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Nutritional habits of respondents who consume only halal food aged 30–60 in the Tuzla Canton

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ABSTRACT

A proper and healthy diet should be a priority for individuals who consume only halal food to reduce the risk of diseases linked to poor dietary habits. However, a fast-paced lifestyle has led to the neglect of nutrition, causing deviations from proper halal nutrition dietary principles. Halal nutrition is not just about choosing permissible foods but also about their proper preparation and consumption in line with health and well-being principles. The aim of this study was to determine the dietary habits of consumers who exclusively consume halal food and to analyze the extent to which these habits align with the principles and recommendations of halal nutrition. The research methodology involved the collection and analysis of data through an online questionnaire distributed among respondents aged 30 to 60 from the Tuzla Canton. The study results revealed significant deviations in the application of proper halal nutrition among a large number of respondents. The analysis of responses showed that a considerable number of respondents do not pay sufficient attention to nutritional balance and dietary diversity, while many reported only occasionally considering the nutritional aspect of their diet. This indicates that halal nutrition is often perceived solely through the lens of food permissibility. Additionally, the results demonstrated that most respondents only occasionally pay attention to moderation in food consumption. These findings suggest a lack of awareness regarding the importance of moderation as a fundamental principle of halal nutrition. The findings highlight the need for further education on the principles of proper halal nutrition to improve understanding and application. The gap between theoretical knowledge and practical implementation suggests opportunities for further research and educational initiatives. This study can serve as a foundation for broader research on the dietary habits of the halal population and the factors influencing their food choices.

Keywords: proper halal nutrition, nutritional intake, dietary habits

Introduction

In contemporary society, dietary habits play a key role in maintaining health and preventing numerous chronic diseases. The fast-paced lifestyle increasingly leads to the neglect of dietary quality, characterized by the predominance of high-energy food intake, saturated and trans fats, sugars and salt. This dietary pattern contributes to the development of obesity, metabolic syndrome, type 2 diabetes, cardiovascular diseases and even certain types of cancer (WHO, 2021). The World Health Organization (WHO) has long warned of these risks, emphasizing the direct connection between diet and an individual's quality of life. On the other hand, a growing body of research highlights the positive impact of religious principles on health behaviors and psychophysical well-being. In this context, halal nutrition, based on Islamic regulations, does not solely imply the consumption of permissible food in the religious sense, but also a broader dietary concept that includes cleanliness, moderation, balanced nutrient intake and awareness of the harmful effects of excess (Tan et al., 2013; Pranić et al., 2023). Halal nutrition promotes a responsible attitude towards the body and health, whereby religious regulations complement modern nutritional recommendations (Čanković et al., 2011). However, in contemporary settings, there is a growing imbalance between the declarative commitment to halal food and the actual application of halal dietary principles. The consumption of certified halal products, especially industrially processed fast food, sweets and snacks, often does not align with the broader concept implied by halal nutrition, which includes moderation, nutritional value and awareness of food's impact on health (Pranić et al., 2023). This highlights the need for a deeper understanding of actual dietary patterns and the motivations of consumers who declare themselves as exclusive halal food consumers. Based on available literature, no systematic research has been conducted in the Tuzla Canton context to examine consumers' attitudes and behaviors towards halal nutrition in its broader

sense. The aim of this paper is to analyze the attitudes of consumers who consume exclusively halal food and to determine the extent to which they adhere to other principles of halal nutrition, including awareness of moderation, food nutritional quality and the connection between dietary choices and health.

The Relationship between Health and Nutrition

Throughout history, dietary recommendations have been passed down through generations, often mixing scientifically based advice with potentially harmful practices. According to the World Health Organization, health is not merely the absence of disease but complete physical, mental and social well-being (WHO, 2020). In professional circles, this concept is often referred to as "*wellness*" or "*complete well-being*." The individual's goal should be to achieve balance in bodily, mental and spiritual health, which can be attained through proper, varied nutrition, avoiding harmful habits such as smoking and alcohol consumption, regular physical activity and maintaining a healthy body weight. Nutrition primarily refers to food intake aimed at meeting the body's needs for energy and nutrients. However, the balance in the quality and quantity of nutrients consumed is crucial. Inadequate nutrition can seriously impair immune function, increase susceptibility to infections and lead to various forms of malnutrition and undernourishment (Thompson & Manore, 2018). Nutrition's role in disease development is multi-layered, it can be a direct cause or an indirect risk factor. For instance, deficiencies in certain nutrients can cause diseases such as scurvy and pellagra, while general nutritional imbalance weakens the body and increases vulnerability to infections. Thanks to nutritional initiatives, food fortification with essential micronutrients has significantly reduced the incidence of these conditions in developed countries, although significant challenges remain in developing nations. An unbalanced diet can also be a factor in the development of osteoporosis, certain cancers and chronic non-communicable diseases

such as heart disease, stroke and diabetes. Obesity, most often resulting from excessive caloric intake relative to expenditure, is a dominant risk factor for these diseases and its prevalence has been increasing globally for decades (Thompson & Manore, 2018).

It is estimated that the average person, if they reach the age of 65, will consume more than 70,000 meals or approximately 50 tons of food throughout life. Each of these meals leaves a mark on the body, with dietary effects becoming more evident with age. Our bodies are constantly regenerating: new muscles, bones, blood and skin form, while old tissues break down and are replaced. The body also stores or uses fat according to intake and energy needs. The food consumed today directly becomes part of the body tomorrow. Optimal nutrition enables proper growth and function of the muscular and skeletal systems and contributes to healthy skin and blood. Therefore, it is important that the diet provides all essential nutrients: water, carbohydrates, fats, proteins, vitamins and minerals (Sizer & Whitney, 2021). A deficiency or excess of certain nutrients can quickly lead to mild health disturbances, while long-term imbalances may cause serious illnesses. Proper nutrition that ensures an appropriate intake of energy and nutrients is essential for preventing various forms of malnutrition, from nutrient deficiencies to imbalances and excesses. Poor dietary habits, along with smoking and alcohol consumption, further increase health risks. Four of the leading causes of death, cardiovascular diseases, cancers, stroke and diabetes, are directly linked to dietary patterns. In addition, alcohol-related accident mortality accounts for a significant proportion. Although genetics, physical activity and lifestyle play roles, it is everyday dietary and behavioral choices that fundamentally shape the risks of these diseases. Besides nutrition, other factors also significantly influence health: avoidance of tobacco and alcohol, sleep quality, stress levels and environmental conditions can either mitigate or

exacerbate health outcomes (Sizer & Whitney, 2021).

Obesity and Obesity-Related Diseases

In contemporary society, obesity is one of the most widespread chronic diseases. The World Health Organization (WHO) defines it as abnormal or excessive fat accumulation that poses a risk to health. Four of the top ten causes of mortality, heart disease, stroke, cancer and diabetes, are directly linked to diet (Brown, 2017). Obesity is recognized as a key risk factor for the development of these conditions, alongside insulin resistance and hypertension. Body mass is assessed using the Body Mass Index (BMI), which allows for classification into categories: underweight, normal weight, overweight and obese. Its advantage lies in its universal applicability across both genders (Brown, 2017). Statistics show that overweight individuals have an increased risk of mortality, second only to underweight individuals. Excess body weight negatively affects health by causing metabolic disorders such as hypertension, elevated triglycerides, glucose and insulin levels, fatty liver and increased C-reactive protein, a marker of inflammation. These changes develop gradually but can be prevented with timely preventive measures. Obesity results from the combined effects of multiple factors, including genetic predisposition, high sugar intake, low socioeconomic status, sleep deficiency, exposure to polychlorinated biphenyls (PCBs), smoking cessation and the use of certain medications (Brown, 2017).

The most common risk factors for chronic diseases such as hypertension, stroke, heart disease, type 2 diabetes, gallbladder disease, osteoarthritis and certain cancers include excessive body weight, unbalanced diet, physical inactivity, smoking, genetic predisposition, stress and hormonal changes. Obese individuals often face discrimination, which negatively affects their mental health, increasing the risk of anxiety, depression and reduced life satisfaction (Brown,

2017). Along with obesity, cigarette and alcohol consumption seriously endanger health. Although their harmful effects are well known, their usage trends do not decline. Smoking harms nearly every organ and passive smoking especially endangers children, increasing the risk of respiratory diseases such as asthma, bronchitis and pneumonia (Ayad, 2012). Alcohol has severe consequences, particularly for the liver, but also for other organ systems. Nutritional guidelines increasingly recommend its complete exclusion. Alcoholism harms the individual's physical and mental health and disrupts family and social relationships (Ayad, 2012; Hammaker, 2023).

Key Nutrients in Halal Nutrition and Their Role

Halal nutrition provides clear guidelines for healthy and balanced food intake. It emphasizes the consumption of pure, high-quality foods that do not harm the body and actively contribute to its health. Furthermore, it underscores the importance of moderation; portions should be small and balanced, yet nutritionally rich and beneficial for the body (Saeed, 2022). Understanding the basic nutrients essential for normal bodily function is of fundamental importance. There are six basic categories of nutrients consumed through food. Of these, four are organic and contain carbon (Sizer & Whitney, 2021). Three organic nutrients have energy potential: carbohydrates, as the primary energy source; fats, as a significant energy source and carrier of fat-soluble vitamins; and proteins, which, in addition to providing energy, play a key role in building and repairing body tissues. The remaining two nutrients: vitamins and minerals, do not provide energy but are crucial in regulating numerous biological processes in the body. Minerals such as calcium and phosphorus, for example, contribute to bone formation, while vitamins act as coenzymes in various metabolic reactions (Sizer & Whitney, 2021). Finally and by no means less important, is water—the most abundant nutrient in the human body by quantity. The body constantly loses water through sweating, breathing and excretion,

making regular hydration essential for the function of every cell. Essential nutrients are those that the body cannot produce on its own and must be obtained through food. Such nutrients exist across all six basic groups: water, certain carbohydrates and fats, essential amino acids from proteins, all vitamins and numerous minerals (Sizer & Whitney, 2021). Many foods consumed by Prophet Muhammad (peace be upon him), when analyzed through the lens of modern nutritional science, exhibit anti-inflammatory properties. Since inflammation is a common cause of various chronic diseases, a diet rich in anti-inflammatory foods may play a significant role in preventing and treating such conditions. Adherence to dietary and lifestyle guidelines from the Qur'an and Sunnah can help the body restore its balance. Such a diet may reduce inflammatory processes, improve hormonal balance, optimize brain function, support a healthier gut microbiome and positively influence gene expression (Saeed, 2022; Ali et al., 2018).

Halal Diet as a Model for Healthy Living

Islam is not only a religion of peace but also a complete way of life. Allah has provided clear instructions on how to eat, drink, sleep, pray, behave toward others and even how to use the restroom. These guidelines are not tied to transient social norms but are universal and enduring, forming a foundational guide to success in both worlds. As with other aspects of life, when it comes to food, a Muslim should strive for what benefits the body and avoid what harms the body entrusted to them by Allah. The focus should be on food that provides energy, improves posture, supports weight maintenance or loss, aids in treating chronic diseases and generally leads to a healthier and more successful life. When Allah, exalted is He and His Messenger (peace be upon him) speak about food, the emphasis is always on three principles: quality (ṭayyib), moderation and nutritional density (Saeed, 2022). Such food directly supports gut health, glucose regulation, reduction of insulin resistance and hormonal balance. Nutrient-dense foods assist the body in

regenerating internally and externally, building resistance to disease. The Prophet Muhammad (peace be upon him) set a clear example in his dietary practices and when his practices are compared to modern science, it becomes evident that his nutritional recommendations were based on anti-inflammatory principles. Contemporary research confirms that inflammation is the root cause of most chronic diseases, thus logically supporting the recommendation to reduce or eliminate foods that promote inflammation, not only in those diagnosed with illness but also as a preventive measure. Living in accordance with the Qur'an and Sunnah restores the body's natural balance. Quality, pure food carries biological signals that support health, reduce inflammation, stabilize hormones, optimize brain function, improve the gut microbiome and influence gene expression in a positive way.

High-quality food works from the inside out, but it also has broader ecological implications: it can contribute to soil preservation, improve the nutrient content of plants, restore ecosystems, protect water resources and reduce negative impacts on the climate. These foods contain over 25,000 known plant-based phytochemicals essential for health, which directly affect all biochemical processes in the body. A deficiency of these substances in the diet is associated with the development of various chronic diseases (Saeed, 2022). The benefits of these foods can only be realized when applied according to the principles of the Qur'an and Sunnah. One should not overlook the important hadith which states: "The worst vessel the son of Adam can fill is his stomach..." (Ibn Majah). This hadith reminds us of the dangers of overeating, something modern science now confirms. Scientific research has clearly shown that the digestive system is key to health, as the intestines serve as the body's first line of defense against the external environment. Approximately 70–80% of the immune system resides in the gut, which also houses billions of microorganisms actively involved in regulating health and behavior. For the gut to function efficiently, it requires a diverse and balanced

microbiota. These microorganisms even influence gene expression and every meal, environmental interaction and lifestyle choice impacts the gut microbiome (Saeed, 2022). Our health is no coincidence, it is built with every decision we make, starting with what we put in our mouths.

Methods and Materials

Methods

The study was conducted as quantitative research with a descriptive-analytical approach. The primary method of data collection was an online survey. The research aim was to examine attitudes, dietary habits and the level of awareness regarding proper and halal nutrition among the adult population.

The obtained data were processed using descriptive statistics, including frequency distributions, percentages and mean values. The analysis was carried out in the Microsoft Excel software environment. The results are presented in tabular and graphical formats and the interpretation of findings was aligned with the defined research objectives and relevant theoretical framework.

Materials

For the purpose of this study, a survey questionnaire was created using the online platform Google Forms. The questionnaire contained a total of 51 questions, structured as a combination of closed and open-ended questions and divided into six thematic sections. It was distributed electronically via social media to reach the adult population of the Tuzla Canton, aged between 30 and 60 years. The research is part of a broader study involving a total of 206 respondents, of whom 157 were women and 49 men. For the purposes of this paper, a subsample of 176 respondents who stated that they consume exclusively halal food was analyzed. Participation was voluntary and all respondents were previously informed about the purpose of the research. Anonymity and confidentiality of

the collected data were ensured in accordance with ethical research principles. Additionally, a review of relevant available literature was

conducted to establish a scientifically grounded framework based on which the dietary habits of respondents were assessed.

Table 1. Respondents' Attitudes toward Halal Nutrition

Question	Response Option	% of Responses
Is it sufficient for halal nutrition that only the food being prepared is halal?	1) Yes	66.5 %
	2) Not sure	30.1 %
	3) No	3.4 %
How often do you check nutritional information on halal products?	1. Never	14.2 %
	2. Occasionally	59.1 %
	3. Regularly	26.7 %
I consume various types of halal food while ensuring nutritional balance.	1) I do not pay attention	9.1 %
	2) Sometimes	63.1 %
	3) Always	13.1 %
When consuming halal food, I make sure not to overeat.	1) I do not pay attention	23.9 %
	2) Sometimes	59.7 %
	3) Always	31.3 %
Practicing halal nutrition can improve health related to diet-associated diseases.	1) Not sure	14.2 %
	2) Strongly agree	79.5 %
	3) Strongly disagree	6.3 %
Is health the most common reason for choosing halal food?	1) Not sure	22.7 %
	2) Strongly agree	18.8 %
	3) Strongly disagree	58.5 %
Is religion the most common reason for choosing halal food?	1) Not sure	4.5 %
	2) Strongly agree	83.5 %
	3) Strongly disagree	11.9 %

Results and Discussion

Respondents' attitudes toward halal nutrition are presented in Table 1. The analysis of collected data clearly indicates a strong connection to halal principles, with religious motivation prevailing as the primary reason for choosing this dietary approach. Specifically, 83.5% of respondents strongly agree that religion is the most common motive for consuming halal food, whereas only 18.8% cite health as the main reason, which is significantly lower. These findings confirm that most respondents perceive halal nutrition primarily through a spiritual and religious lens. It is noteworthy that, although health is not the leading motivation, there is a strong belief in the positive health impact of halal nutrition. As many

as 79.5% of respondents believe that practicing halal nutrition can improve health status, particularly in the context of preventing diet-related diseases. This finding opens space for greater educational engagement, as awareness of health relevance exists even if it is not the dominant initial motive. This represents a valuable entry point for nutritionists and health educators aiming to strengthen the connection between religious principles and modern nutritional science. In this sense, halal nutrition can serve as a strong platform for preserving identity and promoting health and chronic disease prevention, provided it is practiced in accordance with the principles of moderation, balance and variety.

Table 2. Nutritional Habits of Respondents

Nutritional Habits	Occasionally	Daily / More than 3 times per week
Consumption of white flour products	61.90%	13.10%
Frequency of consuming sweets, cakes, pastries, chocolate, candy, puff pastries	53.41%	39%
Frequency of consuming fried food	64.77%	9.10%
Consumption of diet beverages, carbonated and non-carbonated	46.02%	5.50%
Frequency of consuming food containing margarine, vegetable fat, beef tallow	32.95%	3.97%
Consumption of processed meats and salty snacks	81.81%	7.95%
Frequency of consuming whole milk and full-fat dairy products (butter, fatty cheese)	63.10%	27.80%
Frequency of consuming sunflower, sesame, pumpkin seeds, soy, nuts	68.75%	23.90%
Consumption of fruits and vegetables	37.50%	61.40%
Frequency of consuming healthy dairy products such as whey, kefir, fresh cheese	61.40%	22.30%
Frequency of drinking 100% natural juices	79%	21%
Consumption of whole grain products	49.40%	39.70%
Consumption of berries	75%	13.10%
Consumption of leafy and cruciferous vegetables	76.70%	14.20%
Consumption of legumes	86.93%	6.25%
Frequency of fish consumption (not fried)	51.70%	0
Frequency of drinking unsweetened green tea	55.26%	6.25%

Although awareness of the importance of halal nutrition is high, 66.5% of respondents believe that it is not sufficient for food to be formally halal, but that it should encompass broader principles. At the same time, a concerning low level of knowledge and practice regarding the nutritional aspects of the diet is observed. Only 26.7% of respondents regularly check nutritional information on halal products, while 59.1% do so occasionally and 14.2% never. These figures clearly show that, despite a general commitment to the halal way of life, there is a significant gap in understanding proper and balanced nutrition within this concept. This gap is further supported by data related to dietary balance and portion control. Only 13.1% of respondents consistently ensure nutritional balance in their food, while 63.1% do so occasionally. Regarding moderation in food intake, a core principle of both Islamic and modern nutrition, only 31.3% report it as a regular practice. More than half (59.7%) pay attention to it only occasionally and 23.9% not at

all. These results suggest that the majority fall into a so-called "comfort zone" of superficial knowledge and practice, a common occurrence in nutritional studies when respondents feel uncertain about their knowledge but wish to demonstrate some level of engagement.

These data can also be viewed in the context of global and local studies showing low frequency of reading nutritional labels. For example, in the Una-Sana Canton, only 2.7% of respondents reported always reading labels, while over 49% do so rarely or never (Muhamedbegović et al., 2018). In France, in 2004, only 22% of consumers actively monitored nutritional information (Temple et al., 2014), while in Croatia, only 39% read labels regularly and as many as 60% never or rarely pay attention to them. This clearly indicates that the issue is not a lack of willingness, but rather a complex combination of insufficient knowledge, time constraints, and lack of interest, factors also identified by other authors

as contributing to 'information overload' and 'time pressure' during decision-making in stores. Therefore, although halal nutrition is deeply rooted as part of identity and religious practice, it is evident that there is room for further development of awareness regarding its health and nutritional aspects. These findings point to an urgent need for additional education and more accessible information about what halal nutrition truly entails, not only that food is technically permissible, but also that it aligns with modern principles of healthy eating: diverse, moderate and nutritionally valuable.

Nutritional Habits of Respondents Who Consume Only Halal Food

The analysis of the data on the respondents' nutritional habits indicates the presence of significant challenges when it comes to the daily consumption of foods that contribute to health, while simultaneously highlighting the excessive use of food products that may potentially jeopardize health. According to the collected data, 61.4% of respondents consume fruits and vegetables daily or more than three times a week, which represents a slightly more favorable indicator compared to the previous sample. However, 37.5% of respondents still consume fruits and vegetables only one to three times a week, a significant percentage considering the importance of these foods for the prevention of chronic diseases and strengthening the immune system. In contrast, concerning data shows that 81.81% of respondents consume processed meats and salty snacks one to three times a week, while 7.95% consume them daily. These foods, rich in saturated fats, salt and additives, negatively impact health. Excessive consumption of processed meat is classified as carcinogenic, while red meat is considered probably carcinogenic, especially in the context of colorectal cancer (IARC, 2015). Additionally, the reduced consumption of berries (only 13.1% daily) and leafy and cruciferous vegetables (14.2%) further deteriorates the nutritional balance of the diet. Phytochemicals from these foods have been recognized as agents against

obesity, as they reduce oxidative stress and inflammation (Pem and Jeewon, 2015).

Another notably problematic data point concerns the high intake of refined products, with 61.9% of respondents consuming white flour products daily, while only 39.7% consume whole grain products daily or more than three times a week. Refined grains have a high glycemic index, causing disruptions in glucose and insulin levels, thereby increasing the risk of metabolic diseases, including type 2 diabetes and cardiovascular diseases (Suárez et al., 2022). In contrast, whole grains are rich in fiber and indigestible carbohydrates, which contribute to gut health and the reduction of inflammatory processes. Excessive sugar intake is clearly expressed, with 39% of respondents consuming sweets, cakes, chocolate, candies and similar products daily. Excessive consumption of simple sugars is directly associated with increased body weight, the development of insulin resistance and type 2 diabetes and an elevated risk of cardiovascular diseases. Halal nutrition can play an important role in changing habits, as it promotes the consumption of natural and whole foods. The Quran emphasizes the importance of consuming various herbs, fruits and natural resources: "He sends down water from the sky and with it We make grow all kinds of plants... and vineyards planted with vines, especially olives and pomegranates..." (Al-An'am, 99).

It is also concerning that only 21% of respondents consume 100% natural juices daily and no respondents consume fish daily, while 51.7% consume fish 1 to 3 times a week. Daily consumption of legumes is present in only 6.25% of respondents. These foods are essential for a balanced diet, as they are rich in proteins, healthy fats, fiber, phytonutrients and micronutrients. Their absence can lead to long-term nutritional deficiencies and the development of chronic diseases. A very small number of respondents (6.25%) regularly drink unsweetened green tea, which is known for its antioxidant and anti-inflammatory properties. All of this further confirms that there is significant room for

nutritional interventions and education that would enable the formation of healthier dietary patterns. Healthy dietary patterns include high consumption of fruits, vegetables and whole grains; moderate intake of dairy products, fish and poultry; and low consumption of sugar, saturated fats and processed foods (Yeung et al., 2021). Cultural factors, ethnicity and geographic context significantly influence dietary habits, so recommendations must be adapted accordingly to be effective.

Ultimately, these data indicate that although there is awareness of the importance of certain healthy habits, there is simultaneously a strong pattern of dietary behavior characterized by high intake of processed, fatty, sugary and nutritionally poor food. For this reason, education and the application of halal nutrition principles can be key tools in shaping a healthier society.

Conclusion

The research results on the nutritional habits of individuals who consume exclusively halal food aged 30 to 60 in the Tuzla Canton area revealed a significant gap between declarative religious practice and actual dietary behavior. Although the respondents consistently consume halal-certified products, the nutritional analysis reveals a low intake of key food groups and excessive consumption of highly processed foods, which is not in line with the core principles of halal nutrition. These findings highlight the need for education and the introduction of a holistic approach to halal nutrition, based on scientific and religious foundations. The research provides a valuable contribution to understanding the dietary practices of this population and points to directions for future multidisciplinary interventions aimed at improving public health.

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Prehrambene navike ispitanika koji konzumiraju isključivo halal hranu u dobi od 30 do 60 godina na području Tuzlanskog kantona

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Sažetak

Pravilna i zdrava ishrana trebala bi biti prioritet za osobe koje konzumiraju isključivo halal hranu kako bi se smanjio rizik od bolesti povezanih s lošim prehrambenim navikama. Međutim, užurban način života doveo je do zanemarivanja ishrane, uzrokujući odstupanja od principa pravilne halal ishrane. Halal ishrana ne podrazumijeva samo odabir dozvoljenih namirnica, već i njihovu pravilnu pripremu i konzumaciju u skladu s principima zdravlja i blagostanja. Cilj ove studije bio je utvrditi prehrambene navike potrošača koji isključivo konzumiraju halal hranu te analizirati u kojoj mjeri su te navike u skladu s principima i preporukama halal ishrane. Metodologija istraživanja uključivala je prikupljanje i analizu podataka putem online upitnika distribuiranog među ispitanicima uzrasta od 30 do 60 godina s područja Tuzlanskog kantona. Rezultati studije pokazali su značajna odstupanja u primjeni principa pravilne halal ishrane kod velikog broja ispitanika. Analiza odgovora pokazala je da značajan broj ispitanika ne pridaje dovoljno pažnje nutritivnoj ravnoteži i raznolikosti ishrane, dok su mnogi naveli da samo povremeno razmatraju nutritivne aspekte svoje prehrane. Ovo ukazuje na to da se halal ishrana često posmatra isključivo kroz prizmu dozvoljenosti hrane. Također, rezultati su pokazali da većina ispitanika samo povremeno obraća pažnju na umjerenost u konzumaciji hrane. Ovi nalazi ukazuju na nedostatak svijesti o važnosti umjerenosti kao osnovnog principa halal ishrane. Nalazi studije naglašavaju potrebu za dodatnom edukacijom o principima pravilne halal ishrane s ciljem poboljšanja razumijevanja i primjene. Jaz između teorijskog znanja i praktične primjene sugerše mogućnosti za dalja istraživanja i obrazovne inicijative. Ova studija može poslužiti kao temelj za šira istraživanja prehrambenih navika halal populacije i faktora koji utiču na njihov izbor hrane.

Ključne riječi: pravilna halal ishrana, nutritivni unos, prehrambene navike
