

# The Importance of eating Permissible and Wholesome foods

*"Muslims can eat any meat except pork"*

## Part two

by

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Part Two

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صَلَّى اللهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ وَسَلَّمَ تَسْلِيمًا  
الْحَمْدُ لِلَّهِ وَكَفَى وَسَلَامٌ عَلَى عِبَادِهِ الَّذِينَ اصْطَفَى أَمَا بَعْدُ: فَيَقُولُ اللهُ تَعَالَى:

In the Name of Allah, Most Gracious, Most Merciful. May Allah bless our master (*sayyidina*) Muhammad, his family and companions and give them peace. All Praises are due to Allah, He is sufficient (for us). Peace be upon His slaves, who He has chosen. As to what follows:

At one point in time, at least in the opinion of this author, it seems as if this misconception was only held by non-Muslims. However, upon increased interaction with the Muslim community at large, one comes to the realization quite quickly that many Muslims also believe that the only meat which the Muslim is prohibited from eating is that which comes from the pig and its byproducts.

This is a notion that is not supported by the Qur'an, which is the foundation of a Muslim's religious and worldly life. The Qur'an, which is revelation (*wahy*) coming from the Creator of everything to the heart of the Last Prophet and subsequently to the rest of the world, clearly spells out that meat which is prohibited. Allah says,

وَلَا تَأْكُلُوا مِمَّا لَمْ يُذَكَرِ اسْمُ اللَّهِ عَلَيْهِ وَإِنَّهُ لَفِسْقٌ وَإِنَّ الشَّيْطَانَ لِيُوحِيَ إِلَىٰ أَوْلِيَآئِهِمْ لِيُجْدِلُوكُمْ  
وَإِنْ أَطَعْتُمُوهُمْ إِنَّكُمْ لَمُشْرِكُونَ

And eat not of that whereon Allah's name hath not been mentioned, for lo! it is abomination. Lo! the devils (*ash-shayateen*) do inspire their minions to

dispute with you. But if ye obey them, ye will be in truth idolaters. – *Surah al-An'aam: Verse 121*

Furthermore, Allah says:

حُرِّمَتْ عَلَيْكُمْ أَلْمَيْتَةُ وَالْدَّمُ وَلَحْمُ الْخِنْزِيرِ وَمَا أَهَلَ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ وَالْمَوْقُوذَةُ  
وَالْمُتَرَدِّيَةُ وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبْعُ إِلَّا مَا ذَكَيْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا  
بِالْأَزْلَامِ ذَلِكُمْ فَسْقُ الْيَوْمِ بَيْسَ الَّذِينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَأَخْشَوْنَ الْيَوْمَ أَكْمَلْتُ لَكُمْ  
دِينَكُمْ وَأَتَمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمْ الْإِسْلَامَ دِينًا فَمَنْ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرِ مُتَجَانِفٍ  
لِإِثْمٍ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

Forbidden unto you (for food) are carrion (*al-maytah*) and blood (*ad-dam*) and swineflesh (*lahm al-khinzeer*), and that which hath been dedicated unto any other than Allah (*uhilla lighayri llah*), and the strangled (*al-munkhaniqah*), and the dead through beating (*al-mawquudhah*), and the dead through falling from a height (*al-mutaraddiyah*), and that which hath been killed by (the goring of) horns (*an-nateehah*), and the devoured of wild beasts (*ma akala al-sabu'u*), saving that which ye make lawful (by the death-stroke) (*illa ma dhakkaytum*), and that which hath been immolated unto idols (*ma dhubiha 'ala an-nusub*). And (forbidden is it) that ye swear by the divining arrows. This is an abomination. This day are those who disbelieve in despair of (ever harming) your religion; so fear them not, fear Me! This day have I perfected your religion for you and completed My favour unto you, and have chosen for you as religion al-Islam. Whoso is forced by hunger, not by will, to sin: (for him) lo! Allah is Forgiving, Merciful. – *Surah al-Maa'idah: Verse 3*

In this verse, which is the final revelation regarding the prohibited foods in general and *halaal* (lawful) and *haraam* (unlawful) in particular, Allah delineates what meat is not to be consumed, they are:

[1] carrion (*al-maytah*)

[2] blood (*ad-dam*)

[3] the flesh of swine (*lahm al-Khinzeer*)

[4] that which hath been dedicated unto any other than Allah (*uhilla lighayri llah*)

[5] the strangled (*al-munkhaniqah*)

[6] the dead through beating (*al-mawquudhah*)

[7] the dead through falling from a height (*al-mutaraddiyah*)

[8] that which hath been killed by (the goring of) horns (*an-nateehah*)

[9] the devoured of wild beasts (*ma akala al-sabu'u*), saving that which ye make lawful (by the death-stroke) (*illa ma dhakkaytum*)

[10] that which hath been immolated unto idols (*ma dhubiha 'ala an-nusub*)

These verses, and many others, from the Qur'an and the statements of the Prophet, may Allah bless him and grant him peace, make it abundantly clear that for an animal's meat to be considered *halaal* – or permissible for consumption – the name of Allah must have been recited or mentioned at the time of slaughtering. Also, the animal must not have died a natural death, or as a result of strangulation, beating, falling, being gored to death by another animal, being eaten by some wild animal (with the exception that you slaughter it correctly and mention Allah's name before the animal actually dies), or have been offered as a sacrifice to some idol.

With that being said, most of the meat sold in restaurants and supermarkets in this country are derived from animals which have been killed using one or more of the – *haraam* – or prohibited methods mentioned above. We could have mentioned numerous verses from the infallible Qur'an and Hadith from Sunnah of our beloved Prophet, may Allah bless him and grant him peace, which would add further proof to what was already mentioned; however, what was quoted should be enough to alert the intelligent.

Success is with Allah

اللَّهُمَّ أَرِنَا الْحَقَّ حَقًّا وَارْزُقْنَا اتِّبَاعَهُ وَارِنَا الْبَاطِلَ بَاطِلًا وَارْزُقْنَا اجْتِنَابَهُ

O Allah! Show us the truth as true and make us follow it. Show us falsehood as false and make us avoid it.