

HALAL AND HARAM FOODS

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Abstract

Halal food is food that conforms to the teachings of Islamic law, known as halalan thiyiban. All halal food is inherently good, but the converse is not necessarily true—good food is not always halal. Therefore, for Muslims to avoid haram (prohibited) food, they should consistently consume halal food. Conversely, haram food is that which is forbidden in Islamic doctrine, and Allah typically prohibits things that carry inherent disadvantages or harms, whether known or unknown. Everything Allah forbids has an underlying wisdom. In terms of food, Allah emphasizes that humans should consume halal food that is both wholesome and nutritious and avoid alcohol. Regarding haram foods, Muslims are strongly advised to abstain as much as possible. The types of food prohibited by Allah include carrion, blood, pork, animals not slaughtered in the name of Allah, and animals that were strangled, gored, or attacked by wild beasts. The Islamic principles of halal and haram are fundamentally for the wellbeing of humanity, encompassing elements to maintain health, avoid danger, and exercise caution in food and drink consumption. Beyond just halal and haram, Islam also delineates three additional categories—mubah, makruh, and subhat—as a framework for communal choices in food and beverage intake. Ultimately, the laws of halal and haram are the sole prerogative of Allah, which are not open to negotiation.

Keywords: *Halal, Haram, Foods*

Abstrak

Makanan halal adalah makanan yang sesuai diajarkan dalam syariat Islam yaitu halalan thayyiban (halal dan baik) setiap makanan halal pasti akan baik namun sebaliknya makanan yang baik belum tentu halal, maka dari itu agar umat Islam terhindar dari makanan yang haram, maka seharusnya umat Islam selalu menghadirkan makanan yang halal. Sebaliknya makanan Haram itu adalah makanan yang dilarang dalam ajaran Islam dan biasanya Allah Mengharamkan sesuatu itu pasti ada kekurangan dan mudharatnya baik yang sudah kita ketahui maupun yang belum kita ketahui dan semua yang diharamkan Allah pasti ada hikmah dibalik itu. Dalam hal makanan Allah menegaskan agar manusia mengkonsumsi makanan yang halal lagi baik dan juga bergizi serta tidak meminum minuman keras, sedangkan dalam hal haram maka, kita diwajibkan sejauh mungkin untuk meninggalkannya, adapun jenis-jenis makanan yang diharamkan oleh Allah yaitu, bangkai, darah, daging babi, binatang yang tidak disebutkan nama Allah, binatang yang tercekik, ditanduk, diterkam binatang buas dan lain sebagainya. Prinsip Islam dalam hukum halal dan haram pada dasarnya adalah untuk kebaikan manusia itu sendiri dengan unsur didalamnya untuk menjaga kesehatan dan terhindar dari marabahaya serta kehati-hatian dalam memilih makanan dan minuman yang dikonsumsi. Dalam menjaga kehati-hatian Islam menetapkan tiga hukum selain halal dan haram yaitu Mubah, makruh dan subhat sebagai pilihan masyarakat dalam mengkonsumsi makanan maupun minuman, hukum halal dan haram adalah wewenang Allah SWT yang tidak bisa ditawar lagi.

Kata Kunci : *Makanan, Halal, Haram*

BACKGROUND

In Islam, the designation of food as halal (permissible) or haram (prohibited) is based on the guidance provided in the Qur'an, Sunnah (the teachings and practices of the Prophet Muhammad), and established legal principles. This is because Allah prohibits the consumption of haram food, as it can have adverse effects on a person's moral character, attitudes, and behavior.¹ This concept is explicitly addressed in various Quranic verses, including Surah Al-Baqarah verse 168, Surah Al-An'am verse 145, and Surah Al-Ma'idah verse 3. The Qur'an serves as a comprehensive guide for humanity, encompassing directives on halal and haram food. Halal food refers to the type of sustenance that is deemed permissible according to Islamic teachings, often recognized as halalan

¹ (Nashirun (16 September 2020). "Makanan Halal Dalam Perspektif Al Qur'an".)

thayyiban (lawful and wholesome). Conversely, haram food is the category of nourishment that is prohibited in Islamic doctrine, and typically, Allah makes something forbidden due to its inherent flaws or potential dangers, whether known or unknown to us.²

The description of halal food also includes the methods of obtaining it. For example, fruits are considered halal when consumed; however, if the fruit is stolen, it becomes haram due to the improper means of acquisition that contradict Islamic principles. Additionally, haram food can vary depending on location and school of thought. For instance, in Turkey, seafood is regarded as haram or makruh because they follow the Hanafi school, while in Indonesia, seafood is considered halal as they adhere to the Maliki and Hanbali schools.

Therefore, the importance of studying halal and haram food lies in understanding faith and piety towards Allah SWT, as well as in maintaining health. It is essential to be aware of haram food and drink in Islam. Typically, these prohibited items can have detrimental effects on the body when consumed, often leading to various illnesses. Indeed, Allah has declared certain foods and drinks as haram for specific reasons.

In Islam, Allah SWT regulates all aspects of human life, including food. This is explained in Surah Al-Baqarah, verse 168, which states: "O mankind, eat from what is lawful and good on the earth, and do not follow the footsteps of Satan. Indeed, he is to you a manifest enemy." As mentioned in this verse, Allah SWT commands humanity to consume food that is halal according to religious law, considering both its substance and essence. Furthermore, Allah SWT reminds us not to follow the paths of Satan.³

RESEARCH METHOD

To collect data, a library research method was employed, which involves examining references or literature related to the discussion in the Indonesian language. Since this study pertains to verses of the Quran, the primary source for this research is the holy book of the Quran. Additionally, the author utilized an interpretive approach to the Quran from both analytical and health perspectives.

² (Dahlan, Abdur Rahman (9 Oktober 2021). "LPPOM MUI | Lembaga Pengkajian Pangan Obat-obatan dan Kosmetika Majelis Ulama Indonesia".)

³ (Nasution, Eliza Mahzura & Nasution, Ummi Azhany Husna (12 Juni 2023). "Konsumsi Makanan Halal Dan Haram dalam Perspektif Al-Qur'an dan Hadis".)

RESULTS AND DISCUSSION

Definition of Halal and Haram Foods

Halal food refers to food that is permissible to eat according to the requirements of Islamic law. The term "halal" is derived from Arabic, meaning "permitted." In this context, halal food and drink are those that are allowed for consumption according to Islamic principles. In addition to the term halal, we also frequently encounter the term "tayyib," which means "good." This implies that the food has good quality and standards and does not harm health.

Haram food, on the other hand, refers to food that is prohibited to eat based on Islamic law. The word "haram" comes from Arabic and means something that is forbidden. The main characteristics of haram food include being undesirable, repugnant, and harmful to human health. The determination of haram food is based on both the forbidden substances contained within it and the prohibited methods of obtaining it. Thus, it can be concluded that haram food is that which is forbidden for consumption by humans, especially for Muslims, and consuming it constitutes a sin.⁴

Allah SWT has provided clear guidance regarding food consumption in the Quran. This guidance includes the command to eat only what is halal, which refers to food that is permitted and lawful according to Islamic law. Conversely, there are specific prohibitions against consuming haram food, which refers to items that are forbidden. A key reference for this divine command can be found in Surah Al-Baqarah, verse 168, where Allah provides instructions related to various aspects of food.

يَأْتِيهَا النَّاسُ كُلُّوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

Meaning: "O humanity! Eat from what is lawful and good on the earth and do not follow Satan's footsteps. He is truly your sworn enemy".

This verse was revealed due to the Bani Tsaqif, Bani Mudhi, Kuza'ah, and Bani Amir bin Sa'ah, who, with their limitations, prohibited what Allah had made lawful. These groups forbade various livestock products according to their own desires, such as bahirah (a female camel that has given birth five times, with the fifth being male), sabi'ah (a roaming female camel), and washilah (a sheep with two male offspring). Additionally, they prohibited sea fish, even though these creatures are not forbidden by Allah (Tarigan, 2012).

⁴ (Nasution, Eliza Mahzura & Nasution, Umami Azhany Husna (12 Juni 2023). "Konsumsi Makanan Halal Dan Haram dalam Perspektif Al-Qur'an dan Hadis".)

In the interpretation of Fi Zhilalil Qur'an, Allah calls upon humanity to eat from what is on the earth, but only what is halal and good. This interpretation states that what is haram is clear and must be avoided. There is a call from Allah not to follow the footsteps of Satan, as Satan always invites people to evil rather than good. Satan also encourages people to make lawful or unlawful food based on human desires, not on Allah's will (Quthub, n.d).

The Tafsir Al-Maraghi states that the phrase "kuluu mimma fi al-ardh halaalan thayyibaa" means a command to consume all that is available on earth from various types of food sources, whether from plants or animals, provided that they are both halal and good (Al-Maraghi, n.d.). Al-Maraghi also explains that everything that is made lawful and unlawful has been determined by Allah.⁵

Halal Foods in Islam

Halal food refers to items that are permissible for Muslims to consume, offering not only physical benefits but also spiritual nourishment that fulfills the body's nutritional needs. Allah has established halal and tayyib (good) standards for consumable food. The term "halal" denotes food that is allowed, while "tayyib" signifies food that provides advantages to humans by meeting health requirements, including nutrition, protein content, and hygiene. Furthermore, halal food must be free from impurities, non-intoxicating, devoid of negative effects on physical and mental health, and obtained through lawful means.

Halal Foods Categories

Halal in its Substance

Halal food fundamentally refers to items that are permissible for consumption. There are many types of halal and tayyib food, while only a few categories are considered forbidden due to specific prohibitions. The determination of what is halal is based on guidance found in the Qur'an and hadith. Examples of halal foods include chicken, goat, buffalo meat, dates, apples, and others.

Halal in its Acquisition

In terms of acquisition, halal food refers to items obtained through lawful means, such as purchasing or earning through work. Islam places significant emphasis on the food consumed by its followers, insisting that they partake only in what is halal and tayyib. Consuming food that is not religiously halal can have detrimental effects on one's life.

Halal by its Processing

⁵ (Anisa Ilmia & Ahmad Hasan Ridwan (Juli 2023). "Tafsir Qs. Al Baqarah Ayat 168 dan Korelasinya dengan Undang Undang No.33 Tahun 2014 Tentang Jaminan Produk Halal".)

Everything is fundamentally permissible, but it can become haram due to improper processing. For instance, grapes are originally allowed for consumption; however, when they are processed into alcohol, they become haram because they impair the mind.

Halal in Terms of Presentation

- a. It does not contain any items classified as unclean according to the Qur'an and Hadith.
- b. It does not involve mixing food that is definitively halal with food whose halal status is uncertain (known as *syubat*).

Halal by Process

To obtain halal food, the process must comply with Islamic laws. This includes avoiding actions like theft and robbery. Failure to adhere to these principles renders the food haram for consumption. Here are some processes that violate Islamic guidelines, thereby making the food haram:

- a. Slaughtering: Failing to mention the name of Allah during the act of slaughter.
- b. Offerings or Idols: Slaughter performed for offerings or idols rather than Allah.
- c. Mixing Meat: Combining halal animal meat with haram animal meat, no matter how small the amount.⁶

Haram Foods in Islam

Haram refers to actions or substances that are prohibited by Sharia. Engaging in such actions is considered sinful, while abstaining from them is rewarded. Concerning all that is forbidden—whether it pertains to the object, the substance, or the consequences—Allah instructs us to distance ourselves from it as much as possible. This is due to the fact that consuming haram food can lead to unanswered prayers and can darken the heart, making it less inclined toward virtuous deeds, potentially resulting in one's condemnation to hell.⁷

The classification of haram law is divided into two categories: haram *Lidzatihi* and haram *Lighairihi*. If the prohibition pertains to the essence of the haram act itself, it is referred to as haram *Lidzatihi*. Conversely, if the prohibition is associated with factors external to the

⁶ (Lubis, Sakban (19 Juli 2022) "MAKANAN HALAL DAN MAKANAN HARAM DALAM PERSPEKTIF FIQIH ISLAM")

⁷ (Lubis, Sakban (19 Juli 2022) "MAKANAN HALAL DAN MAKANAN HARAM DALAM PERSPEKTIF FIQIH ISLAM")

essence of the forbidden act, but involves harm, it is termed haram Lighairihi.

1. Haram Lidzatihi (food that is forbidden because of its substance)

Haram Lidzatihi refers to foods that are inherently prohibited by the Qur'an and Hadith. Examples of such foods include pork, blood, and the flesh of animals with fangs. This category also encompasses actions such as murder, which involves taking a life; consuming alcohol, which impairs the mind; apostasy, which pertains to matters of faith; theft, which involves unlawfully taking wealth; and adultery, which affects lineage and personal honor.

2. Haram Lighairihi (Food That Is Haram Due to External Factors)

Haram Lighairihi refers to food that is initially considered halal but becomes haram due to factors that are not directly related to the food itself. Examples of this include food obtained through theft, proceeds from usury, and similar circumstances. Additionally, animals that are slaughtered without invoking the name of Allah fall into this category.⁸

Haram Foods in Islam

In the Islamic perspective, there are several types of foods that are considered haram (prohibited) for Muslims to consume. These foods are regulated based on the sharia law established in the Quran and Hadith. The following is an explanation of haram foods from the Islamic perspective and their impacts:

1. **Pork:** The consumption of pork is prohibited in Islam, as pork is considered an impure and unclean food, and it poses significant health risks. Pork can be a source of diseases such as trichinosis, tapeworms, and other infections.
2. **Meat from animals not slaughtered properly:** In Islam, animals intended for consumption must be slaughtered in the proper manner, which involves invoking the name of Allah during the slaughtering process. The purpose of this process is to ensure the halal (permissible) status of the meat, consider the welfare of the animal, and maintain the cleanliness and permissibility of the consumed product.

⁸ (Nasution, Eliza Mahzura & Nasution, Ummi Azhany Husna (12 Juni 2023). "Konsumsi Makanan Halal Dan Haram dalam Perspektif Al-Qur'an dan Hadis".)

3. Alcohol: Alcoholic beverages are prohibited in Islam because they affect one's health, mental faculties, and individual behavior. Alcohol is also known to be an addictive substance that can lead to social and health-related harms, and it can impair a person's consciousness and cause undesirable conduct.
4. Animals prohibited for consumption: Certain animals, such as dogs, cats, birds of prey, snakes, and insects (except for locusts and bees), are prohibited for consumption in Islam. The reasons for these prohibitions can vary, including health concerns, cleanliness considerations, and respect for these creatures.
5. Blood: The consumption of animal blood is prohibited in Islam because blood is regarded as a symbol of life and is revered as belonging to Allah. Additionally, consuming blood poses certain health risks.

The consumption of foods prohibited in Islamic doctrine may result in

- Violation of Allah's commandments: consuming haram food is considered a violation of Allah's commandments, and this can have a negative impact on one's faith and piety.
- Health impact: Certain religiously prohibited foods pose significant health risks. For instance, pork consumption has been linked to various diseases and infections. Additionally, the use of alcohol can result in organ damage, mental health issues, addiction, and social problems.
- Spiritual disturbance: Consuming prohibited or unethical food items may potentially disrupt an individual's spiritual equilibrium.⁹

CONCLUSIONS AND IMPLICATIONS OF RESEARCH RESULTS

A. Conclusions

Any type of food may initially appear permissible to consume until evidence demonstrates its prohibition. While tasty and delectable, certain foods may not be beneficial for physical well-being and can even be detrimental to health. Furthermore, non-halal foods can adversely impact spiritual health. The Quran extensively discusses the concepts of halal and haram foods, though we cannot expound on all the relevant verses here, as previously detailed. Halal and

⁹ Nasution, Eliza Mahzura & Nasution, Umami Azhany Husna (12 Juni 2023). "Konsumsi Makanan Halal Dan Haram dalam Perspektif Al-Qur'an dan Hadis".)

nutritious (halalan thoyyibah) foods are undoubtedly advantageous for both our physical and spiritual needs. Consuming halal sustenance results in profound blessings (barakah), even in modest quantities. Conversely, haram foods and beverages, beyond being prohibited by Allah, contain more harm than good. The effects of haram intake, though substantial, lack the blessings and longevity compared to halal and barakah.

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