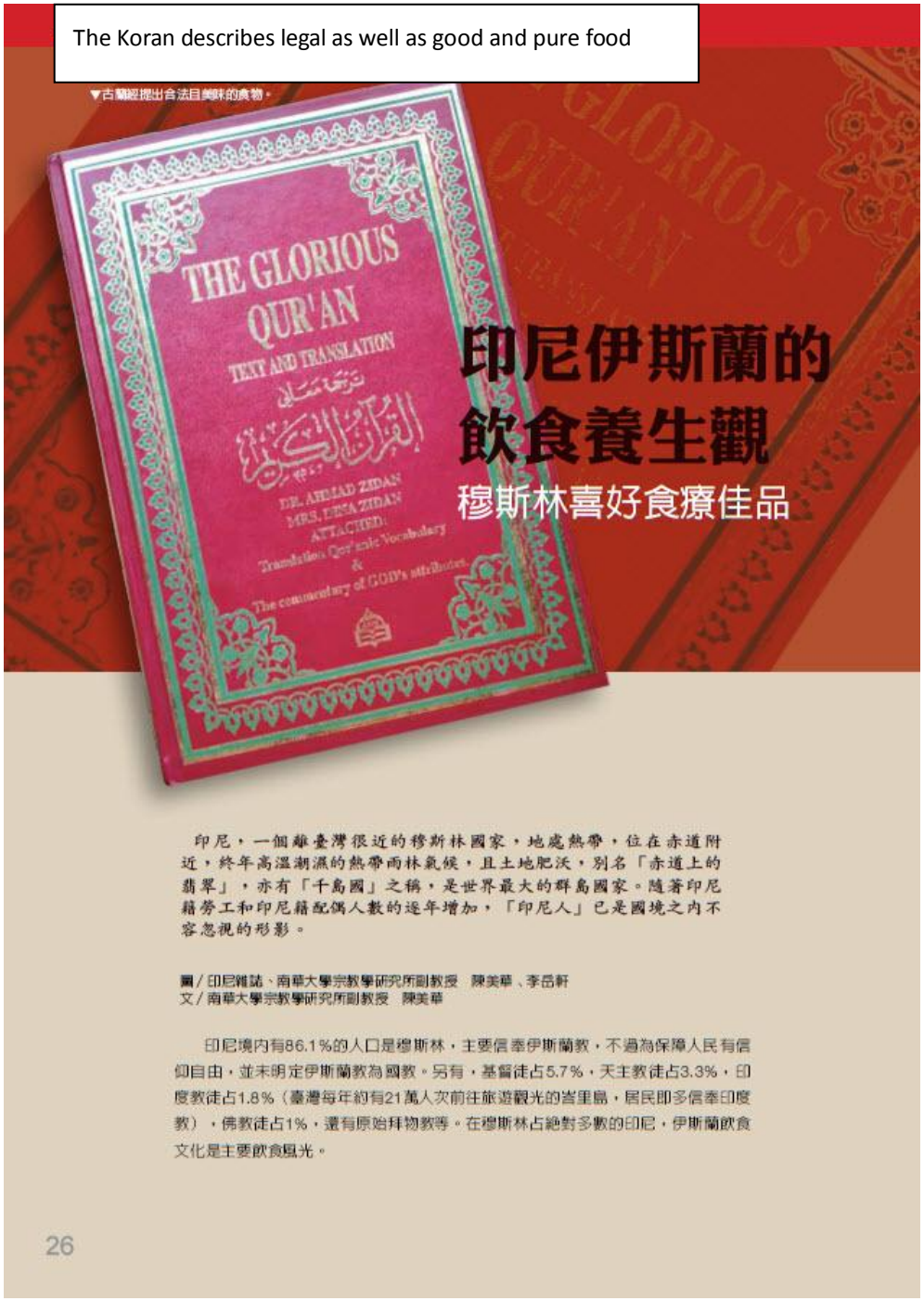

The Islamic view of health food in Indonesia

The Muslim prefer dietary therapy

Indonesia, an muslim country that is very close to Taiwan is located in tropical area near the equator. With hot and humid tropical rainy climate all the year round and fertile land, Indonesia has won another name “the jade on the equator”, or called as “country of thousand islands”, the biggest archipelago. As the numbers of Indonesia labors and Indonesia spouses gradually increase, “Indonesians” cannot be ignored in our country.

86.1% population in Indonesia territory are Muslim, mainly Islam belivers; however, Islam is not specified as a state religion to protect people’s freedom of belief. Additionally, Charistian accounts for 5.7%, Catholic 3.3%, Hindu 1.8% (210 thousand person-time go to Bali Island for tour and sightseeing from Taiwan; most inhabitants are Hindu) and Buddhist 1%. There is primitive Fetishism as well. Islamic diet culture is the major diet feature in Indonesia with absolute majority of muslim.

Different word view developed with food

Diet health has been present since ancient times not inferior to modern times. Traditionally, the wisdom of “food” in various religons always reflect comprehensive view of world, outlook on life and core values. Whichever country Islam coming from or wherever Muslim living in, “the Koran” is always the principle of the highest life philosophy and practices. Healthy life only comes from a healthy body, and body-mind-spirit is derived from the faith in Allah. Simply speaking, Muslim’s health care theorties are based on cosmic inventory including human being is created by Allah. Nothing secret on Muslim’s health care but “Faith in Allah, Rely on Allah and Believe in Predetermination”

Muslims believe that “Allah makes human being with intellect to be superior to any other animals and become the chief of the earth as “Khalifah” on behalf of Allah. Khalifah should obey Allah’s order to well govern and well establish this world to be prosperity for all peoples. To complete this heavy duty, human being must have healthy body showing the greates vigour of life, and releasing the larget energy to develop the highest effectiveness. It’s hornor of valuing and protecting life; shamed on wasting and abusing life. Based on this knowledge of life value, Muslims then develop health care theories”.

Legal food released by the Koran

Regarding”What to eat and how to eat”, the Koran releases “eating legal as well as good and pure food”. Islamic Sharia Laws stipulates Muslims are entitles to enjoy “legal food” given by Allah. “Legal food” herein means food is legally permitted by the Sharia Laws. Original meaning of “Halal” in Arabic is “legal”, “Haraam”, the opposite word is meaning “illegal” and “forbidden”,

i.e. all illegal food prohibitted by the Sharia Laws.

What is “good and pure food”? According to the Koran, “good and pure food” is food based on sanitation and hygiene, preventing and curing disease, which is promoted to eat legal food helpful to good health.

Choose food material that is helpful to body and mind

Islam thought diet is no small matter. It’s helpful for people to not only maintain life but also help their mental health. Therefore, Muslim’s choice of food depends on good and pure. Regarding food material, Not all livestock can be eaten. Human being should only choose granivorous birds and ruminant animals having calm tempers to eat. They’re helpful to people’s mental health, in which cattle, sheep and camel,etc. are specially helpul to people’s mental health. Deers, chicken, ducks, geese, rabbits, fishes and shrimps, etc. are deemed as “good and pure food” by Muslims. On the contrary, raptors and beasts in strange shapes, unclean, cruel tempers and odd behaviors such as wolves, tigers, leopards, lions, rats, snakes, dukes,eagles, owls, vultures and crows, etc. are banning food. As we all known that beef and muttom are the most common food for Muslims. beef and muttom have not only edible value and economical value, but also healthcare value. It’s said in Taiwan folk that “beef can nourish one’s vitality as same effect as astragalus”. Muttom, a health food as usual has appetizing and powering effects with filling kidney aid. The reasons why Muslims don’t eat pork are because of religious and hygienic factors. Many parasites and other germs in the pork are harmful to human body. In addition, Muslims also avoid eating animals died naturally as parasitic germs and viruses will not be killed by washing, cooking and boiling for even some viruses. Besides,

等檢測手段發現，當代許多難治之症的傳播途徑主要是血液。由此可知，穆斯林禁食血液不是沒有道理的。

總之，伊斯蘭在飲食上為穆斯林劃定了可食範圍，範圍內的為佳美、合法的，超出這一範圍的為污穢、非法的，食之有害。而且，就算佳美食物，也提倡適可而止，忌暴食暴飲，聖訓上說：「人的胃應保持這樣一種狀態：1/3的食物、1/3的水、1/3的空氣」，這也與現代保健醫學理念不謀而合。

飲食反應了當地的風俗民情

俗話說「一方水土養一方人」，一個地方的飲食文化往往反映了當地的特殊風土產物和人情。在印尼，牛、雞和魚，是最為普遍的三種動物類合法且佳美的食物。人們除了遵循伊斯蘭教法的飲食文化之外，由於在地氣候風土的關係，盛產香料，習慣在菜肴中加入椰漿及胡椒、丁香、豆蔻、咖喱等各種香料調味，以及辣椒、薑、薑、蒜等，在餐桌上常常可見辣椒醬。居民的主食是米、玉米或薯類，尤其是大米更為普遍。大米除煮熟外，印尼人喜歡用香蕉葉或棕櫚葉把大米或糯米，包成菱形蒸熟而吃，稱為「克杜巴」。不過，印尼人也喜歡吃麵食，如吃各種麵條、麵包等。

▲穆斯林每日都要行禮拜。

Muslims must worship every day.

the flesh of animals that are not killed on behalf of Allah should not be edible. Muslims always discharge blood at maximum limit when killing edible animals. Medically, it's the same reason that people should abstain from blood. Bloss that is composed of white blood cell, red blood cell, lymph node and large monocyte, etc. is easy to grow parasite along with various germs and viruses. Detection means through modern medicine application of blood routine examination, liver result assay and blood fat analysis, etc. found propagation path for many incurable diseases is blood. It can be seen Muslims have reasons to abstain from blood. Generally, Islam limits edible range for Muslims. Food in edible range are good and pure as well as legal, otherwise they're unclean and illegal. Meanwhile, even good and pure food is proposed that enough is enough without overeating and drinking. The Hadith mentioned "Human's stomach should maintain such a condition: 1⁄3 food, 1⁄3 water and 1⁄3 air", which is coincide with the concept of modern medical & health.

Diet reflects local customs

As an old saying goes, "Each place has its own way of supporting its own inhabitants". A local diet culture always refects special local products and humanfeelings. Cattles, chickens and fishes in Indonesia are the most common legal as well as good and pure food from animals. People not only abide by diet culture in Islamic Sharia Laws, but also habitually add various spices such as coconut milk, pepper, clove, cardamon and cury, etc. as well as chilli, onion, ginger and garlic, etc. as spices abound in this area relating to local climate and customs. Chilli sauce is always seen in people's dinning table. Inhabitant's principal food is rice, corn or potato, especially rice is the most common. Indonesian like to wrap rice or sticky rice with banana leaves or palm leaves in diamond shape and eat after well-steamed. It's called "Ke Duba". However, Indonesian also like to eat pasta, such as various noodles and breads, etc.