

6 Star Fruit

12 What You Need to
Know About Allergies

30 Stand Against
Sitting

Winter 2020

55

Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America

Magazine



8 *Nootropics:
Medicine for
Your Mind*



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Tel: 847-948-1290 • Fax: 847-948-0468 • e-mail: sales@halalcertified.com • www.halalcertified.com



Contents



- 4 Editor's Note
- 5 From the Publisher's Desk

FOOD TRENDS

- 6 Star Fruit

HEALTH & NUTRITION

- 8 Nootropics: Medicine for Your Mind
- 12 What You Need to Know About Allergies

QURANIC & PROPHETIC FOODS

- 16 A Spice that Passes Muster

RECIPES

- 20 Refreshing Star Fruit Tropical Salad
- 21 Spicy Harissa Chicken
- 22 Black Mustard Seed Cauliflower
- 23 Spicy Chickpea Salad

FEATURES

- 24 Make the Most with Compost
- 30 Stand Against Sitting
- 36 Halal-Certified Product Locator

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HALAL CONSUMER EDITORIAL STAFF

Publisher | Muhammad Munir Chaudry
Editor in Chief | Roger Othman
Content Manager | Alison DeGuide

HEAD OFFICE

777 Busse Hwy.
Park Ridge, IL 60068-2470 USA
+1.847.993.0034
+1.847.993.0038 | fax
halal@ifanca.org
halalconsumer@ifanca.org

REGIONAL OFFICES IFANCA – CALIFORNIA Murrieta, California

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ABOUT HALAL CONSUMER

Halal Consumer is a publication of the Islamic Food and Nutrition Council of America (IFANCA). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers, and providing halal solutions to consumer needs.

DESIGNED BY Annan Shehadi
www.annanshehadi.com

Editor's Note

Assalaamu alaikum,

The end of the year is a time to reflect on all that has happened in the past twelve months. Many of us—myself included—are eager to move on to 2021.

If this year has made you more health-conscious, you may be interested in “Nootropics: Medicine for Your Mind.” Also known as “smart pills,” nootropics have been touted as a way to boost your brainpower. While claims of increased intelligence are likely overstated, some nootropics, such as caffeine, have been known to promote certain cognitive effects.

For those seeking to inject a bit of the tropics into their routine, check out star fruit. It's rich in vitamin C, which can help you fend off the cold and flu. Read about its nutritional benefits in the Food Trends section, and check out the recipe for Refreshing Star Fruit Tropical Salad.

Mustard seeds are another culinary flavor you might want to try, and we feature them in the Quranic & Prophetic Foods section. Add this spice to marinades for an extra kick, or enjoy it in a bottle of your favorite yellow or brown mustard. What mustard seeds lack in size, they make up for in flavor.

Spending less time outside means that we need to be extra cognizant of potential allergens within our homes. Seasonal allergies may be less prevalent in the winter months, but allergies to mold or dust mites may still bother you. “What You Need to Know About Allergies” examines the different types and offers tips for how to minimize your symptoms.

More time at home also means more time spent sitting. Kitchens and living rooms have become home offices, but not all of them are equipped with the proper workspace to maintain a good posture. “Stand Against Sitting” has ergonomic suggestions and recommends exercises you can do to avoid feeling achy at the end of the day.

You might consider composting a spring or summer activity, but it's possible to compost even in the winter. “Make the Most with Compost” teaches about the difference between hot and cold composting. Maybe you'll discover a new hobby—and a way to reduce food waste.

We are always eager to hear your thoughts. If you try one of the recipes in this issue or want to comment on something you read, please reach out to us via [email](#), [Facebook](#), or [Twitter](#). From all of us at IFANCA, we hope that 2021 brings you and those you love peace and comfort.

Sincerely,

Alison DeGuide *editor*

From the Publisher's Desk

Assalaamu alaikum,

After a year of COVID-19 consuming our thoughts, actions, and routines, many of us are anxious to leave the struggles of 2020 behind. We are eager to resume family gatherings, return to standard work and school schedules, and make up for postponed vacations, concerts, and celebrations. Some of us may be overwhelmed by the changes we've had to make, especially when those originally touted as temporary have become the new normal.

If you are feeling exhausted and worn out at this point, you are not alone. The term pandemic fatigue has been coined to describe the physical and emotional toll that the novel coronavirus has taken on us. Months of obsessively washing our hands, standing six feet apart from one another, and wearing a mask everywhere we go serve as constant reminders of the ever-present threat. It is well documented that constant stress takes a physical toll on our bodies in addition to a mental one. To say that we are all a little fatigued would be an understatement.

One way to combat this feeling is to consider the positives. As of this writing, there are already two vaccines that are ready to be deployed. The companies that created them are gearing up for wide distribution, and other pharmaceutical organizations are still working to develop their own treatments. The measures we have taken to stay at home and limit our social interactions have saved countless lives and demonstrated the depth of empathy we possess towards our fellow human beings. Although it has

been far from perfect, the way we have joined together to fight an illness we still do not fully understand is a marvel.

That being said, you should not feel bad if you are exhausted at this point. Pray to God for comfort, and remember that with hardship comes ease. If you are struggling, turn to your religious leaders and let them know how you feel. You may even want to see a therapist or licensed counselor if you find yourself overwhelmed by your feelings. Maintaining your mental health is just as important as your physical health during these taxing times.

Sincerely,

Muhammad Munir Chaudry *president*

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Star Fruit

By YaQutullah Ibraheem Muhammad, MS, RDN, LD

STAR FRUIT IS AN ODDLY BEAUTIFUL AND EYE-catching fruit. Store-bought star fruit has a peculiar shape—oblong with rough sides and a smooth, shiny surface. When you cut it open in a cross-section, the sections resemble little stars. Ripe star fruit is sweet and tart with a texture similar to that of a grape. While shopping for one, choose a star fruit that is firm to the touch and bright yellow with some browning at the edges. Some green spots are okay, but a fully green star fruit is not yet ripe.

Star fruit, also known as *Averrhoa carambola*, is a tropical fruit native to Southeast Asian countries like Vietnam and the Philippines, South Asian countries like India and Sri Lanka, South Pacific countries like Micronesia, and parts of East Asia. Because it is a tropical fruit, it is also grown in Latin American countries and Florida and is available at grocery stores there. In other parts of the United States, you may be fortunate enough to find it in season at a farmer's market.

There are several reasons why someone would want to try star fruit. Star fruit has many nutritional benefits. It is low in calories—only about thirty per serving—and is a good source of vitamin C, which can strengthen your immune system and help you fight off colds or the flu. Star fruit is also low in carbohydrates with about six grams per serving, making it suitable for people with diabetes to enjoy. It also contains anti-inflammatory properties.

According to the USDA Agricultural Research Service's food database, star fruit is also a good source of dietary fiber, vitamin A, B vitamins, phosphorus, zinc, calcium, magnesium, sodium, iron, and potassium. A study published in the *International Journal of Food Sciences and Nutrition* showed that the phytochemicals in star fruit decreased fatty liver risk and cholesterol levels in animals. Unfortunately, research on its effects on humans is still limited. Furthermore, in an article for the *International Journal of Food Properties*, See Wan Yan et al. note that the fruit has a high concentration of polyphenolic compounds, which act as antioxidants.

John Staughton at *Organic Facts* notes that even though allergies to star fruit are uncommon, they may result in digestive upset such as diarrhea, nausea, or vomiting. If you are consuming star fruit for the first time, eat a small amount to assess how your body reacts. Star fruit also contains active ingredients known to interact with certain medications, making them ineffective. This can be dangerous if a person takes multiple prescriptions, so speak with your doctor before consuming star fruit to avoid any potentially negative side effects.

When it comes to toxicity, some compounds in star fruit can be dangerous—and even deadly—to people who cannot properly process them. Star fruit contains a high concentration of oxalic acid, which may increase your risk of developing kidney stones when consumed in excess

(more than one to two servings daily). If a person has kidney disease and cannot filter out certain neurotoxins, star fruit can result in headaches, confusion, nausea, hiccups, numbness, weakness, disorientation, agitation, seizures, and even death. For this reason, individuals with kidney issues are advised to avoid star fruit.

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Star fruit is also low in carbohydrates with about six grams per serving, making it suitable for people with diabetes to enjoy.

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Star fruit can be used in a variety of ways. To prepare it, start by washing the fruit well. Rinse it under running water and scrub it with your fingers to remove any loose dirt. The entire fruit is edible, so there is no need to peel or remove the seeds before eating it. You can enjoy star fruit as it is without adding it to anything else or use it in a recipe.

Emily Johnson at *Epicurious* has some suggestions for other ways to use star fruit:

- As a garnish for frozen beverages, similarly to how you would use a lemon or lime wedge
- Covered in honey to make baked star fruit chips
- Pickled or made into a delicious chutney and used in salads, curries, or other recipes where you would typically use pickled produce
- Frozen into a beautiful fruit-filled ice ring in punches
- Added to a fruit salad

According to John Staughton at *Organic Facts*, other ways to use star fruit include putting it in fruit shakes or smoothies or drying and sweetening it like candy. You may also use mashed star fruit in fruit bread instead of applesauce or use it in your next birthday or holiday cake. Star fruit can even be used in savory dishes and pairs well with seafood and poultry.

Next time you want to add a delicious yet exotic fruit to recipes, meals, or beverages, try star fruit. Look for it at your local farmers market or online and enjoy all that it has to offer. 🍌

YAQUTULLAH IBRAHEEM MUHAMMAD, MS, RDN, LD is an Atlanta-based Registered Dietitian Nutritionist and owner of Nutrition Prescriptions, LLC, a consulting practice specializing in weight management, recipe development and analysis, and nutrition education. She empowers women to learn and apply healthy, mindful nutrition strategies while understanding the connection between food, faith, and health. Find her on Instagram @yaqutu_nutritionprescriptions.



NOOTROPICS: Medicine for Your Mind

By Alison DeGuide

Numerous science fiction works have speculated about the possibility of enhancing your brainpower by merely taking a pill. Medications and supplements like these fall into the category of **nootropics**, which are colloquially known as “smart drugs” or “cognitive enhancers.” The term itself comes from the Greek *noos* (meaning “mind”) and *trope* (meaning “turning”). Coined by Corneliu Giurgea in the 1970s, **nootropics** describe substances used to enhance cerebral function.

Unsurprisingly, demand is substantial for products that boost one’s cognitive capabilities. In an article for Vox, Kaitlyn Tiffany reported that “[i]n 2013, the American Psychological Association estimated that grocery store ‘brain booster’ supplements and other cognitive enhancement products were already a \$1 billion-a-year industry.” Despite this massive market, however, little is known about most so-called smart drugs. The majority of these products fall under the category of dietary supplements, meaning that they are not FDA approved, so consumers should exercise caution when purchasing them.

One commonly consumed nootropic is caffeine. While its ability to promote wakefulness is well known, some studies have shown that caffeine may provide other cognitive benefits as well. Tom M. McLellan et al. published a review in the journal *Neuroscience & Biobehavioral Reviews* that looked at how caffeine impacted physical and mental performance. The authors found that “across a wide array of circumstances, moderate doses of caffeine (approximately 32–300 mg...) improve vigilance, learning, and mood.” To put that amount into perspective, here are the estimated caffeine contents of some popular beverages (as cited in the aforementioned review):

BEVERAGE	CAFFEINE PER SERVING
Drip coffee	90–150 mg
Instant coffee	40–108 mg
Tea, brewed for 1 minute	9–33 mg
Tea, brewed for 5 minutes	20–50 mg
Iced tea	22–36 mg

Some IFANCA Halal-Certified Nootropics

Brand: 4Life®
Product: Transfer Factor ReCall®

Brand: Arbonne®
Product: Arbonne Essentials®
 Energy Fizz Sticks — Pomegranate

Brand: Country Life®
Product: L-Tyrosine Caps

Brand: Forever Living Products®
 (Aloe Vera of America)
Product: Forever Focus™

Brand: Herbalife®
Product: N-R-G Tea

Brand: Solgar®
Product: Standardized • Full
 Potency™ Gingko Biloba Leaf Extract
 Vegetable Capsules


Brand: Sunrider® USA
Product: Top®



Another nutrient with potentially mind-enhancing effects is L-theanine. L-theanine is an amino acid commonly found in tea, and its purported benefits range from promoting relaxation to improving sleep quality. A study by Shinsuke Hidese et al. in the journal *Nutrients* explored L-theanine's impact on thirty test subjects given a 200 mg supplement of L-theanine daily for four weeks. The results were positive, demonstrating a decrease in symptoms related to stress, improved cognitive function, and fewer problems with sleep quality than the placebo group. Another study by Anna C. Nobre et al. published in the *Asia Pacific Journal of Clinical Nutrition* involved thirty-five participants, sixteen of which were given L-theanine. The authors found that "L-theanine enhanced the power in the alpha-1 frequency band...This increase in alpha-band activity supports a role for L-theanine in achieving a relaxed but alert mental state via a direct influence on the central nervous system." To put it in simpler terms, consuming L-theanine calmed the participants without making them sleepy.

One study even looked at the possibility of cognitive improvements from combining caffeine and L-theanine. Both compounds are commonly found in green tea, a beverage that has long been heralded for its health benefits. The authors found evidence of improved cognitive performance arising from the combination of the two nutrients—most notably improved performance in attention-switching tasks. According to Gail N. Owen et al., "...although both caffeine and the L-theanine + caffeine combination improved response speed and accuracy, it was only the latter that improved them simultaneously." Before you decide to go all-in on green tea, you should know that the doses of caffeine and L-theanine in this study were higher than that of a standard cup. Still, it might be worth trading your occasional coffee or black tea for a cup of green if you are looking for a minor cognitive boost.

There is substantial research demonstrating the cognitive benefits of certain chemicals, but what about supplements as a whole? One recent study by Christopher E. Zwillig et al. published in *Scientific Reports* shows some promise. The study examined the results of nutritional supplements on physical and cognitive performance among active-duty members of the United States Air Force. Participants were divided into two groups: those who exercised and took a supplement and those who exercised and took a placebo. While the participants who exercised but took a placebo did experience physical and mental improvements, individuals with the most progress were those that participated in the exercise portion *and* received a nutritional supplement. The authors found, "Relative to exercise training alone, the multimodal fitness and nutritional intervention further improved working memory (+9.0%), fluid intelligence reaction time (-7.7%), [and] processing efficiency (+1.8%)."



...it might be worth trading your occasional coffee or black tea for a cup of green if you are looking for a minor cognitive boost.

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Nootropic supplements are not the only way to boost your cognitive capabilities. Getting enough sleep can make sure that you feel alert when completing daily tasks, and eating a well-balanced diet can help you naturally consume the nutrients found in many supplements.

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That said, more research still needs to be done before we can definitively say that nootropics are effective. Unfortunately, there is little evidence to back up many of the claims made by nootropic proponents. In an article for *Time*, Markham Heid notes that supplements containing ingredients like omega-3 fatty acids and flavonoids, which do have the potential to improve cognitive function when consumed through food, have not been proven to have much impact when taken in supplemental form. Heid cites a 2015 review of nutrients, dietary supple-



ments, and vitamins in the *Canadian Geriatrics Journal* that indicated “no convincing evidence of benefit for any of the nutritional interventions included in this review.” Therefore, your best bet for increasing your omega-3 consumption is to add foods such as fish, nuts, and seeds to your diet.

Even common nootropics should be carefully monitored for potential interactions with other medications. According to *WebMD*, creatine, one type of nootropic, can interact negatively with certain anti-inflammatory drugs, diabetes medications, and diuretics. Ginkgo biloba also comes with risks for certain people. In an article by Dana Kantrowitz for *UMiami Health News*, Registered Dietitian/Nutritionist and Board-Certified Sports Dietitian Jason Stevenson discusses how it can be dangerous for those susceptible to strokes or brain bleeds and those on blood thinners.

Some prescription medications have gained popularity as nootropics as well. Dextroamphetamine and amphetamine (commonly known as Adderall) and methylphenidate (commonly known as Ritalin) are used to help patients with attention-deficit/hyperactivity disorder (ADHD). Modafinil and armodafinil have also gained popularity in this space for their ability to promote wakefulness, which

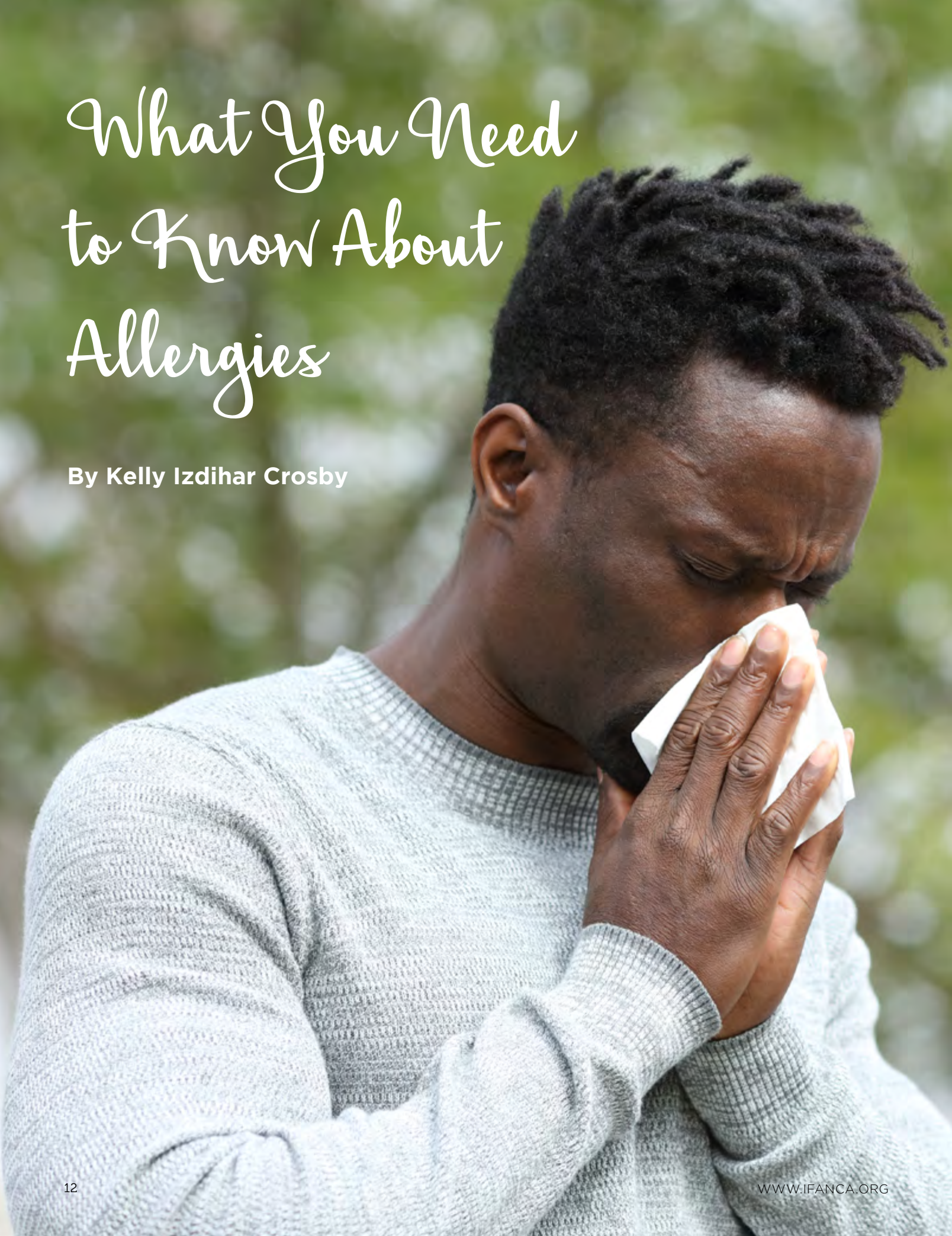
is essential in treating individuals with narcolepsy or other sleep disorders. The issue with prescription nootropics is that they have a high potential for abuse. While these medications can be life-changing for people with the diseases they treat, they are not approved for people seeking a mental boost and should not be used without a doctor’s approval.


Nootropic supplements are not the only way to boost your cognitive capabilities. Getting enough sleep can make sure that you feel alert when completing daily tasks, and eating a well-balanced diet can help you naturally consume the nutrients found in many supplements. Regular exercise is another valuable tool since various studies have demonstrated the relationship between exercise and the brain. If you decide nootropics are the way to go, make sure you talk to your doctor before starting a regimen. Your mind will thank you. 🧠

ALISON DEGUIDE is a content developer at IFANCA as well as the editor of *Halal Consumer*® magazine. She holds a master’s degree in public diplomacy from the University of Southern California where she also did her undergraduate studies.

What You Need to Know About Allergies

By Kelly Izdihar Crosby





For allergy sufferers, life can be difficult. Sniffling, runny noses, sore throats, and headaches can ruin anyone's day, especially if you couple those symptoms with itchy skin, red eyes, and overall fatigue. Allergies can be either a seasonal nuisance or a life-threatening challenge, and many of us deal with these ailments. According to the Asthma and Allergy Foundation of America (AAFA), "More than 50 million Americans have experienced various types of allergies each year. Allergies are the sixth leading cause of chronic illness in the U.S." What are allergies, and why do they make us so miserable?

Allergies, or allergic diseases, are caused by the immune system's hypersensitivity to certain environmental substances. The immune system's job is to protect the body from harmful pathogens. The substance that triggers the reaction is called an allergen. The immune system perceives a common allergen like pollen as harmless. But when it is perceived as a threat, the immune system goes into attack mode. This immune response results in the symptoms we feel when encountering those substances, hence an allergic reaction.

Common symptoms like inflammation of the skin, sinuses, airways, or digestive system result from your body doing its best to protect you. All those unpleasant symptoms are caused by the histamines your body releases to attack the invader. According to Dr. Nayana Ambardekar at *WebMD*, "Histamines act like bouncers at a club. They help your body get rid of something that's bothering you...They can make you sneeze, tear up, or itch—whatever it takes to get the job done." To suppress this reaction, you need antihistamines.

The most severe reaction to an allergen is called anaphylaxis. April Kahn at *Healthline* says, "Anaphylaxis causes a series of symptoms, including a rash, low pulse, and shock, which is known as anaphylactic shock. This can be fatal if it isn't treated immediately." The symptoms can take a few minutes to show up and include abdominal pain, anxiety, confusion, difficulty swallowing, and nausea. People with severe allergic reactions must always keep an injectable epinephrine pen on their person within minutes of the first sign of a serious allergic reaction.

COMMON AIRBORNE ALLERGENS

ALLERGEN	SYMPTOMS	PREVENTIVE METHODS
Pollen	Itchy throat; red, itchy, or watery eyes; runny or stuffy nose; sneezing; wheezing or coughing	<ul style="list-style-type: none"> • Stay indoors on days with a high pollen count • Install HEPA air filters in your home • Change your clothes immediately after returning indoors
Dust mites	Itchy nose, roof of mouth, or throat; red, itchy, or watery eyes; runny or stuffy nose; sneezing; postnasal drip; coughing; facial pressure or pain	<ul style="list-style-type: none"> • Use allergen-proof bed covers • Wash bedding weekly • Vacuum regularly • Keep humidity low or use a humidifier • Remove dust with a moist cloth • Remove all carpeting, if possible
Mold	Itchy eyes, nose, or throat; watery eyes; runny or stuffy nose; sneezing; postnasal drip; coughing; dry, scaly skin	<ul style="list-style-type: none"> • Eliminate sources of dampness in the home (ex: leaky pipes) • Make sure all bathrooms are properly ventilated • Remove old books and newspapers • Install HEPA air filters
Animal dander	Itchy nose, roof of mouth, or throat; red, itchy, or watery eyes; runny or stuffy nose; sneezing; postnasal drip; coughing; facial pressure or pain; frequent waking during the night; swollen, blue-colored skin under the eyes; in a child, frequent upward rubbing of the nose (sometimes dubbed the “allergic salute”); hives, eczema, or itchy skin	<ul style="list-style-type: none"> • Avoid or reduce exposure to animals with fur • Remove or replace upholstered furniture • Replace bedding • Replace carpeting • Install HEPA air filters

A food allergy can cause a variety of distressing symptoms. Some food allergens include eggs, soybeans, seafood, peanuts, wheat, and cow’s milk. According to the staff at Mayo Clinic, “symptoms include:

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Abdominal pain, diarrhea, nausea, or vomiting
- Dizziness, lightheadedness, or fainting.”

It is important to differentiate between a food allergy and food intolerance. Food intolerance has significantly less severe symptoms than a food allergy. It can cause discomfort but is not severe or life-threatening. Some common food intolerances include dairy, gluten, yeast, and caffeine. Airborne or seasonal allergies only affect the skin and respiratory system, but food intolerances and allergies also impact the digestive system. Protect yourself by reading the ingredients of any foods while shopping or ordering out. And if you have a known food allergy, always carry an injectable epinephrine pen to treat potential anaphylactic shock.

Another type of allergy is an abnormal reaction to a drug, whether over the counter, prescribed, or herbal. The usual suspects are antibiotics like penicillin and pain relievers such as aspirin, ibuprofen, and naproxen. Contact allergies also exist, and latex is a common one. Latex is the main component in rubber and is derived from the milky fluid obtained from rubber trees. It is found in many products like gloves, catheters, and balloons. Reactions to latex allergies usually occur at the site of contact and can cause rashes.

Lastly, insect allergies are allergies caused by the stings or bites of wasps, mosquitos, bees, hornets, ants, or ticks. The most typical response is a reaction at the sting or

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Airborne or seasonal allergies only affect the skin and respiratory system, but food intolerances and allergies also impact the digestive system.

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bite location and swelling that arises from the release of histamines. A person may experience full-body itching or hives, coughing, chest tightness, wheezing, or shortness of breath. Using antihistamine ointment and an ice pack can help relieve this pain. People with severe insect allergies that cause anaphylaxis should always carry an injectable epinephrine pen with them.

Unfortunately, there is no cure for allergies. However, allergy symptoms can be managed and minimized. You are more likely to suffer from allergic reactions if you have asthma or a family history of allergies or asthma. Because allergy symptoms can feel like other illnesses, it can be hard to pinpoint what is making you sick. The only way to know for sure is to make an appointment with a doctor specializing in allergies and immunology and to take a variety of allergy tests.

The two main tests are skin tests and blood tests. Skin tests are great for detecting food-related, airborne, and contact allergens. The skin tests come in three types: scratch, intradermal, and patch. In a scratch test, a medical professional will lightly puncture the skin with various allergens to see how your skin reacts. Any local-

Unfortunately, there is no cure for allergies. However, allergy symptoms can be managed and minimized.

ized redness, swelling, or itchiness will identify an allergy. If the results are inconclusive, an intradermal test is required. This test involves injecting a tiny amount of an allergen into the dermis of the skin, and a doctor monitors to see if there is a reaction. The doctor may also use a patch test, which involves applying adhesive patches of specific allergens to the skin. Results are reviewed after 48 hours, after 72 hours, and finally after 96 hours. Blood tests are available to check for specific antibodies that fight allergens. Skin tests give results within 20 to 30 minutes, while blood test results take several days.

There are a plethora of medicines to help with allergy symptoms. One type is corticosteroids, which the AAFA describes as the following:

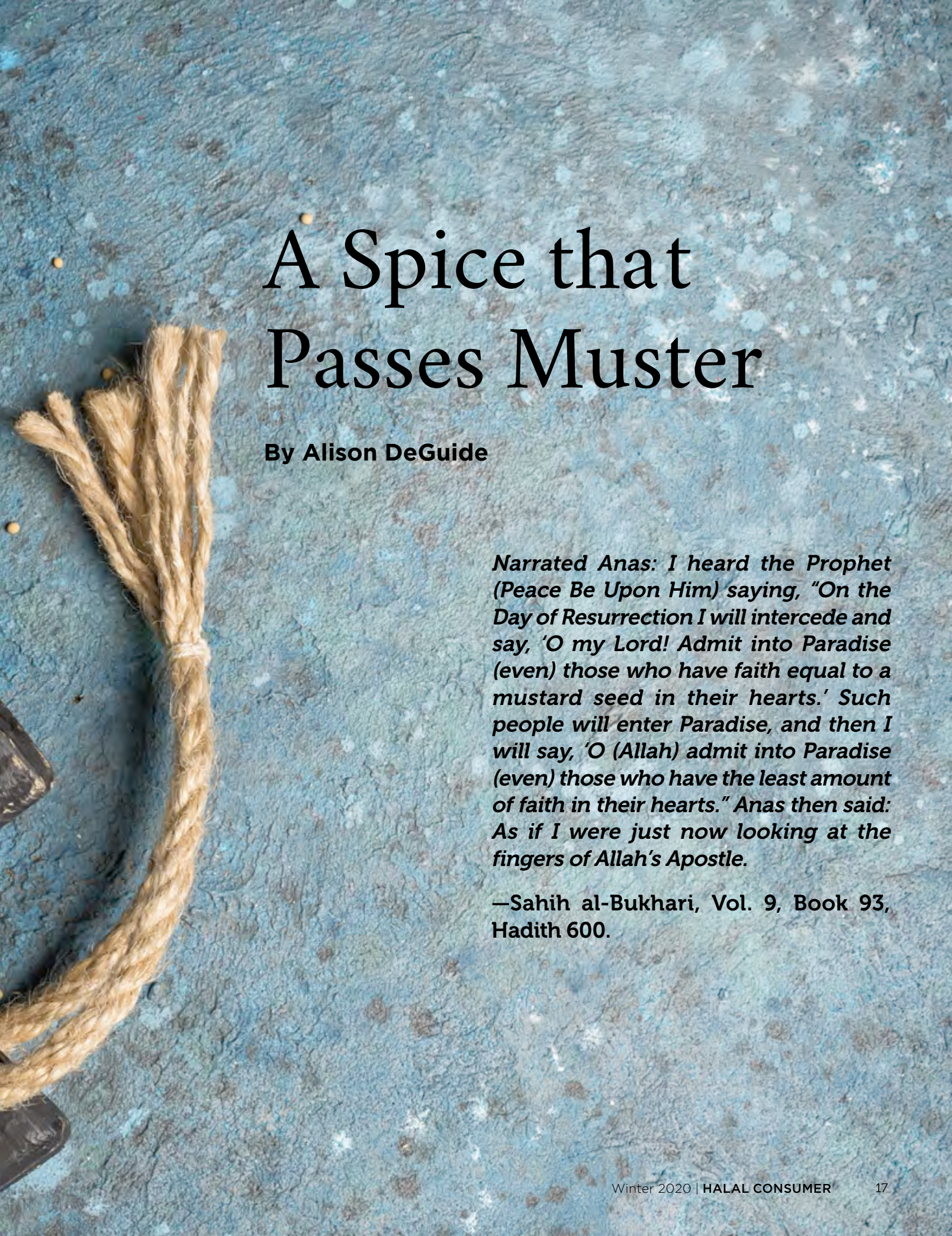
- Nasal corticosteroids minimize swelling in the nose.
- Corticosteroid creams or ointments can help with rashes and itchiness.
- Oral corticosteroids minimize swelling. They can treat severe allergic reactions but must be prescribed by a doctor.

Other types of medications include antihistamines, mast cell stabilizers, and decongestants. Antihistamines are great for seasonal and indoor allergies, and they work by blocking the body's histamine receptors. Mast cell stabilizers keep your body from releasing histamine and are available as eye drops or nasal sprays. As nasal sprays, they treat hay fever, and as eye drops, they treat allergic conjunctivitis. Decongestants shrink swollen membranes in the nose, which reduces congestion and stuffiness. Be cautious with their use, however, as using these sprays for more than three days can cause the swelling to worsen rather than improve.

If these treatments fail to provide long-lasting relief, allergy shots or immunotherapy are great options. Allergy shots are wonderful for allergies to bee stings, pollen, dust mites, mold, and pet dander. By exposing the body to minimal amounts of the allergen, they train the body not to overreact when encountering it. While immunotherapy requires a three- to five-year commitment of taking shots, the benefit is a built-up overall resistance to allergies.™

KELLY IZDIHAR CROSBY is an artist and freelance writer living in Atlanta, Georgia.





A Spice that Passes Muster

By Alison DeGuide

Narrated Anas: I heard the Prophet (Peace Be Upon Him) saying, "On the Day of Resurrection I will intercede and say, 'O my Lord! Admit into Paradise (even) those who have faith equal to a mustard seed in their hearts.' Such people will enter Paradise, and then I will say, 'O (Allah) admit into Paradise (even) those who have the least amount of faith in their hearts.'" Anas then said: As if I were just now looking at the fingers of Allah's Apostle.

—Sahih al-Bukhari, Vol. 9, Book 93, Hadith 600.

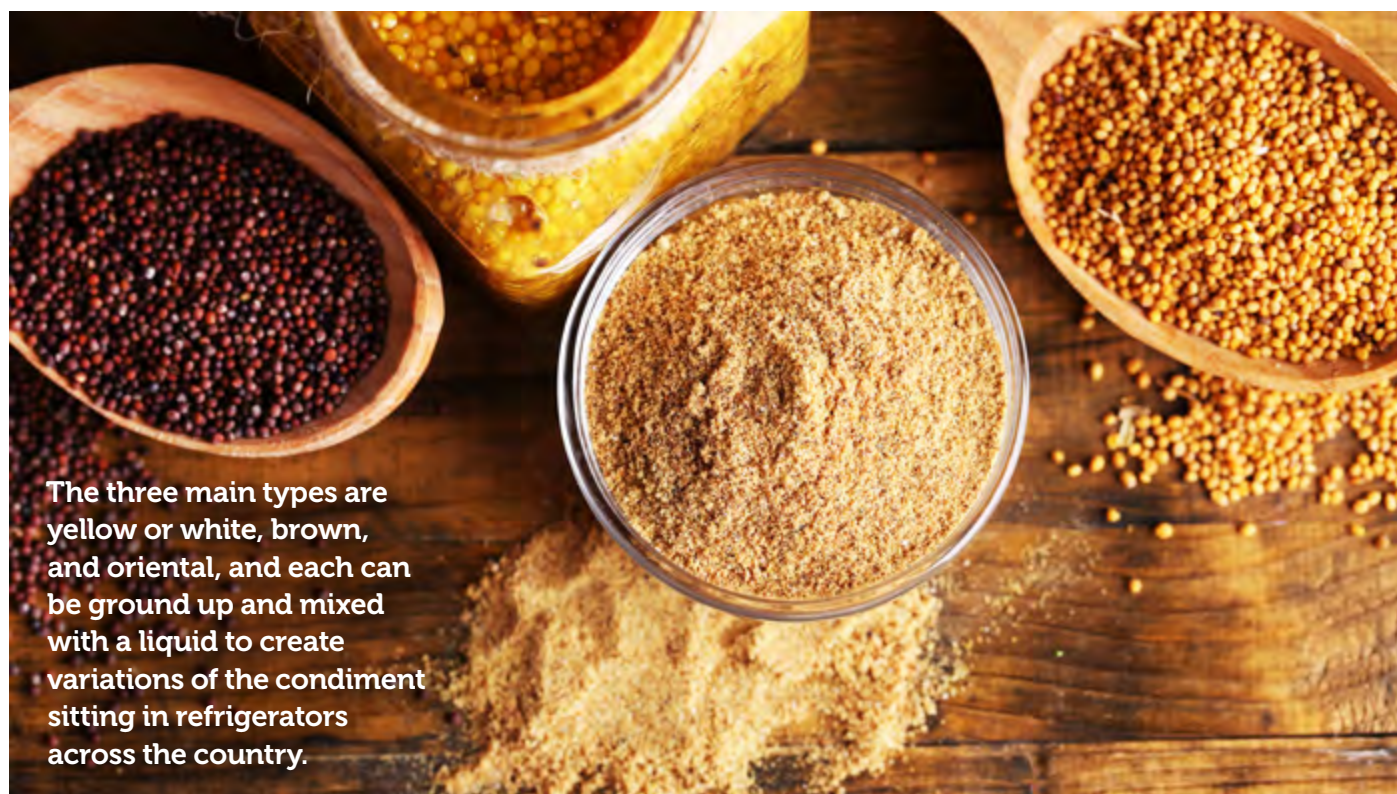
Despite their small size, mustard seeds have a big personality. They are used to spice up dishes around the world, can be crushed to make mustard, and are even mentioned in the Quran: *“And even if a deed is the weight of a mustard seed, We will bring it forth. And sufficient are We as a vigilant Reckoner”* (Quran 21:47). The three main types are yellow or white, brown, and oriental, and each can be ground up and mixed with a liquid to create variations of the condiment sitting in refrigerators across the country. Yellow or white mustard seeds are the least spicy of the three varieties. They are used in the yellow mustard popular in North America, such as IFANCA® halal-certified American Garden U.S. Mustard. Both oriental mustard seeds and brown mustard seeds are spicier, although their uses differ. Oriental mustard is more commonly used in Asian countries for condiments and cooking oil, according to the Saskatchewan Mustard Development Commission. On the other hand, Dijon mustard and the appropriately named spicy brown mustard both come from brown mustard seeds.

Though originally native to Europe, mustard plants are now grown throughout the United States. In fact, wild mustard is so abundant in North America that the state of Michigan considers them a “noxious weed” due to their ability to proliferate rapidly. The plants are part of the family known as Brassicaceae or Cruciferae, which features other vegetables like cabbage and broccoli. Though the seeds are used to make bottled mustard, mustard greens are also an edible (and tasty!) part of the plant. Phoebe

Lapine at *Clean Plates* describes their taste as having a “horseradish-like kick” and compares them to salad greens with a spicier flavor.

Both the leaves and seeds of a mustard plant come with a whole host of health benefits. Mustard leaves “contain significant amounts of calcium, copper, and vitamins C, A, and K,” describes Alina Petre, MS, RD at *Healthline*, “while their seeds are particularly rich in fiber, selenium, magnesium, and manganese.” Mustard greens, like many other leafy vegetables, are low in calories. According to the USDA Agricultural Research Service (ARS) registry, there are a little over fifteen calories per cup of raw mustard greens. Even bottled yellow mustard is not too bad: the USDA ARS pins it at under ten calories per tablespoon.

Like other vegetables in the Cruciferae family, the mustard plant is a good source of glucosinolates like sinigrin, which Petre cites as the compound responsible for mustard’s bitter and spicy taste. These compounds are released when the plant is damaged, which occurs when a person chews a mustard seed or cuts up a mustard green in preparation for a meal. In an article for *Advances in Botanical Research*, M.H. Traka discusses the evidence that consumption of these compounds may reduce one’s risk of cancer, as well as cardiovascular disease. According to Anisha Mazumder et al. in an article for the journal *Molecules*, sinigrin is thought to work as an antioxidant, counter inflammation, fight bacteria and fungi, and promote wound healing.



Mustard leaves “contain significant amounts of calcium, copper, and vitamins C, A, and K, while their seeds are particularly rich in fiber, selenium, magnesium, and manganese.”



The method and storage time for mustard depends on its form. Peggy Trowbridge Filippone at *The Spruce Eats* offers the following tips:

- **Mustard seeds:** Up to a year in an airtight container
- **Ground mustard:** Up to six months in an airtight container
- **Store-bought prepared mustard, unopened:** Up to one year in the refrigerator (to prevent flavor loss)
- **Store-bought prepared mustard, opened:** Up to one month in the refrigerator (to prevent flavor loss)

Worried about your mustard seeds going bad? Some ways to treat them for their use in a recipe include pickling, toasting, and grinding them. Toasting mustard seeds help alleviate some of their bitterness, says Christine Gallary at *Kitchn*. Ashley Mason at Bon Appétit's *Healthyish* even recommends frying and adding them to salad, stews, and dressings.

So what are you waiting for? Set aside your ketchup for a bit and give mustard a chance. 🍷

ALISON DEGUIDE is a content developer at IFANCA as well as the editor of Halal Consumer® magazine. She holds a master's degree in public diplomacy from the University of Southern California where she also did her undergraduate studies.

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Refreshing Star Fruit Tropical Salad

By: YaQutullah Ibraheem Muhammad, MS, RDN, LD

Servings: 2-3

INGREDIENTS

- 1 pint of strawberries
- 1 papaya
- 4 star fruit (carambola)
- 1 lime
- 1 bunch of mint leaves

DIRECTIONS

1. Clean and cut strawberries.
2. Clean and slice star fruit.
3. Wash the ripe papaya, slice it in half lengthwise, discard the seeds, and slice off the skin. Prepare the base by cutting the papaya into chunks.
4. Combine all the ingredients and garnish with mint leaves and lime juice.
5. Serve chilled. ©



Spicy Harissa Chicken

By: Karima's Kitchen

Servings: 7

INGREDIENTS

- 7 halal chicken thighs
- juice of ½ lemon
- 2 tablespoons olive oil
- 3 tablespoons harissa paste
- ¼ teaspoon white ground pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ¼ teaspoon paprika
- ¼ teaspoon onion powder
- 1½ teaspoon pink Himalayan salt

DIRECTIONS

1. Preheat your oven to 350°F.
2. Place the chicken thighs in a bowl. Squeeze in lemon juice and drain.
3. Mix in the harissa paste, spices, and olive oil. Let it marinate for 10 minutes.
4. Make horizontal cuts across the chicken thigh. These cuts should be deep enough to touch bone.
5. Heat a grill pan until it is really hot. Pack in the chicken thighs and sear both sides for 5 minutes. Start with the chicken skin side of the thigh for crispy skin.
6. Transfer the seared chicken to a baking dish.
7. Bake at 350°F for 20 minutes.
8. Serve with mashed potatoes or a vegetable side dish. 🍴



Black Mustard Seed Cauliflower


By: Saira Mohiuddin

Servings: 4-6

INGREDIENTS

- 1 tablespoon ghee
- ¼ cup olive oil
- 2 medium onions, chopped
- 3 garlic cloves, chopped
- 2½ pounds cauliflower florets
- Himalayan salt
- fresh black pepper
- 1 teaspoon turmeric
- ½ teaspoon red chili powder
- 7 curry leaves
- 1 teaspoon of black mustard seeds
- ½ teaspoon lemon zest
- ½ teaspoon lemon juice
- ½ cup cilantro, chopped

DIRECTIONS

1. Heat a large pot on the stove over a medium flame.
2. Add olive oil to the pot.
3. Add garlic, onions, and spices.
4. Cook for 2 minutes.
5. Add cauliflower to the pot and cover.
6. Cook for 8–10 minutes.
7. Heat a small frying pan over a medium flame and add the ghee.
8. Add curry leaves, black mustard seeds, and lemon zest to the pan with the ghee.
9. Cook for 3 minutes, then pour on top of cooked cauliflower.
10. Garnish with cilantro and lemon juice. 



Spicy Chickpea Salad

By: Jacob Taylor

Servings: 4

INGREDIENTS

- 1 can (29 ounces) of chickpeas, rinsed
- ¼ cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ¾ teaspoon coarse salt
- ½ teaspoon black pepper
- 1½ teaspoons cayenne pepper
- 2 jalapeño peppers, finely sliced or chopped (increase or decrease the amount based on your preference)
- 3 carrots, peeled and shredded
- ½ cup pitted Kalamata olives
- 1 cup baby arugula, chopped

DIRECTIONS

1. Microwave chickpeas in a medium bowl on high for 1½ minutes or until hot.
2. Stir in oil, juice, salt, black pepper, and cayenne pepper and let sit for 30 minutes.
3. Add carrots, olives, and jalapeños. Once the chickpeas have reached room temperature, add the arugula.
4. Toss the salad well and then serve. Enjoy! ©





Make the Most with Compost

By Husna T. Ghani

REMEMBER IN ELEMENTARY SCHOOL WHEN YOU weren't sure what that smell was by the side of the building? Chances are that your science department was composting. Compost is the organic (or living) material used to enrich the soil with more nutrients. It is made from food scraps consisting of produce, animal products, and tree and plant parts—anything derived from living organisms. Here are some organic material ideas recommended by the Natural Resources Defense Council (NRDC) that may be used in home-based composting:

RECOMMENDED:
<ul style="list-style-type: none"> • Produce • Fruit and vegetable peels • Eggshells • Coffee grinds • Teabags and loose tea • Uncoated paper • Newspaper • Wood pieces and sawdust • Wood fireplace ash • Nut shells • Hair • Fur • Yard scraps • Plants • Trees
NOT RECOMMENDED:
<ul style="list-style-type: none"> • Whole eggs (you'll regret the smell) • Milk products • Meat • Bones • Fecal matter • Cat litter • Oils and fats • Pesticide- or insecticide-laden plants • Unhealthy plants

If you take a look at the items in the list, compost can be made mostly from everyday food remnants found in your home. The main reason why you shouldn't use some food items such as whole eggs, dairy, or meat is to avoid attracting animals and to prevent odor. Fecal matter, cat litter, and pesticide- or insecticide-laden plants may have chemicals and pathogens that could be harmful.

There are several types of composting methods. Cold composting and hot composting are both done outdoors. Cold composting is basically composting on autopilot because you do not need to do anything aside from letting the ingredients sit. This method takes a very long

time—anywhere from one to two years. Because of its low temperature, cold composting does not kill off bacteria and pathogens. Therefore, you must be careful as to what you place in the compost bin. Hot composting, if managed correctly, can reduce toxins and disease-causing pathogens in the compost material. This method requires optimal nitrogen and carbon levels, moisture and air circulation checkups, and constant supervision. There is a time commitment on your part required in this method; however, the compost can be ready within a year or even as soon as within a month.

Trench composting is a type of composting that requires relatively little management. It is done by digging a deep area in your yard away from deep-rooted plants, filling the hole with organic matter, covering it with one to two feet of soil, then leaving it to “bake.” Trench composting is generally a one-time fill because you cover it with dirt. The benefits of trench composting are no animal intrusion, little to no odor, the potential to use cooked food (due to it being underground), and very little management required.

Another type of composting is vermicomposting. This involves the use of a worm composter, and you can make the containers yourself or purchase them. A two-container system is prepared by making bedding out of uncoated paper, dry leaves, hay, or dry twigs. Add red wiggler worms and cover them with moist paper or cardboard. The worms feed on the food scraps you provide and put out odorless fecal matter known as castings. The benefits of this type of composting are that it requires less room than other methods, is done indoors, can be ready within three to six months, and requires little to no management.

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Mature compost should reduce down to one-third of the initial amount, be the color of dark chocolate, and, according to the NRDC, “smell like a forest on a rainy day.”

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As a former science teacher, I built my own compost bins and managed cold and hot composting with my classes. You may be motivated to do this as your next DIY project because, at the time of writing this article, we were in month eight of the global pandemic. You probably need new activities. Here are the necessary materials and a few logistical factors to consider in order to get started on your composting journey:



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Imagine the amount of food you consume in a week. How many of those items are plants, eggshells, and coffee grinds? Now multiply that by fifty-two to get a sense of how much food you discard annually.

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1. **Type:** Decide on what type of composting you'll be doing.
2. **Location and level of ease:** Figure out the logistics of your space, time, and management ability.
3. **Compost bin:** Depending upon the type of composting you choose, you may or may not need a container. Closed bins require you to manage the aeration, moisture, and possible odor, and they retain heat and moisture. You can use anything from plastic bins, metal containers, or wooden crates. Open bins are usually containers for outdoor composting made of wood frames with mesh or wired walls. These require minimal effort to manage, but small animals and insects may create a problem.
4. **Nitrogen components:** These are found in fresh organic material such as food scraps, produce, leaves, plants, and coffee grinds.
5. **Carbon components:** These are found in plant parts such as uncoated paper, tree bark, branches, and dead leaves.
6. **Air:** Compost needs air circulation, and closed bins need to be aerated manually. You do not need to put your hands inside the bin; rather, you can turn and rotate the container as a whole.
7. **Hydration:** Composting requires balanced moisture. Be sure to maintain a moisture level suitable for the amount of compost material used. Many times, there will be enough moisture from food scraps alone. However, if the mixture seems dry, add some more water.
8. **Optimal heat:** In hot composting, the temperature is dependent upon the moisture, air, nitrogen, and carbon levels. Remember that hot composting is a faster process than cold composting.

Before using your homemade compost, be sure it has had enough time to mature. Mature compost should reduce down to one-third of the initial amount, be the color of dark chocolate, and, according to the NRDC, "smell like a forest on a rainy day." The compost can be used as-is or mixed with soil. This can then be used for



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According to the Environmental Protection Agency, food accounts for the largest component of our landfills at 22%. You may scoff at the percentage and think it is not that high, but 22% of 139.6 million tons should stress you out.

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gardening or potting plants, added to flower beds and lawns, or added around trees for extra nutritious soil.

Composting may seem like a lot of work. However, depending on the method you choose, it can be done with minimal investment. The benefits of composting outweigh the work involved. The most obvious reason for doing it is to reduce food waste and minimize landfills. Imagine the amount of food you consume in a week. How many of those items are plants, eggshells, and coffee grinds? Now multiply that by fifty-two to get a sense of how much food you discard annually.

As Muslims, we believe in preventing food waste. There are several verses in the Quran that teach us the importance of not wasting food. Surah Al-An'am states, *"He is the One Who produces gardens—both cultivated and wild—and palm trees, crops of different flavors, olives, and pomegranates—similar in shape, but dissimilar in taste. Eat of the fruit they bear and pay the dues at harvest, but do not waste. Surely He does not like the wasteful"* (Quran 6:141). Food waste is again mentioned in Surah Al-A'raf: *"O Children of Adam! Dress properly whenever you are at*

worship. Eat and drink, but do not waste. Surely He does not like the wasteful" (Quran 7:31).

Landfills are crowded. According to the Environmental Protection Agency, food accounts for the largest component of our landfills at 22%. You may scoff at the percentage and think it is not that high, but 22% of 139.6 million tons should stress you out (I'll let you do the math). When compostable food ingredients are thrown into landfills and mixed with and covered with inorganic material, anaerobic decomposition (without optimal oxygen levels) occurs, emitting carbon dioxide and methane gas. Both of these are greenhouse gases that are detrimental to our environment because they absorb infrared radiation. Composting also improves soil quality by creating a nutrient-rich gardening environment. This also helps the soil maintain its moisture.

What if you are torn between wanting to save the planet but are not ready for the commitment of composting? No problem! You can either drop off your organic matter at a community compost or have a service pick up your organic matter for a fee. There are many options you can choose from to do your part to help heal and save our planet, and composting is just one of them. The earth does not belong to us; however, God has blessed us with its care for a specified amount of time. Therefore, we need to do our part to lessen food waste, prevent the greenhouse effect, lower pollution, and minimize our carbon footprint.™

HUSNA T. GHANI has an MBA, an MEd, and degrees in biology and chemistry. She has taught microbiology, as well as several laboratory sciences, and is currently a strategy consultant in the spheres of healthcare and communications. When she isn't doing her day job, she focuses on dessert-making and saving the world, one pastry at a time.

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STAND AGAINST SITTING

By Ali Othman, CPT



THOSE OF US WHOSE JOBS DEMAND WE sit at a desk for the better part of an eight- or ten-hour workday need to be diligent about taking a stand against sitting. The human body is a magnificent machine-like creation that functions at its best either standing upright on both feet or lying down to sleep, repair, and regenerate. In the last two centuries, and even more so in the last seventy years, our workday has shifted from manual labor to office jobs where we spend most of the day sitting in front of a computer.

Research increasingly tells us that too much time sitting can cause the early onset of health conditions from chronic neck, shoulder, and back pain; excess body fat; high blood sugar; high blood pressure; gastric distress; and restricted blood flow all the way to an increased risk of cardiovascular disease. It's not all bad, though. Nowadays, people are less likely to be struck by cholera or smallpox than two hundred years ago. We now live longer, healthier lives, which means greater effort is required to stave off the conditions associated with inactivity. If you are one of the millions of Americans who sit all day at work, take a few precautionary steps during and after your workday to avoid chronic conditions that can result from a sedentary lifestyle.

When you first sit at your desk at the beginning of your workday, your posture is probably ideal. Your shoulders and chest are relaxed, your hip flexors and hamstrings are long and fresh, and you position yourself in a way that supports the natural curve of your spine. After about an

hour, the muscles in the mid-back begin to tire, and for the next seven hours, they no longer fire properly. As these postural muscles tire, you slowly begin to slump and slouch. Your shoulders roll forward, shortening your chest muscles, and your chin angles downward as the muscles in your neck grow tired. If this isn't bad enough, a similar situation is unfolding below your waist as your hip flexors and hamstrings shorten while you are seated. Over time these muscles weaken and begin pulling your pelvis forward, which causes pain in the lower back and hips. Spending long hours in unnatural and uncomfortable positions will eventually cause muscular imbalances. Tight muscles pulling too hard on a joint or weak muscles not pulling hard enough are prime causes of these imbalances.

If you are bothered by some of these conditions, it's time to act. The first thing to consider will be your work station. According to the University of Michigan's University Health Service, your desk chair should encourage the natural curve of your spine, and the seat should be cushioned and comfortable. Set your chair's height so that

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...your desk chair should encourage the natural curve of your spine, and the seat should be cushioned and comfortable.
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your upper legs are parallel with and your lower legs are perpendicular to the floor. In this position, your feet will rest flat and comfortably on the floor. The chair must be a good match for your desk height to keep your elbows at about a ninety-degree angle while you're using the keyboard and mouse. These items should be close enough to each other and to your body to avoid unnecessary, repetitive reaching. Lastly, position your monitor so that the top one-third of the screen is at eye level and at the right distance to read without squinting or tilting your head forward, straining your neck. With proper ergonomics, you can avoid the chronic conditions associated with poor desk posture.

Height-adjustable desks are a good alternative to their stationary counterparts, but what's the right standing to sitting ratio? Depending on your current fitness level, a good starting point is 3:1. Each hour you can sit for forty-five minutes and stand for fifteen. As your feet and knees become used to standing more frequently, increase your standing time to as much as a 1:1 ratio. While standing, the position of your upper body relative to your work station should be similar to that while sitting. The top of your monitor should be at eye level, your keyboard and mouse should be at a height where your forearms can be positioned parallel to the floor, and your elbows should be relaxed near your sides. Place a cushioned mat below your feet and a small box or a riser nearby so you can elevate one foot from time to time to alleviate pressure on your back.

You've purchased the adjustable desk, and you're following the 3:1 standing to sitting ratio, but you still notice yourself slouching. Don't stress: it takes time for the body to adapt to new circumstances. If you are concerned, there are wearables that can monitor and correct your posture. Upper and lower posture correction braces wrap around your shoulders or midsection, making slouching feel uncomfortable and unnatural. Small electronic vibrating alarms can be attached to your clothing or worn in your breast pocket to give you a gentle (or not so gentle) vibrating reminder to adjust your stance if your posture begins to slump. Add these to the list of potential options to help during your workday, then adjust your focus to your time outside of work hours.

Blaming the global obesity epidemic on the office working environment would be a stretch. However, according to Dr. Edward R. Laskowski at Mayo Clinic, "An analysis of 13 studies of sitting time and activity levels found that those who sat for more than eight [total] hours a day with no physical activity had a risk of dying similar to the risks of dying posed by obesity and smoking." Can we really call sitting the new smoking? The data from these thirteen studies involved more than a million people and found that about sixty minutes a day of moderately intense

physical activity counters the harmful effects of too much sitting. That's more than double the 150 minutes per week recommended by both the American Heart Association and the Centers for Disease Control and Prevention, so get up and get moving.

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"An analysis of 13 studies of sitting time and activity levels found that those who sat for more than eight [total] hours a day with no physical activity had a risk of dying similar to the risks of dying posed by obesity and smoking."

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Aches and pains associated with too much sitting are typically caused by either tight or shortened muscles. Muscles that are regularly shortened for extended periods need to be stretched. The chest and hamstrings are two large muscle groups that become shortened while seated at a desk, and these large muscles are common causes of pain for office workers. Stretch your chest by raising your arms over your head, bending your elbows, and interlocking your fingers behind your head. Squeeze your shoulder blades together and pull your elbows backwards. Stop pulling back when you feel resistance from chest muscles, and hold that position for fifteen to twenty seconds. Release the stretch, unlock your fingers, and reach for the sky with your arms positioned as if your body was the letter Y. Push your hips forward a bit to add your abdominal muscles into the stretch.

The Bird Dog is a great core exercise to help with strength and balance.



You continuously use postural and core muscles while in the seated position. Strengthen these muscles so that they can continue firing properly throughout the day to prevent slouching. Upper and lower back pain, as well as lower body nerve pain, can be lessened or sometimes even eliminated by a strong, well-balanced core. The erector spinae are a group of muscles that run along the spine or midline of the back. These muscles are responsible for keeping us standing and sitting tall.

The Bird Dog is a great core exercise to help with strength and balance. To do the Bird Dog,

1. Position yourself on all fours with your palms on the floor directly below your shoulders and your knees on the floor underneath your hips at the same width as your hands.
2. Slowly raise your right arm, pointing your thumb to the ceiling until your arm is parallel with your body, while simultaneously kicking your left leg back until it is parallel with the floor. Squeeze your entire core to keep balanced while moving to and holding the pointing position.
3. Hold the pointing position for five to fifteen seconds, then bring your arm and leg back towards the starting point. Stop right before your hand and knee touch the floor.
4. Repeat for five to eight repetitions.
5. Move onto the left arm and right leg for two sets on each side. Cycle through this routine two to three times a week.

Don't feel embarrassed when you topple over; it happens to the best of us.

If you can take short breaks during your workday, your body will thank you. Push back from your desk every thirty minutes to stand up and shake both your hands in the air. Then shake your legs one at a time to enhance blood circulation to your extremities. The seated position causes constriction at points throughout the body and can sometimes restrict normal bodily functions.

According to a study by R. Dainese et al. in the journal *Gut*, one point of constriction is in your digestive tract. In this study, gas was infused into the participants, then collected as it was evacuated. (I hope they were well compensated). The study found that body posture affects the intestinal transit of gas. In particular, standing in the upright position had a beneficial effect on the movement of intestinal gases. When sitting, these gases do not move through the body as freely, and the buildup can cause stomach pain, bloating, and abdominal distension.

As pressure builds inside your stomach, you search for a more comfortable position, potentially by crossing your legs. This takes pressure off of the abdominal area but restricts blood flow below the point of your crossed legs. Numbness, commonly described as a “pins and needles” sensation, lets you know that it's time to change positions. You and I know what that really means: it's time to stand tall and shake it out.

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Once every few hours, you should stand up and take about two minutes to exercise in front of your computer.

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You've set up your workstation as ergonomically as possible, and every thirty minutes you're standing up and shaking. Your coworkers may be looking at you funny, but you notice that your stiffness is gone. In a way, our bodies are similar to cars. When you start your car in the winter, the entire car is cold while the engine oil is still thick and slow. If you leave the car running for five minutes, the cold air coming through the vents gets warm, and the engine quiets down. If you went outside and started your car every half hour, it would cost you a small fortune in fuel, but your car would never be cold. Treat your body the same way. Keep it functioning at its peak by incorporating regular movement into your workday.

Once every few hours, you should stand up and take about two minutes to exercise in front of your computer. Neck circles, chin tucks, shoulder raises, shoulder circles, arm circles, arm swings, finger fans, arm shakes, leg shakes, toe curls, toe touches, and even eye rolls will help lubricate stiff joints, relax strained muscles, and stretch shortened ones. Personalize your work station so that you feel comfortable and rested while at your desk. Consult with your physician before introducing a routine to stretch and strengthen, and find a fitness professional to guide and motivate you through the beginning stages. Don't worry about the strange looks you get from your coworkers: before long, they'll join you in your stand against sitting.®

ALI OTHMAN has been an NSCA-certified personal trainer for the past fourteen years with specialization in weight loss, functional training, muscular hypertrophy, and human nutrition. He also works in the Technical Department at IFANCA and manages IFANCA business activities in South Korea.



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Impossible™ Burger	Food Products	Impossible™ Foods	Select restaurants throughout the United States
J&M Food Products	Food Products	J&M Food Products	Visit their website: www.halalcertified.com
Kontos	Bakery Items, Bread	Kontos Foods, Inc.	Ethnic (Arab, Indo/Pak) stores and fruit & vegetable markets throughout the United States

Brand	Product Type	Company Name	Available At
La Yogurt®	Dairy Products	Johanna Foods, Inc.	Supermarkets, fruit/vegetable markets, discount stores
Love & Quiches	Brownies and Cakes	Love and Quiches Desserts	Visit their website for outlets: www.loveandquiches.com
Maya	Cosmetics	Maya Cosmetics	Visit their website: www.maya-cosmetics.com
Mead Johnson	Infant/Baby Food Products	Mead Johnson Nutritionals	Department stores, supermarkets, and drugstores throughout the United States
Melaleuca	<ul style="list-style-type: none"> • Personal Care Products • Nutritional Supplements 	Melaleuca, Inc.	Visit their website for distributors: www.melaleuca.com
Mountain High™ Yoghurt	Dairy Products	General Mills	Supermarkets throughout the United States
My Own Meals	Food Products	My Own Meals	Visit their website: www.myownmeals.com
Natavi™	Nutritional Supplement	Krona Therapeutics Inc.	Visit their website www.natavihealth.com
National	<ul style="list-style-type: none"> • Food Products • Sauces & Dressings, Condiments • Dessert Mixes • Spices & Seasonings 	National Foods Limited	Ethnic (Indo/Pak) stores throughout the United States and Canada
Nestle	<ul style="list-style-type: none"> • Food Products • Beverages / Beverage Concentrates • Dairy Products • Drink Mixes, Dessert Mixes 	Nestle Pakistan Ltd.	Ethnic (Indo/Pak) stores throughout the United States
Nutriline	Nutritional Supplements	Access Business Group, LLC	Visit their website for distributors: www.nutriline.com
Olympia	Gyros, Flat Bread	Olympia Food Industries, Inc.	Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada

Brand	Product Type	Company Name	Available At
OneCoffee	Coffee	Canterbury Coffee	Supermarkets throughout Canada
Organic Valley	Dairy Products	Cropp Cooperative/ Organic Valley	Supermarkets throughout the United States
POM Wonderful	<ul style="list-style-type: none"> • Beverages / Beverage Concentrates • Tea • Fruits Processed 	POM Wonderful, LLC	Supermarkets throughout the United States
Saffron Road	<ul style="list-style-type: none"> • Food Products • Snack Food • Appetizers 	American Halal Co., Inc.	<ul style="list-style-type: none"> • Target, Whole Foods, Kroger, Publix, HEB, and various markets throughout the United States • Visit their website to locate a store near you: www.saffronroad.com
Sunrider	<ul style="list-style-type: none"> • Personal Care Products • Cosmetics • Food Products • Nutritional Supplements 	Sunrider International	Visit their website for distributors: www.sunrider.com
Tom's of Maine	Personal Care Products	Toms of Maine, Inc.	Department stores, supermarkets, and drugstores throughout the United States
Turtles® Flipz®	Candy / Chocolate	DeMet's Candy Company	Supermarkets, drugstores, discount stores
Wonderful	Pistachios and Almonds	Paramount Farms	Supermarkets and drugstores throughout the United States

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