassroots organizations, like the Bionutrient Food Association (BFA), is the depletion of soil nutrition. The quality of nutrients in our foods, compared to that of earlier generations, is considerably less. Dan Kittredge, traditional farmer and director of the BFA, says that this is due to the fact that our soil has not been managed properly rather than it being a natural and inevitable process. Kittredge pointed towards Dr. Weston Price, a pioneer in the field of nutrition and author of Nutrition and Physical Degeneration, when speaking about nutrition in our times. Dr. Price titled a whole chapter in his book about the crises that we are in regarding soil depletion. How interesting when we keep in mind that his book was published way back in 1939; and our problems have only gotten worse.

Dr. Price’s research is almost impossible to replicate now because the arguably extinct pockets of communities who were untouched by modernization are difficult to find. Dr. Price notes that even the type of feed that is given to the cows (wheat grass over grains) has an effect on the health and quality of their milk production. So how does that translate to our health?

Dr. Price traveled to all the continents, excluding Antarctica, just to answer this question. Being a dentist and a member of the American Association of Physical Anthropologists, he decided to analyze teeth and facial structure of communities that were isolated from modernization (i.e., isolated from products like refined flour, refined sugar, and common food additives/preservatives), which were only mass produced after the industrialization in the eighteenth century. His findings clearly display, through photographs and analyses, the differences in the number of cavities and facial deformities between pre-modern and post-modern communities. The results were staggering. Dr. Price argues that the quality of food was such that crowding of the teeth and narrowing/deformations of the jaw were not present in pre-modern communities.
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The Islamic Food and Nutrition Council of America, IFANCA, is working with the world’s food producers to ensure what you eat is halal and healthy.

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This suggests that eating good quality food is not a luxury; it’s a necessity. The majority of Americans are just now waking up to this reality. Unfortunately, “health food” has been turned into a label that is looked upon as a worthwhile alternative instead of a norm. An example of this is that health food stores are typically smaller than their larger alternatives, and health food sections in larger supermarkets are usually much smaller than the “non-health food” sections. Consumers run the market; changes in our buying habits will dictate what is put on the shelves. A shift in the right direction is becoming more of a reality now that consumers are becoming more aware of the health risks of living on a common American diet. But one of the issues holding the movement back may be that of money.

We spend a smaller percentage of our income on food now than the past generations did, and the rate of many chronic diseases in this country is on the rise. Although correlation does not equal causation, one can argue that this link can be of value. High cost is almost always a turn off point for consumers. We live in a culture in which having more is equated with being better. The capitalist society in which we live demands that we get more for our money, and that means sacrificing food choices for many who don’t understand the value and importance of good quality foods. Consumers will ask, “How much is that box of cereal? But, I want to know the price per ounce, not the price of the box.” Kittredge has a firm belief that it’s this type of thinking that is leading us down the path to low quality alternatives instead of fresh, hopefully organic and local, fruits and vegetables. What we have to understand is that the value of the nutrients that we consume greatly outweighs the money we trade for it.

Our health plays a huge role in what we can accomplish in life. The number of sick days that the average American takes off per year is close to five, and there are probably days that you and I may have gone to the office only to stare at a blank screen because of our state of health. This is not optimal for the employer or the employees. While we commonly associate sickness solely with bacteria or viruses, we often neglect the thought of how they found a home in us to begin with. This is something that Linus Pauling, scientist, humanitarian, and two-time Nobel Prize winner, focused a large part of his career on. After retiring as Professor Emeritus at Stanford in 1973, Dr. Pauling began working on, what he coined as, orthomolecular medicine. This form of medicine is rooted in the idea that maximum health, and therefore abatement of illness, can be accomplished by creating an optimal molecular environment for our cells using diet and nutrition.

The arrow goes back to the quality of food that we are consuming. Many would argue that we should simply follow the government standards. The Recommended Daily Allowance (RDA) values are a great resource and useful for those who like to...
gauge their nutritional intake, but they just aren’t enough. Dr. Al Sears, an anti-aging specialist, says in a post on his website that the purpose of the RDA is simply to prevent a dietary deficiency of a nutrient. “What the RDA doesn’t do is recommend how much of a nutrient you need so you can function at your best.” A great example of this is that of the iodine consumption of the Japanese. Although the RDA value for iodine in non-pregnant adults is only 150mcg in the United States, the common intake for Japanese residents is 1,000 – 3,000mcg per day, according to a 2011 study by Zava and Zava. This is commonly correlated to an increase in intelligence and possibly other subclinical benefits. On the other hand, a lack of iodine in pregnant women, anything below the recommended RDA of 220mcg, can lead to babies born with cretinism, a marked bodily deformity along with decreased IQ.

Although exciting to read about, none of this information will be beneficial if action is not taken. This is often the most difficult step in the process of living a better lifestyle. Dr. Nakiesha Pearson, naturopathic doctor and assistant professor at the National University of Health Sciences, says that eating is part of behavior and, therefore, difficult to change. When it comes to dietary changes in the clinic, she assess her patients to see where they are before making recommendations, taking smaller steps for those who are wary of change and larger ones for those who already have a mindset for optimal health. A great way to start is by adding foods instead of cutting them out. You can still have your pizza, just make sure to finish your salad before you dig into it. Changes come with knowledge so, rest assured, the first step is complete. Next time you walk into the grocery store, just remember, quality over quantity.

S. RAHEEL HAQUE is a student of Naturopathic Medicine, currently studying at the National University of Health Sciences (NUHS). He aspires to master complementary and alternative medicine as well as study the traditional Islamic sciences.
J&M® halal certified meals use only wholesome ingredients and have NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS. Six varieties are gluten-free. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

LAMB & BARLEY STEW: Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions, create a true culinary delight! A scrumptious meal with a variety of textures, it is deliciously seasoned with herbs and spices of the Middle East.

CHICKEN MEDITERRANEAN: A hearty chicken meal with the flavors of the Mediterranean. Chunks of light and dark chicken with tomatoes, potatoes, chick peas and black olives in a tangy sauce.

CHICKEN & NOODLES: Chunks of light and dark chicken with Kluski noodles, peas, corn and carrots in a light sauce. A winning combination!

BEEF STEW: This satisfying stew is absolutely delicious. It has chunks of beef with chunks of potatoes, sweet peppers, tomatoes, cabbage, zucchini, chick peas and carrots in a flavorful sauce.

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VEGETARIAN STEW: A meal perfect for vegetarian and hearty eaters alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

LAMB & LENTIL STEW: Tender lamb joins a medley of tomatoes, lentils, onions, chick peas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

MY KIND OF CHICKEN: A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

CHICKEN & BLACK BEANS: A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out its full flavor.

OLD WORLD STEW: Chunks of beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

FLORENTINE LASAGNA: This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence.

PASTA WITH GARDEN VEGETABLES: This delicious and robust meal has rotini pasta with a pepper, mushroom, zucchini and tomato medley. It’s perfectly flavored with traditional Italian seasonings.

DHABIHA HALAL

Halal certification is by the Islamic Food & Nutrition Council of America (IFANCA)
Ali Hussain* knew something did not seem right with his health. He was only 25, yet his body was quickly going through some very unusual changes. He had suddenly dropped over 30 pounds in a matter of months. Hussain noticed his hands would tremble, and he was constantly shaky and nervous. He would sweat profusely and feel his heart beat uncontrollably as if he had just run a marathon, even during minimal activity such as sitting or lying down. All these red flags led him to consult his primary physician who ran some blood work and determined the cause. Hussain was informed that his thyroid gland was overactive and releasing too many thyroid hormones. His body was suffering from an autoimmune process called Graves’ disease and had been thrown off its natural rhythm. He needed to go see a specialist, immediately.

Hussain had never even heard of this small H-shaped endocrine organ in his throat. Consisting of two side lobes connected by a bridge in the middle called isthmus, the thyroid gland is no more than four or five centimeters in length, sits low on the front of the windpipe below one’s Adam’s apple, and secretes several hormones that influence the function of many of the body’s
most important organs such as the heart, brain, liver, kidneys, muscles, and skin. It also is supposed to help regulate one’s body temperature and energy levels, which had gone haywire for Hussain. Also known as hyperthyroidism, it usually begins slowly but in some young patients like Hussain, these changes can be very abrupt.

His doctor referred him to an endocrinologist, someone who specializes in the endocrine system and the body’s hormones. After running more detailed blood tests, the endocrinologist confirmed Hussain had hyperthyroidism and offered him only one solution: to destroy his thyroid cells completely.

“I was not given any other option back then due to the severity of my condition,” the now 43-year-old Hussain shares. “I couldn’t go on living with those symptoms and made the only choice I had, which was to go ahead with the recommended treatment. I was given a one-time radioactive iodine pill that killed off the function of my thyroid gland for good,” he says.

Iodine is a necessary mineral for proper function of the thyroid gland, which then produces thyroid hormones with it. The thyroid is rich with blood vessels and uses a pump-like mechanism to move iodine into its cells, where it is concentrated as iodide. The thyroid gland is the only tissue in the body that takes up and holds onto iodine.

As in Hussain’s case, the radioactive iodine (RAI) used for treatment is administered orally, usually in a small capsule that is taken one time only. Once swallowed, the radioactive iodine gets into the bloodstream and is quickly taken up by the overactive thyroid cells. According to the American Thyroid Association (ATA), the radioactive iodine that is not taken up by the thyroid cells disappears from the body within days. It may take anywhere from a few weeks to a few months for RAI to destroy the cells that have absorbed it. The result is that the thyroid shrinks in size, and the level of thyroid hormone in the blood goes down.

Although the treatments with RAI are generally safe and effective, it does produce radiation. Patients must do their best to avoid radiation exposure to others, particularly to pregnant women and young children. ATA reports that radioactive iodine has been used to treat hyperthyroidism in patients for over 60 years, and in the United States more than 70 percent of adults who develop hyperthyroidism are treated with radioactive iodine. Without the body’s ability to make thyroid hormones anymore, a common side effect of RAI treatment is hypothyroidism or an underactive thyroid, which lasts lifelong and cannot be cured.

“For the last 18 years, I have lived with an extremely slow metabolism and had to deal with weight gain,” shares Hussain, a father of two. “I need to exercise longer and harder to increase my heart rate compared to the average healthy person.”

Aside from the weight gain and feeling cold a majority of the time, Hussain has not had to deal with many other symptoms. However, for 34-year-old Reem Ahmad,* dealing with hypothyroidism has been a different experience. At age 21, she also was diagnosed with hyperthyroidism and underwent RAI therapy to deactivate her thyroid cells. She then developed hypothyroidism but has suffered more side effects than Hussain, such as fatigue, emotional imbalance, digestive problems, dry skin, and severe leg cramps.

“Looking back, I would have liked to have done more research and maybe have gotten another opinion,” she says. “I was given the option to take medicine for a year to try and possibly bring levels to normal, but I decided to go with radioactive iodine treatment instead,” Ahmad recalls.
Feeling lethargic and dealing with mood swings has not been easy for Ahmad. She does her best to keep her stress levels to a minimum as her health is easily affected by excessive stress. Patients with hypothyroidism are required to take a thyroid hormone supplement once a day to normalize hormone levels.

Nebal Alazawi, a dietician from southern Indiana currently pursuing her master’s in health administration, has worked with clients who suffer from hypothyroidism. She has seen them deal with depression and moodiness, especially the women.

“Exercise is a must to help regulate the hormones,” the mother-of-three advises. “Although it will not change the dosage of medicine required for hypothyroidism, it can help reduce stress and increase a patient’s energy levels,” says Alazawi.

As a board-certified endocrinologist, her husband, Dr. Hisham Allababidi, sees patients with thyroid function disorder on a daily basis. He completed his fellowship in endocrinology from Wayne State University in Detroit in 2002 and sees, on average, one-fourth of his daily patients with some type of thyroid disease.

“Hypothyroidism is more common than hyperthyroidism,” notes Dr. Allababidi. “I also happen to see more female than male patients with thyroid dysfunction,” he adds.

Before starting any treatment, Dr. Allababidi first determines what may be the cause of the thyroid not functioning properly. Some causes may include an autoimmune disease (Hashimoto disease for some hypothyroidism cases), inflammation of the thyroid (thyroiditis), taking certain cancer medications, too much or too little iodine in the body, being born with congenital thyroid disease, hereditary genes, radiation treatment, and surgery on the thyroid gland or damage to the pituitary gland.

“We also have to look at the severity of the thyroid dysfunction, the patient’s age and weight, and any other medical conditions he/she may have,” Dr. Allababidi continues. “If you have a family history of thyroid disease, it is important to get regular screenings done. Also those patients with diabetes should also get their thyroid hormone levels checked often,” he suggests.

Dr. Allababidi states that there is nothing specific that links thyroid disease and certain foods and herbs intake. However, Sajida Mohiuddin,* who was diagnosed with hypothyroidism at age 24, disagrees.

“I have noticed that when I am on a low-carbohydrates and high-protein diet, my energy levels are higher and my symptoms seem to be much less,” says the grade-school teacher and mother of two. “Since being diagnosed, I have been doing my own research for the last ten years to discover how my diet may affect my thyroid function,” Mohiuddin says.
She tries to avoid high-fiber foods, like beans and cabbage, and caffeine during the day. Mohiuddin steers clear of starting her morning off with fruits for breakfast. She feels sugar does not mix well with her thyroid function. Hypothyroidism has also caused her to gain weight, so she makes sure to exercise regularly. She even feels that her thyroid dysfunction may have had something to do with her fertility issues.

“It was actually my fertility specialist that found my thyroid hormone levels to be off,” says Mohiuddin. “I was having trouble conceiving as well as losing a lot of hair and had put on 30 pounds in one year. Something was definitely not right.”

Mohiuddin has learned to adjust her lifestyle according to her health. She stays on top of her medication and regulates her diet well. She even incorporates homeopathic medicine to help her thyroid function.

“Hypothyroidism is not necessarily dangerous,” says Mohiuddin. “For me, it was a blessing to discover it, as it has taught me to eat better and be more aware of my sensitivities to certain foods. It has also helped regulate my appetite and make me appreciate good health.”

If a person suspects having thyroid dysfunction or has a strong family history of it, Mohiuddin recommends not ignoring any abnormal symptoms and consulting one’s doctor right away.

“You know your body best. When you need medical attention, accept it and get the proper care from a professional,” she advises. “This body is a gift from God, and we must do our best to take care of it.”

TAYYABA SYED has written for numerous publications and been featured on NPR and Radio Islam. She teaches and volunteers with the youth in various communities. Tayyaba lives in Illinois with her husband and two kids.

* Names have been changed at the request of the interviewees to maintain privacy.
Your first memory of eating beets may have been unpleasant. Those strange, blood-red slices were doused in vinegar, oil, and salt. Despite their appearance and taste, your mother encouraged you to eat them as they were very good for you. Now, beets have finally squashed their reputation as a seemingly boring vegetable and have made an awesome comeback. They’ve joined the ranks of kale and cauliflower, becoming the latest and trendiest superfood.

Known commonly as beets, beetroot is the taproot portion of the beet plant. They are usually deep red in color but they also come in white and gold varieties. Beets are known for having an “earthy” taste, which could be the reason why kids turn away from this vegetable. They have a crunchy texture when eaten raw but are soft and buttery when cooked. They can be roasted in many dishes or served raw and cold in salads. Pickled beets are very popular around the world.

Beet soup, known as borsht, is common in Eastern European cuisine. In Indian cuisine, beets are often a chopped and sliced flavorful side dish. The leafy portion of the plant is also edible. The heart shaped leaves can be boiled and seasoned, with a taste similar to that of spinach. There are also sugar beets. These white conical shaped buds are high in sucralose and are used for 20 percent of the world’s sugar production.

The resurging popularity of this plant is due to its many amazing health and medicinal benefits. YaQutullah Ibraheem Muhammad, a registered dietician, says, “Beets are a great source of nutrients and essential vitamins such as calcium, iron, potassium, and fiber.” They also have magnesium which helps prevent high blood pressure.
Dr. Pina LoGiudice and Dr. Peter Bongiorno are naturopathic physicians and licensed acupuncturists based in New York City who say, “Many of our patients have mentioned that juicing beets will give them more energy for their day. Research is showing that this may be due to the ability of components in the juice to improve blood flow. Beetroot juice has been shown to help the body respond better to exercise, by balancing oxygen use and increasing stamina.” The red, bulbish veggie is also known for its anti-inflammatory properties.

Beets have also been included in what is considered Tibb e Nabawi, or Prophetic medicine. Beetroot is considered excellent nutrition for weak patients. In a hadith related by Umm Al Mundhir, Prophet Muhammad (Peace Be Upon Him [PBUH]) “came in to visit me, accompanied by Ali, when we had some ripening dates hung up. He began to eat, and Ali along with him, but Allah’s [God’s] Messenger said to Ali, ‘Stop, Ali, for you are still weak and recovering from your illness.’ I then prepared some beetroot and barley for them and the Prophet (PBUH) said, ‘Take some of this, Ali, for it will be more beneficial for you’” (Tirmidhi).

In another hadith, related by Sahl bin Saad, he says, “There was a woman amongst us who had a farm and she used to sow silq (beetroot) on the edges of the streams of her farm. On Fridays she used to pull out the silq from its roots and put the roots in a utensil. Then she would put a handful of powdered barley over it and cook it. The roots of the silq were a substitute for meat. After finishing the Jumuah [Friday prayer] prayer we used to greet her and she would give us that food which we would eat with our hands, and because of that meal, we used to look forward to Friday” (Bukhari).

There are many wonderful ways to prepare this versatile veggie. Muhammad says, “Beets are also a great low calorie, fat free food that can be part of healthy meals and snacks. Eat them cooked or added raw to salads and smoothies.” Try eating beets in unexpected ways, such as in a roasted beet hummus! It’s a quick and simple recipe, and the hot pink color of the creamy hummus adds more fun to snack time. For juicing fans, beets are a must-have for your diet. You can mix beetroot with clementines, grapefruits, and raspberries to create a sweet citrus treat. Or how about beet brownies? They contain half the fat of regular brownies but still have that delicious chocolate taste along with the added nutrients. It’s time for you to give beets a second chance. You definitely won’t be disappointed with this veggie on your plate.

KELLY IZDIHAR CROSBY is a freelance writer and artist living in Atlanta, Georgia. Her website is www.kellycrosbydesign.com.
When consumers think about “halal,” meat is often the first item to come to mind. While “halal” relates to much more than that, finding certified halal meat products is not always an easy feat. In Canada, look no further than IFANCA halal-certified Maple Lodge Farms, the first company there to offer halal products on a large scale to Canadian Muslims.

Maple Lodge Farms has been producing a wide array of halal meat products since the company’s birth in 1990. But, the switch to IFANCA as its certifier came in 2013. According to Latif Mirza, manager of halal relations, “Maple Lodge Farms [chose] IFANCA as its certifier due to its credibility and the acceptance of its certification in more than 50 countries around the world. IFANCA has the resources and system of supervision necessary to ensure that our products are 100% halal.”

IFANCA takes its certification process very seriously, making the change in certifiers no simple feat. Mirza says, “Becoming certified by IFANCA/IFANCC [Islamic Food and Nutrition Council of Canada] was a lengthy process, which included several inspection visits, review of our ingredients and packaging materials, confirmation of the halal certification of our suppliers, and intensive education on the halal process and its sensitivities.” He continues, “In addition to regular inspections, IFANCC also conducts refresher courses for our halal staff.”

Why get halal certified to begin with? Trust. “Supervision of our process by a halal-certifying body instills trust in our consumers that we are producing halal products in strict accordance with Islamic law,” tells Mirza. “It gives our consumers confidence that they are consuming authentically halal products.” Mirza also confirms that IFANCA’s certification has further boosted the credibility of their halal claims, in turn helping the Zabiha Halal brand continue its growth in the Canadian market.

From lunch meat and hot dogs to frozen chicken wings and fresh chicken breasts, all of Maple Lodge Farms’ Zabiha Halal products are certified halal and carry IFANCA’s Crescent-M symbol as well as IFANCC’s halal symbol. These products are available in all major grocery stores and supermarkets throughout Canada in addition to many ethnic food stores across the country. Due to high domestic demand, Zabiha Halal is not available in markets outside of Canada at this time.

As a pioneer of Canada’s halal industry, Mirza says Maple Lodge Farms “strives to be a leader not only in product quality but also in product innovation.” Their New Product Development department “continuously seeks opportunities to launch new products and offerings,” as evidenced by the growth of their product line year after year. Mirza informs, “We continually monitor market trends and are committed to satisfying our consumers’ ever-changing tastes.”

In addition to catering to consumers’ taste buds, Maple Lodge Farms is also committed to maintaining close ties with the Muslim community through supporting and participating in a variety of events including family programs in mosques, social programs supporting seniors, and sports and educational activities for youth. They also stay connected to the community via their website, their Facebook page, and a monthly newsletter.

During Ramadan and the Eid holidays, Maple Lodge Farms steps up their community support game by running contests for consumers and sponsoring and participating in festivals celebrating Eid, food, and the Muslim community, like Muslim Association of Canada’s Eid Festival held this past Eid-ul-Fitr and MuslimFest Mississauga—celebrating the best in Muslim art, entertainment, and culture—held this past August. “Additionally,” Mirza says, “we support a number of organizations and initiatives within our community aimed at raising funds for charity and giving back to those less fortunate than us—particularly during Ramadan.”

If you are currently one of our neighbors to the north, check out the Maple Lodge Farms Zabiha Halal product line and let us know which one is your favorite.
PRODUCING
HIGH QUALITY
HALAL PRODUCTS
SINCE 1990

Maple Lodge Farms has been a trusted producer of wholesome, premium quality Halal products for over 25 years and is Canada’s #1 Halal brand. Look for the green at your local grocery store and bring home something you know you can feel good about serving to your family. For more information, visit zabihahalal.com today!

Halal Consumer

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**Open Face Crab Salad Sandwich**

By YaQutullah Ibraheem Muhammad MS, RDN, LD

**SERVINGS:** 1

**INGREDIENTS:**

- 1 Ciabatta bread loaf, sliced in half
- 3 ounces imitation crab meat (pollack fish)
- 1 tablespoon low-fat honey mustard
- ½ teaspoon black pepper
- 1 tablespoon artichoke hummus
- ½ cup fresh baby spinach
- ½ cup alfalfa sprouts
- 1 ounce Cabot Pepper Jack Light Cheese

**DIRECTIONS:**

1. In a small mixing bowl, combine the crab meat with honey mustard and black pepper. Set aside.
2. Spread hummus on sliced bread.
3. Add fresh spinach and sprouts. Top with crab and sliced cheese.
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Roasted Root Vegetables

By: Yaqutullah Ibraheem Muhammad MS, RDN, LD

SERVINGS: 6

INGREDIENTS:
1. cup raw beets, diced
2. carrots, diced
1. onion, diced
2. cups red potatoes, diced
4. cloves garlic, minced
¼. cup canned garbanzo beans (chickpeas), drained
2. tablespoons extra-virgin olive oil
1. tablespoon dried rosemary
1. cup beet greens, washed and chopped
  salt and pepper to taste

DIRECTIONS:
1. Preheat oven to 400°F.
2. Place the beets, carrots, onion, potatoes, garlic, and garbanzo beans into a 9 x 13-inch baking dish.
3. Drizzle with olive oil, then season with rosemary, salt, and pepper. Mix well.
4. Bake, uncovered, until vegetables are tender, about 30 minutes, stirring halfway through.
5. Stir in the beet greens, allowing them to wilt from the heat of the vegetables.
6. Season to taste with salt and pepper before serving.
Healthy Chicken Nuggets, Baked or Sautéed

By Alia Shalabi

INGREDIENTS:
- 1 pound Maple Lodge Farms Zabiha Halal Boneless, Skinless Chicken Breasts, cut into bite-sized pieces
- ¾ cup golden flaxseed meal
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ teaspoon paprika
- 1–2 tablespoons coconut oil

DIRECTIONS:
1. Combine flaxseed meal with salt, pepper, garlic powder, and paprika.
2. Wet chicken breasts pieces and coat in seasoned flaxseed meal.
3. Place chicken on a baking sheet coated with melted coconut oil. Drizzle nuggets with additional coconut oil and bake in 425°F pre-heated oven for 10 minutes. Turn over and bake an additional 10 minutes.

or

Heat coconut oil in a sauté pan over medium-high heat. Reduce heat to medium and cook chicken, turning once or twice, until browned on both sides and cooked through, 6 to 8 minutes total, depending on thickness of nuggets.
Sure, buying the latest gadgets may be tempting, but most professional chefs agree that kitchen essentials are fairly minimal. Anyone with a few must-haves can make do; specialty items are often forgotten and sit in drawers and cabinets collecting dust.

The one utensil any chef would recommend as vital is a good, sharp knife. Everyone has personal preferences for knives, but it's imperative to have a go-to favorite that can get the job done.

“It's really frustrating slicing a tomato when you can't slice it and you have tomato pulp everywhere,” says Sadiya Ahmed, a home cook from Naperville, Illinois. Alexander Reyes, who is executive chef and owner of Sauté Culinary Academy in California, explains that his 8-inch chef’s knife is a tool he can use for just about anything. A high-quality implement doesn't necessarily have to cost too much, either.

“I've had a knife in my kitchen that cost me $600, and I've got a knife in my kitchen that cost me $30,” Reyes expands. “I more than likely pick up the $30 knife. The $600 knife is a nice toy to have, but it doesn't necessarily feel that great in my hand.”
He recommends one that’s heavy (if you make your fingers and hands do all the work, you’ll just end up with carpal tunnel), that’s balanced, and that has a blade that runs all the way through the handle. Most importantly, the steel has to be able to withstand being sharpened.

There are myriad tools to choose from when shopping, but Amanda Saab, a contestant on the current season of MasterChef, explains that she will base her research on the kinds of reviews professional chefs are giving an item. “I want to make sure people in the industry are using it and are saying good things about it,” she adds.

One standard 8- or 9-inch chef’s knife can also take the place of devices marketed for mincing, slicing, and chopping, such as the much-disparaged garlic press.

“The biggest waste of money in the world is a garlic press,” Reyes scoffs. He purchased one for the students at his academy because they were clamoring for it, but to him that just indicated that their chopping skills weren’t up to snuff. He has similar disdain for items like the Slap Chop™.

“A lot of these tools…like a juicer or a garlic press, they’re kind of time wasters,” he adds. “If you become reliant and dependent on them, then all of a sudden you’re stuck if you don’t have them on hand.”

Of course, there will always be those appliances and items that professionals are excited to purchase but end up being used only once. “I have a melon baller,” Ahmed says. “I’ve used it a few times, but I’ve used it to ball anything but melons.”

Saab has similar stories of fruit-centric products: a cherry and olive pitter, and a strawberry huller, that get put aside in favor of a paring knife. Ahmed Baig, owner of Baigs Grill, a catering company based in Toronto, Canada, has invested in a dehydrator and vacuum sealer, which he has used, but not as much as he would have thought.

Conversely, Saab has become enamored with one specialized instrument: her flat grater. She uses this razor-edged apparatus, sometimes referred to as a rasp grater, to pull double-duty for her Mediterranean cuisine that often calls for minced garlic and lemon zest.

For his part, Baig relies on cast iron skillets and pans. “They’re best for conducting heat,” he explains. If he’s making a steak in a cast iron skillet, he can also take it from the stove and finish it off in the oven. “If you love to cook, you must have one.”

Ahmed agrees with the sentiment that pots and pans are where your money should go if you’re looking to invest in nicer pieces. When she first got married, she didn’t opt for quality, heavy-bottomed pans. “They fell apart in six months,” she laments.

But, even in the realm of pots and pans, quality beats out quantity. A skillet, a saucepan, a stock pot, and a sauté pan, in stainless steel or cast iron, are the crucial cookware, as long as they’re of substantial weight.

Other basics won’t require as much of a financial investment: a good cutting board that doesn’t move when chopping, a wire whisk, spoons for stirring (including a slotted spoon and a wooden spoon), tongs, and a spatula. Reyes prefers a fish spatula, which is slotted and made of metal, because it’s so versatile, but Ahmed has a heat-resistant one he favors.

Of course, everyone who spends a lot of time in the kitchen will always have recommendations that aren’t exactly crucial but become a personal necessity. Ahmed loves her coffee maker and salad spinner. Baig needs a thermometer to ensure the meat he works with is at the correct temperature. Because of his experience working in restaurants, Reyes is used to carrying terrycloth towels instead of oven mitts. “We go through dozens and dozens of bar towels every day,” he says. “People would steal them from each other.”

Besides products, cooks all have a list of indispensable ingredients that they will always reach for. It takes some experience to learn what your personal preferences are, but Saab recommends everyone have a fresh herb window garden of basil, thyme, mint, oregano, and rosemary, which is easy to maintain throughout the year. “Fresh herbs are amazing and can totally change the composition of a dish,” she expounds.

Chefs are also sticklers for particular salts, ranging from sea salt for recipes to finishing salts, such as fleur de sel, for a last sprinkle before serving a meal. Professionals also tend to have homemade chicken stock on hand, along with eggs, flour, and oils. Oils come in many varieties, too, but for basics, olive oil is good for most recipes, and vegetable oil works for deep frying. Saab prefers grape seed oil for very high temperatures.

“All cooks and chefs go through an identity in the kitchen, of developing their flavors,” Saab says. But, once you have the essentials down, including tools and ingredients, you’re free to explore your personal tastes and advance your culinary prowess. ☛

NADIA MALIK holds a degree in journalism and is a former reporter for a Chicago-area newspaper. She has written for websites and publications and has also worked for several non-profit organizations.
If you’re setting up your first kitchen, this handy guide will help you navigate the many available options and aid you in deciding what is absolutely necessary to own.
There are many challenges that Muslims living in non-Muslim majority countries face for which there are no simple answers. Often compromises have to be made in order to practice faith in a way that we believe to be as close as possible to that prescribed by Prophet Muhammad (Peace Be Upon Him [PBUH]).
Animals can be male or female.

The sacrificial animal should not have any obvious illness or defect, e.g., blindness, limping, broken horns or hooves; scholars say it is makrooh (discouraged), though some say it is strictly haram (forbidden). Additionally, if the animal is too weak to get to the place of slaughter from its initial place, many scholars would say the animal is not valid.

Types of valid animals

- **GOATS**
  - should be at least one year old

- **SHEEP/LAMBS**
  - should be at least one year old

- **CATTLE**
  - should be at least two years old and fulfills the obligation for seven people

- **CAMELS**
  - should be at least five years old and fulfills the obligation for seven people

Other livestock reasonably analogous to the previous categories (note: poultry is not sufficiently analogous)

Requirements for Udhiyah/Qurbani

_**Udhiyah**_ is an Arabic term that specifically refers to the slaughter of Eid-ul-Adha. _Qurbani_ is the Urdu word for this term, borrowed from Persian, which is related to the Arabic word _qurba_. _Qurba_ means “to draw near to,” specifically to God; _udhiyah_ or _qurbani_ is a ritual act that spiritually draws one nearer to God. This metaphysical effect results from a mere mechanical act because of its representation and commemoration of the sacrifice of Ibrahim (PBUH). The willingness of the act to sacrifice one’s own child, Isma’il (PBUH) in this case, by the order of God is the ultimate embodiment of the concept of _qurba_. By conducting _udhiyah_ or _qurbani_, we attempt to honor that sacrifice by offering our time, energy, and resources in order to get closer to God.

In regard to those upon whom _udhiyah_ is required, it is strongly encouraged on all men and women who are of sound mind and reasoning, have reached the age of maturity, and possess a minimum threshold of wealth in excess of personal needs. The Hanafi school and some members of other schools stipulate that it is _wajib_ (mandatory) provided the previously listed conditions are met. Those who establish the act as _wajib_ specify the threshold of wealth as approximately 200 silver dirhams in excess of personal needs, the equivalent of approximately $375 at today’s prices.

In order for a slaughter to be considered an _udhiyah_, it must be offered with intent and must be done during the days of Eid-ul-Adha, the tenth to twelfth of Thul Hijjah, and it must occur after the Eid prayer has been completed. The obligation of an individual who participates in _udhiyah_ is that he or she must slaughter one “share” of an animal. Small livestock (goats, sheep) count as one share, while large livestock (cattle, camels) satisfy seven shares.

Distributing Meat

Any portion of the meat can be consumed or donated, though many scholars suggest that one third go to the individual offering the sacrifice, one third to family and friends, and one third to the needy.
Sending Money Abroad

The slaughter itself is the act of worship, not the distribution of meat or its meritorious ancillary effect of providing for the needy. In other words, giving a monetary amount equivalent to the cost of a lamb to charity in lieu of slaughtering is not a valid replacement for the slaughter. The rationale is that one who gives charity rather than slaughters substitutes an established act of worship with something not previously prescribed without clear precedent. A practical analogy would be that one cannot substitute his or her daily prayers with fasting. Sending money for slaughtering abroad is valid so long as one is intending on that money to be used for the purpose of slaughter of Eid-ul-Adha and not to be distributed as *sadaqah* (charity).

Given the above rulings and traditions, the question might be asked: what should American Muslims be striving for during Eid-ul-Adha? It seems fair to say that the person who most benefits from an act of worship is the person performing it. Since the act of worship is the slaughter of an animal and not the giving up of one’s money, American Muslims should be striving for a way to be present for their Eid-ul-Adha sacrifice to ensure the conditions for slaughter can be properly met. However, the reality of our way of life as Americans is that, as a whole, we have become increasingly disconnected from agricultural life. This is contrasted with some of our home countries in which it is perfectly acceptable to slaughter on the street outside one’s home. Though seemingly banal back home, this action in a public place preserves the integrity of the slaughtering process by making the action visible. To return to that integrity, the best solution for our society is for Muslims to seek out and work with slaughterhouses that meet halal and animal welfare standards and are also willing to perform custom slaughter. This would also allow American Muslims to positively engage our communities through partnerships with local food banks; Muslims could donate a portion of their sacrifice to these institutions. A 2013 United States Department of Agriculture report found that 14 percent of American households were food insecure at some point during the year, meaning that they did not know where their next meal was coming from. American food banks often look forward to Easter, Thanksgiving, and Christmas as times of the year when they are able to help more people because they receive more donations. Wouldn’t it be great if beyond fulfilling an act of worship for our own benefit, the American Muslim community could use Eid-ul-Adha as another opportunity to express goodwill toward fellow Americans as a whole by helping those in need around us?

IMRAN M. IKRAM holds a degree in divinity with a focus on Islamic studies from the University of Chicago and currently works for IFANCA as the coordinator of community services.
Mahvesh Fareed Siddiqui has been a chef since childhood. Having lived in different countries, Mahvesh has built her cooking resume to include Pakistani, Indian, Persian, British, and American cuisine, not to mention the American favorites of Chinese and Italian cooking. While growing up with multiple generations, including grandparents and aunts, Mahvesh saw firsthand the unity of cooking together and creating recipes. She recalls, “As a young girl, I was always drawn to strong flavors and spices.” As she grew up, she collected recipes from family members and developed her own to create a family cookbook. She has instilled the love of cooking in her two young daughters. Weekend activities include making parathas (Indian flatbread) from scratch with her three-year-old and five-year-old daughters. Mahvesh is not the only culinary artist in the Siddiqui household. Mahvesh’s husband, Asif Siddiqui, can be seen barbequing steaks every chance he gets, and Sunday mornings are not complete without Asif and his daughters flipping pancakes.

Those with hectic schedules can actually benefit from cooking together. The family prepares their meal and spends time together simultaneously. Huma Ghani and her husband, Ehtesham, are food connoisseurs who share a love for local
and international cuisine. Having traveled both nationally and abroad, they have picked up flavors to incorporate in their own food creations. Whether it is Huma’s famous Hyderabadi biryani and Italian baked chicken or Ehtesham’s creative blueberry cheesecake and “melt in your mouth” waffles, both parents have passed down their love of food and cooking to their four children, engaging them to be sous chefs from a very young age. The clan prepares Sunday brunch while discussing their week’s agendas and school projects. “Collaborating on making brunch gets the whole family to create something together, regardless of age or ability,” Huma says. As the Ghani family prepares waffles, French toast, omelettes, and smoothies, there is talk of kindergarten art projects, middle school science tests, college applications, and ACT’s. Of course, this is all washed down with homemade Nutella lattes and hazelnut brownies, made exclusively by the Ghani boys.

What about young couples starting out their life together? One of the best ways of building a relationship and savoring each other’s company as a newlywed couple that is managing work and grad school is by cooking. Former Muslim Student Association president Ali Fiaz and his wife, Sumrah Haider, are the quintessential busy new couple. “Juggling a new move, a new home, and a new career path takes up a lot of time,” says Ali. However, these two make time for cooking. Ali and Sumrah tag team on weekends for brunches that include omelettes, sujuk (Turkish/Middle Eastern sausage), pancakes, and chilaquiles (Mexican fried tortilla with fillings). Of course, no young couple can be without pizza; however, rather than calling in a delivery, Ali creates and makes his own cast iron pan pizza. Even with her demanding work schedule, Sumrah makes time to prepare homemade meals and creates new recipes for a variety of dishes, including Pakistani food, chili, tacos, spaghetti squash, and, of course, everyone’s favorite, lasagna!

As the saying goes, a family that cooks together stays together. Okay, maybe that is not the exact saying, but it’s pretty close. The diversity of the Muslim community allows the coming together of flavors and foods from around the globe, including our all-American barbeque. Ready to get your family excited about cooking? ☺️

HUSNA T. GHANI has an MS Ed and an MBA. She has taught health and science for years. When she’s not working, she reads, writes, sketches, and tries to save the world (or something like that).
# Halal-Certified Product Locator

Not all of the company products are halal-certified. Look for the Crescent-M logo on the product label or verify the certification using the Certified Products listing on [www.ifanca.org](http://www.ifanca.org).

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<td>Visit their website: <a href="http://www.amaracosmetics.com">www.amaracosmetics.com</a></td>
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<tr>
<td>Baskin Robbins</td>
<td>Dairy Products</td>
<td>Baskin Robbins</td>
<td>Baskin Robbins stores throughout the United States</td>
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<tr>
<td>Bard Valley</td>
<td>Food Products</td>
<td>Bard Valley Natural Delights</td>
<td>Kroger, Publix, Meijer, Walmart, Whole Foods, and various markets throughout the United States</td>
</tr>
<tr>
<td>Cabot</td>
<td>Cheese</td>
<td>Cabot Creamery</td>
<td>Supermarkets throughout the United States</td>
</tr>
<tr>
<td>Campbell</td>
<td>Food Products</td>
<td>Campbell Company of Canada</td>
<td>Supermarkets throughout Canada</td>
</tr>
<tr>
<td>Carole’s Cheesecake</td>
<td>Bakery Item</td>
<td>Carole’s Cheesecake Company Ltd.</td>
<td>Select markets, restaurants, and bakeries throughout Canada</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Visit their website for a complete list of locations: <a href="http://www.carolescheesecake.com">www.carolescheesecake.com</a></td>
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<tr>
<td>English Biscuits</td>
<td>Bakery Items</td>
<td>English Biscuit Manufacturers (Pvt.) Ltd.</td>
<td>Ethnic (Indo/Pak) stores throughout the United States and Canada</td>
</tr>
<tr>
<td>Godiva</td>
<td>Candy / Chocolate</td>
<td>Godiva Chocolatier</td>
<td>Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States</td>
</tr>
<tr>
<td>Golden Bonbon</td>
<td>Candy / Chocolate</td>
<td>Asti Holdings Ltd.</td>
<td>Visit their website: <a href="http://www.goldenbonbon.com">www.goldenbonbon.com</a></td>
</tr>
<tr>
<td>J&amp;M Food Products</td>
<td>Food Products</td>
<td>J&amp;M Food Products</td>
<td>Visit their website: <a href="http://www.halalcertified.com">www.halalcertified.com</a></td>
</tr>
<tr>
<td>Brand</td>
<td>Product Type</td>
<td>Company Name</td>
<td>Available At</td>
</tr>
<tr>
<td>-------------</td>
<td>-------------------------</td>
<td>-------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
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<tr>
<td>Kontos</td>
<td>Bakery Items, Bread</td>
<td>Kontos Foods, Inc.</td>
<td>Ethnic (Arab, Indo-Pak) stores and fruit &amp; vegetable markets throughout the United States</td>
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<tr>
<td>Lawash</td>
<td>Bread</td>
<td>American Bakery Products, Inc.</td>
<td>Kroger and Meijer stores in Michigan</td>
</tr>
<tr>
<td>Love &amp; Quiches</td>
<td>Brownies and Cakes</td>
<td>Love and Quiches Desserts</td>
<td>Visit their website for outlets: <a href="http://www.loveandquiches.com">www.loveandquiches.com</a></td>
</tr>
<tr>
<td>Mead Johnson</td>
<td>Infant/Baby Food Products</td>
<td>Mead Johnson Nutritionals</td>
<td>Department stores, supermarkets, and drugstores throughout the United States</td>
</tr>
<tr>
<td>Melaleuca</td>
<td>Personal Care Products</td>
<td>Melaleuca, Inc.</td>
<td>Visit their website for distributors: <a href="http://www.melaleuca.com">www.melaleuca.com</a></td>
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<tr>
<td></td>
<td>Nutritional Supplements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Own Meals</td>
<td>Food Products</td>
<td>My Own Meals</td>
<td>Visit their website: <a href="http://www.myownmeals.com">www.myownmeals.com</a></td>
</tr>
<tr>
<td>National</td>
<td>Food Products</td>
<td>National Foods Limited</td>
<td>Ethnic (Indo/Pak) stores throughout the United States and Canada</td>
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<tr>
<td></td>
<td>Sauces &amp; Dressings, Condiments</td>
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<td></td>
<td>Dessert Mixes</td>
<td></td>
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<tr>
<td></td>
<td>Spices &amp; Seasonings</td>
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<td>Nestle</td>
<td>Food Products</td>
<td>Nestle Pakistan Ltd.</td>
<td>Ethnic (Indo/Pak) stores throughout the United States</td>
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<td></td>
<td>Beverages / Beverage Concentrates</td>
<td></td>
<td></td>
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<td></td>
<td>Dairy Products</td>
<td></td>
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<tr>
<td></td>
<td>Drink Mixes, Dessert Mixes</td>
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<td></td>
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<tr>
<td>Nutrilite</td>
<td>Nutritional Supplements</td>
<td>Access Business Group, LLC</td>
<td>Visit their website for distributors: <a href="http://www.nutrilite.com">www.nutrilite.com</a></td>
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<tr>
<td>Brand</td>
<td>Product Type</td>
<td>Company Name</td>
<td>Available At</td>
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<td>-------------</td>
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<td>------------------------------------------------------------------------------</td>
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<tr>
<td>Olympia</td>
<td>Gyros, Flat Bread</td>
<td>Olympia Food Industries, Inc.</td>
<td>Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States</td>
</tr>
<tr>
<td></td>
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<td>and Canada</td>
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<td>Organic Valley</td>
<td>Dairy Products</td>
<td>Cropp Cooperative/Organic Valley</td>
<td>Supermarkets throughout the United States</td>
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<td>POM Wonderful</td>
<td>Beverages / Beverage</td>
<td>POM Wonderful, LLC</td>
<td>Supermarkets throughout the United States</td>
</tr>
<tr>
<td></td>
<td>Concentrates</td>
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<td>Tea</td>
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<td>Fruits Processed</td>
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<td>Saffron Road</td>
<td>Food Products</td>
<td>American Halal Co., Inc.</td>
<td>Target, Whole Foods, Kroger, Publix, HEB and various markets throughout the</td>
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<tr>
<td></td>
<td>Snack Food</td>
<td></td>
<td>United States</td>
</tr>
<tr>
<td></td>
<td>Appetizers</td>
<td></td>
<td>Visit their website to locate a store near you:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.saffronroadfood.com">www.saffronroadfood.com</a></td>
</tr>
<tr>
<td>Sunrider</td>
<td>Personal Care Products</td>
<td>Sunrider International</td>
<td>Visit their website for distributors:</td>
</tr>
<tr>
<td></td>
<td>Cosmetics</td>
<td></td>
<td><a href="http://www.sunrider.com">www.sunrider.com</a></td>
</tr>
<tr>
<td></td>
<td>Food Products</td>
<td></td>
<td></td>
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<td>Nutritional Supplements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toms of Maine</td>
<td>Personal Care Products</td>
<td>Toms of Maine, Inc.</td>
<td>Department stores, supermarkets, and drugstores throughout the United States</td>
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<tr>
<td>Wonderful</td>
<td>Pistachios and Almonds</td>
<td>Paramount Farms</td>
<td>Supermarkets and drugstores throughout the United States</td>
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</tbody>
</table>
100 YEARS OF THE Coca-Cola® BOTTLE