26 Vaccines: The Buzzword for 2020
J&M® halal certified meals use only wholesome ingredients and have NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwaveable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

**LAMB & LENTIL STEW:** Tender lamb joins a medley of tomatoes, lentils, onions, chickpeas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

**LAMB & BARLEY STEW:** Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions, create a true culinary delight! A scrumptious meal with a variety of textures, it is deliciously seasoned with herbs and spices of the Middle East.

**MY KIND OF CHICKEN®:** A favorite combination of chunks of light and dark chicken meat with brown rice, peas and carrots in a mild sauce.

**CHICKEN MEDITERRANEAN:** A hearty chicken meal with the flavors of the Mediterranean region. It has chunks of light and dark chicken meat, tomatoes, potatoes, chickpeas, and black olives in a tangy sauce.

**CHICKEN & NOODLES:** A winning combination with chunks of light and dark chicken meat, homestyle Kluski noodles, peas and carrots in a lightly seasoned sauce.

**CHICKEN & BLACK BEANS:** A scrumptious meal with chunks of light and dark chicken meat, black & kidney beans, tomatoes, potatoes, sweet peppers and corn. Simple spicing brings out its full flavor!

**BEEF STEW:** A satisfying and delicious stew! It has chunks of lean beef, with potatoes, sweet peppers, tomatoes, cabbage, zucchini, chickpeas and carrots in a flavorful sauce.

**OLD WORLD STEW:** Chunks of lean beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

**PASTA WITH GARDEN VEGETABLES:** This delicious and robust meal has rotini pasta with peppers, mushrooms, zucchini and tomatoes. It is perfectly flavored with traditional Italian seasonings.

**VEGETARIAN STEW:** A meal fit for vegetarian and hearty eater alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

**CHEESE TORTELLINI:** Cheese-filled tortellini are simply delicious in a well-seasoned tomato sauce, with the added protein and texture of pinto beans.

**FLORENTINE LASAGNA:** A meal influenced by the tastes of Florence. Savor the combination of small lasagna noodles in a tomato sauce with Ricotta and Parmesan cheeses, spinach and pinto bean pieces which add texture and protein.
In the name of God, the Most Beneficent, Most Merciful

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Editor’s Note

Assalaamu alaikum,

These last few months have brought about a myriad of changes, many of which have taken some getting used to. For some, like me, the changes have also brought with them new opportunities. I was fortunate enough to begin work as a content coordinator with IFANCA at the end of June, and it’s been a phenomenal experience.

The fall 2020 edition represents the first where you’ll see my name at the end of this page. I hope this issue and those to come live up to the rigorous standards you expect from Halal Consumer© magazine.

As summer fades and temperatures start to drop, you may be turning to foods that can warm you up from the inside out. “Say Hello to Harissa” delves into a North African hot sauce that you can use in a variety of dishes. Lentils are also a great option for the winter, as they provide a hearty amount of protein and fiber that can give you the necessary energy to brave the snowy weather. Check out the article on them in the Quranic & Prophetic Foods section.

Perhaps the influx of chilling temperatures makes you dream of life near the Mediterranean Sea. The Chef Insights section will help you discover favorites from Greek cuisine like olive rolls and tzatziki sauce. Even if you can’t currently travel to the islands, these dishes may make you feel like you’re there.

If there’s one thing that hasn’t changed, it is that every year brings with it new diets promising to help you lose weight. However, “The New Rise of Intuitive Eating” brings you just the opposite: an “un-diet”. Though it has been around since 1995, intuitive eating has gained recent popularity as people have begun to lose patience with every new diet fad.

Looking to change up your exercise routine? “Focus on Intensity” explores high-intensity interval training or HIIT, which promises a vigorous workout in thirty minutes or less. As always, be sure to consult with your doctor before starting a new training regimen.

Lastly, “Vaccines: The New Buzzword of 2020” takes a look at one of the most important topics of our time. The article offers a detailed look at what goes into vaccines, who needs them, and their relevance in the current global pandemic. At the time of writing this note, there hadn’t yet been a COVID-19 vaccine approved for widespread use in the United States. Hopefully that changes soon.

Let us know via email, Facebook, or Twitter if you give any of the recipes in this issue a try. We’re always happy to hear from you!

Sincerely,

Alison DeGuide editor
Assalaamu alaikum,

Vaccines have been one of the most talked about topics of the year, and for good reason: hope that a cure for coronavirus is on the way. As the COVID-19 pandemic continues to play havoc with the health of the community and create economic shocks, the availability of vaccines promises a path back to normal. They can bring us to a life without masks and overuse of hand sanitizer, as they allow the return of the events we miss, such as large social gatherings and indoor/outdoor celebrations.

For some, the decision to get a vaccine goes beyond mere questions about its availability and effectiveness. Some parents may choose not to vaccinate their children for religious reasons, while others may have concerns about the safety of vaccines. IFANCA, as an Islamic and technical organization, looks at all aspects of vaccines: development, production, and use. Although there is no vaccine for COVID-19 yet, and no company has asked for halal certification, we have brought the matter to some companies working on vaccine development.

As a halal certifying body, we have certified a number of vaccines because they save lives and promote wellbeing. Vaccine development is a complicated, time-intensive process that has to be thoroughly researched in order to determine the effectiveness as well as compliance with halal requirements. Since vaccine development may involve the use of unacceptable components, there are differences of opinion among Islamic scholars as to the acceptability of vaccines. However, the majority opinion is they are acceptable, especially when no alternative medicine exists. IFANCA provides assurance that the product being administered is free from unacceptable components.

One of the main tenets of Islam is the easing of hardship and preservation of life and health. We strive to prevent harm from coming to ourselves and to the community at large. We take care of our bodies and treat them with respect, as they are gifts from God (SWT) that allow us to worship Him fully. We choose the path where the benefits to ourselves and others outweigh the consequences, seeking the prevention of undue hardship when possible. A majority of the people will take the vaccine when an effective one is available and recommended by health care providers. Time and again, the facts demonstrate that vaccines can prevent the spread of disease, ease suffering, and save lives.

Sincerely,

Muhammad Munir Chaudry president

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Say Hello to Harissa

By Alison DeGuide
If you are an avid reader of Halal Consumer Magazine, you may recall Chef Demetrios Haralambatos mentioning harissa in his article “Upcoming Culinary Trends” for issue 52. Harissa hails originally from Tunisia and is a blend made up of red peppers, spices, and oils often used in North African cuisine. Though Chef Haralambatos notes that the type of peppers traditionally used are roasted baklouti peppers, you will find recipes all over the internet using the dried chilies that you can typically find in any grocery store.

Although the type of peppers used can have a significant impact on the flavor of your harissa, it is still typically more complex than most other hot sauces, says Jeff Koehler in his article for The Washington Post. Koehler described its flavor as “[r]obust and with a nutty, pungent earthiness behind the heat” and noted that “harissa added with a prudent hand brings a different dimension of flavor to a dish.”

There is also some variety behind the spices used that can also alter the flavor. Though caraway seeds, cumin, and coriander seeds are staples, some recipes add smoked paprika, cayenne pepper, garlic, or even tomato paste. One of the essential ingredients—besides the peppers, of course—is olive oil, and every recipe must include it. Together, these ingredients make for a delicious blend that you can use in a myriad of different ways.

Tunisia is the largest exporter of harissa, and it makes up the second most important export of the country’s canned food industry.

Harissa is sometimes called Tunisia’s national condiment, and rightfully so. In an article for the United Nations Industrial Development Organization, Zhong Xingfei notes that Tunisia is the largest exporter of harissa, and it makes up the second most important export of the country’s canned food industry. It has now made its way to specialty grocery stores across the United States and is becoming more commonplace in the products you might find on shelves. There’s even an IFANCA halal-certified version of the spice itself: World Flavors™ Harissa Seasoning from iSpice.

If the delicious taste of this dish isn’t enough to convince you to try it, perhaps the health benefits will. According to Penn Medicine, capsaicin, a chemical compound found in the spicy peppers that make up harissa, can promote heart health, weight loss, and a well-functioning
In general, spicy food may also help you live longer. A 2015 study from The BMJ found that “[c]ompared with participants who ate spicy foods less than once a week, those who consumed spicy foods 6 or 7 days a week showed a 14% relative risk reduction in total mortality.” Yet another reason to love this fiery dish!

One of the best parts of harissa is its versatility. Like other hot sauces, you can add it to your favorite dishes for an extra kick, or you can swap your butter for harissa and dip a slice of bread in it. April Fulton of NPR notes that it can be used as a base for many stews and curries, while Yvonne Maffei of My Halal Kitchen has recipes for Shrimp Harissa Tagine and Mediterranean Couscous with Chicken & Olives that include the spice. Simply search “ways to use harissa” to see the hundreds of articles offering tips on how to make the best of this spicy Tunisian staple. It is one condiment that you will never have trouble including in a recipe.

Perhaps you want to start making harissa a part of your culinary repertoire, but you are worried about using it up before it goes bad. Don’t worry: BBC Good Food reports that it can be stored for up to six weeks in your refrigerator once it’s opened. Homemade harissa probably has a shorter shelf life, although The Minimalist Baker reports that the recipe they used can keep for up to a month in the refrigerator or two months in the freezer. Fortunately, with all the opportunities to add it to your favorite foods, there is probably a bigger chance of running out than it going bad.

Whether you are a lover of spice or just want to try out one of the latest culinary trends, harissa is a versatile dish from North Africa that’s worth adding to any meal plan. Use it as a replacement for traditional hot sauces, eat it plain with a slice of warm bread, or craft an entire meal around it. No matter if it is homemade or store-bought, harissa is sure to spice up any recipe.

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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The New Rise of Intuitive Eating

By Alison DeGuide
Unlike many diets that have come and gone over the years, intuitive eating has stuck around because it’s based on a simple concept: when it comes to food, trust your gut.

The idea was outlined in a book of the same name by Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN. In the book, they eschew traditional diets in favor of paying attention to your body’s natural cues. Although this so-called “un-diet” first became popular in 1995, it fits well with our current society’s growing concern with mindfulness and mental health.

The International Food Information Council (IFIC) named intuitive eating one of their 2020 food trends. According to their 2020 Food and Health Survey, half of Americans are already doing some part of it—that is, they stop eating when their body tells them that they are full. Although paying attention to your natural feelings of satiety is one aspect of intuitive eating, the program’s overall goal is to take away the stigma surrounding food. Rather than following an external diet plan that tells you when and what you should eat, you eat when you are hungry and eat what you want when you want it.

The following are Tribole and Resch’s ten principles:

1. **Reject the Diet Mentality.**
   Intuitive eating should not be used as another attempt to lose weight. It’s about improving your relationship with what you eat.

2. **Honor Your Hunger.**
   Don’t deprive yourself when you are hungry. Listen to the signal that tells you it’s time to grab a bite, and then do so.

3. **Make Peace with Food.**
   With intuitive eating, there is no type of food or amount of food that is off-limits. Since banning items from your diet means that you will crave them, allowing yourself to eat whatever you want will probably make you want less anyway. The same goes for the quantity of food. Because there are no restrictions on how much you can eat—other than stopping when you feel full—you’re less likely to overeat because you think it might be your only chance.

4. **Challenge the Food Police.**
   Recognize that there is no moral standard for food based purely on its nutritional value. What you eat has no bearing on who you are as a person, so you can stop feeling guilty for having an extra treat.

5. **Discover the Satisfaction Factor.**
   Pay attention to the taste and feel of the food itself. When you recognize the enjoyment that food can bring, it will be easier to stop eating when you are no longer hungry.

6. **Feel Your Fullness.**
   When your body tells you that you’re full, stop eating. This may mean eating at a slower pace or just taking a break every so often to see if you’re getting full. Since distractions make it harder for you to sense your body’s natural cues, focusing on the meal itself rather than the TV or other background noise is a must.

7. **Cope with Your Emotions with Kindness.**
   To stop emotional eating, you need to deal with the underlying issue that is causing the emotion. Be kind and give yourself time to deal with what is truly bothering you.

8. **Respect Your Body.**
   No two bodies are the same. Stop focusing on what you’d like to change about yourself and start accepting your body for what it is and what it can do for you.

9. **Movement—Feel the Difference.**
   Just like with eating, exercising should be a mindful process. Do exercises that you enjoy and pay special attention to exactly how the workout makes you feel. The endorphins are worth it!

10. **Honor Your Health—Gentle Nutrition.**
    Being healthy isn't an all or nothing process. As the *Intuitive Eating* website reminds us, no one meal that can undo your health: “It’s what you eat consistently over time that matters. Progress, not perfection, is what counts.”
There are numerous benefits to intuitive eating, most of which center on improving your relationship with food. Because you’re no longer punishing yourself for what you consume, you’ll be free of any guilt that accompanies your meals. This guilt about what we eat is an overwhelming problem: a 2008 survey from the University of North Carolina at Chapel Hill and *SELF Magazine* found that a whopping 75% of American women have some behaviors or symptoms associated with eating disorders.

Eating intuitively also means that you can spend less time thinking about food. You don’t have to jot down the calories in everything you ate or double-check beforehand that what’s on your plate will fit into your diet. Meal planning also becomes more manageable because it’s based purely on what you feel like that day. Your schedule determines what you eat, not the other way around.

Now you might still be reading about this and thinking about it as a vehicle for weight loss. After all, if you can control your binges and listen to what your body wants, there’s a good chance that you’ll lose more weight and be healthier, right? However, experts warn that they cannot predict what will happen to your weight once you start eating intuitively. “If any health professional or coach or Instagram influencer says you can lose weight with intuitive eating, run away,” said Tribole in an article for *The Atlantic*. “No one can tell you what’s going to happen to your body, including me.” And while that may be a scary prospect, it certainly pales in comparison to a life filled with beating yourself up over what you did or didn’t eat. Surely your mental health is worth more than a few extra pounds!

In a world of fad diets and weight loss crazes, intuitive eating might seem like a radical approach. In truth, it’s both the simplest and the most challenging eating plan of them all: simple because you can eat what you want when you want it, and challenging because you must learn to do so without ever feeling guilty. So take a few cues from other nutrition experts who are turning to their bodies to tell them what they want and give this un-diet a chance.

*Abu Hurairah narrated: “The Messenger of Allah (Peace Be Upon Him [PBUH]) never criticized any food. If he liked it, he would eat it, and if not, he would leave it.”* —Jamiʿ at-Tirmidhi, Vol. 4, Book 1, Hadith 2031.

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Lentils

By YaQutullah Ibraheem Muhammad
Lentils are considered pulses, which are “the dry, edible seeds of plants in the legume family” according to Pulses.org, and are a powerhouse for many key nutrients. There are several varieties, including green, red, small brown, French green, and black, and they can be purchased with or without their skins. Lentils are also sold in various forms, from bulk and bagged to frozen or pre-cooked. They are even in packaged foods such as IFANCA halal-certified Saffron Road Lentil Crackers. Some packaged products may also add lentils in order to boost the item’s protein and fiber content.

Lentils are good for the environment. According to Pulses.org, lentils are one of several nitrogen-fixing crops that “can convert nitrogen in the air into a plant available nutrient. Lentils can [also] reduce the need for nitrogen fertilizers, ultimately improving the environmental sustainability of annual cropping systems.” They also can help fight world hunger. According to Michael J. Considine, et al. in The Journal of Experimental Botany, “The Food and Agriculture Organization (FAO) of the United Nations facilitated the International Year of Pulses in 2016, focusing on the contribution of pulses in food production and nutritional diversity to help eradicate hunger and malnutrition.”

Health and nutrition benefits
Lentils are packed with vitamins, minerals, micronutrients, and macronutrients. They are an excellent source of protein, folic acid, soluble and insoluble dietary fiber, calcium, iron, potassium, folate, magnesium, and phosphorus. Lentils also contain eight essential amino acids, are a rich source of vitamins B and C, and are one of the highest sources of antioxidants found in winter growing legumes. They are also low in sodium and naturally gluten-free.

Lentils can also help lower cholesterol in two ways: by slowing the liver’s production of cholesterol and by using the soluble fiber in lentils to bind to cholesterol to help remove it from the body. Lentils are a great source of protein, which helps build bones, muscles, and skin. Lentils are also beneficial for digestion. Because of their high fiber content, consuming lentils can augment stool size, increasing gut transit times and improving symptoms of constipation. A balanced diet rich in fiber can also reduce the risk and symptoms of diverticulitis—a disease where bulging pouches form in the intestines, usually in the lower part of the colon, due to straining during bowel movements.

Consuming lentils helps keep you feeling full for longer. One serving of lentils can provide 32% of your recommended daily fiber intake. U.S. Dietary Guidelines recommend about one and one-half cups of legumes (such as lentils) weekly, while the DASH Eating Plan of the National Heart, Lung, and Blood Institute recommends between four and five half-cup servings weekly.

**Lentil Nutrient Profile**
A half cup of cooked lentils has:
- Calories: 140
- Fat: 0.5 grams
- Carbs: 23 grams
- Fiber: 9 grams
- Sodium: 5 milligrams
- Protein: 12 grams

**How to prepare them**
Preparing lentils is easy. Unlike most dry beans, there is no need to soak lentils before cooking. Simply rinse...
them and remove any debris or damaged lentils. When boiling lentils, the rule of thumb is two and a half cups of water for every cup of lentils. Simmer for five to twenty minutes until tender. Red lentils cook the fastest, usually in about five minutes, while other varieties may take up to twenty minutes.

Lentils are some of the most versatile foods in the world. You will find lentils in hummus, health bars, protein powders, and many dried pastas for an added nutrient boost. You may also blend them in a blender or food processor and add them to soups, stews, chilies, or curries. Lentil soups are popular during Ramadan and the winter months and can be premade and frozen. If you do not cook, you can find canned lentils at your local grocery store or farmer’s market.

Storage
There are several ways to store lentils and other pulses. Pulses.org offers the following suggestions:
• In the pantry, dried lentils can be stored for up to one year. If stored for longer, they may require a longer cooking time in order to soften.
• Canned, sealed pulses can be stored for several years in the pantry.
• Lentils in salads can be stored for up to three days in the refrigerator in a sealed, airtight container.
• Once opened, canned or cooked lentils can be stored for up to five days in sealed, airtight containers in cooking liquid or covered with water.
• After lentils have cooled completely and the excess liquid has been drained, you can store them in the freezer. You can also store lentils in single-serving portions in sealed, airtight containers or freezer bags for up to six months.
• Soups, chilies, and curries made using lentils can be stored in the freezer for three to six months.

With the many benefits of including lentils in the diet, they are definitely worth adding on a weekly basis. Be creative in the kitchen and include them as part of your heart-healthy, plant-based meals and snacks. Check out pulses.org and lentils.org for more recipe and meal planning tips and resources.

YaqutullaH Ibra Heem mu Hammad 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.
Greece, which is surrounded on three sides by water, has always been a seafaring nation throughout its history. Its landmass includes 6,000 islands and islets scattered in the Aegean and Ionian Seas, of which only 227 are inhabited. As seafarers, they traveled and traded throughout the Mediterranean.

The first traces of human settlements in Greece appeared during the Paleolithic Age (approximately 120,000 to 10,000 BC) and were organized into various independent city-states that colonized much of the ancient world from the eastern Mediterranean to India. Greece is considered the “cradle of Western civilization,” being the birthplace of democracy and Western philosophy, as well as the creator of the Olympic Games.

The Greek cuisine is diverse, with an abundance of seafood, chicken, sheep, goat, fresh vegetables, and a multitude of herbs and spices. It is not uncommon for a dish to be made several different ways, as each region’s cuisine is based on the ingredients grown in that area. For example, spanakopita (spinach and feta cheese wrapped in phyllo) is made only with spinach in northern Greece. In the south, however, leeks are added to the spinach.

The Greek diet is considered one of the healthiest and has been heavily documented, including in the Deipnosophistae (“The Dinner Sophists/Philosophers/Experts”), an early Greek work from 3rd century AD. Written by Athenaeus of Naucratis, it is sometimes called “the oldest surviving cookbook.”

The cuisine of Greece is also a cuisine that features mezze (small plates). It is not uncommon to enter a restaurant and ask for four, eight, or twelve depending on the number of mezze plates desired. Any main dish can be turned into a mezze.

OPA!

For additional recipes, download the PDF here.
MEZZE

Meatballs — Cocktail Size

Ingredients
1 pound halal ground beef
½ teaspoon ground cinnamon
½ teaspoon ground cumin
1 large onion, chopped finely
1 tablespoon parsley
½ teaspoon mint, crushed
1 garlic clove, minced
2 eggs
1 slice of bread, soaked and squeezed dry
salt and pepper to taste
flour
vegetable oil

Preparation
1. Combine all the ingredients, except for the flour and oil, in a large bowl.
2. Roll the mixture into small balls (a little smaller than a walnut).
3. Dust with flour.
5. Fry the meatballs until cooked throughout.

Uses & Variations
Serve warm and without sauce. Add to your favorite tomato sauce.
You may substitute 1 pound halal ground beef with a mixture of ½ pound halal ground lamb and ½ pound halal ground beef.

Sauces & Dressings

Tzatziki Sauce

Ingredients
1 medium cucumber
1 garlic clove, minced
juice of ½ lemon
2 teaspoons olive oil
2 teaspoons white vinegar
2 cups halal yogurt
salt to taste

Preparation
1. Peel the cucumber, slice in half, and remove the seeds, then chop very fine.
2. Combine the cucumber, garlic, lemon juice, olive oil, vinegar, and yogurt.
3. Place in refrigerator and serve chilled.

Uses
Use as a topping for vegetables or as an accompaniment to lamb or beef. It is also great on gyro and kabobs.
**SOUPS**

### Chickpea Soup

**Ingredients**
- 3 large carrots, chopped
- 2 celery stalks, chopped
- 2 large cans chickpeas
- ¾ cups olive oil
- 3 large onions, sliced thinly
- 1 can (8 ounces) tomato sauce
- 1 can (16 ounces) whole tomatoes, loosely crushed
- salt and pepper to taste

**Preparation**
1. Place all ingredients in a pot and bring to a boil.
2. Simmer until carrots are cooked, occasionally adding water if needed.
3. Season to taste.

**Note:** If using dried chickpeas, soak them overnight and drain twice before proceeding with the steps above.

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**SALADS**

### Cucumber Salad with Yogurt

**Ingredients**
- 2 or 3 cucumbers
- 1 cup tzatziki sauce
- salt and pepper to taste
- 1 small onion, sliced in thin rings
- sprigs of dill

**Preparation**
1. Peel the cucumbers, then slice into rings.
2. Place the sliced cucumbers in a bowl and add the tzatziki sauce.
3. Mix well and season to taste.
4. Place on a decorative platter.
5. Place the onion rings on top.

**Uses**
- Serve warm over fish, meat, or vegetables.
- Allow to cool and serve over vegetables.
**Leg of Lamb with Garlic**

**Ingredients**
- 1 leg of halal lamb (about 7 to 8 pounds)
- 2 garlic cloves, in slivers, sliced lengthwise
- 2 lemons, cut in half
- 4 additional garlic cloves, minced
- salt
- fresh ground pepper
- oregano, crushed
- about ½ cup water

**Optional:**
- potatoes, sliced lengthwise
- onions, sliced lengthwise

**Preparation**
1. Pre-heat oven to 350°F.
2. Insert the tip of a paring knife in various locations around the leg of lamb.
3. Insert the slivers of garlic into the pierced locations.
4. Squeeze and rub the lemons all over the lamb, then place the lemon in the bottom of the roasting pan.
5. Rub the lamb with minced garlic.
6. Place in the roasting pan and add enough water to cover the bottom of the pan.
7. Bake in the center of the oven for 2½ hours until done. In the last 30 minutes of baking, you can add potatoes and onions to the liquid in the roasting pan.
8. Remove from oven and allow to sit for 20 to 30 minutes before slicing.

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**Olive Rolls**

**Ingredients**

**Bread**
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 4 teaspoons vegetable oil
- 1 cup halal yogurt
- 1 egg, beaten (for brushing)

**Filling**
- 1 cup pitted Kalamata olives, chopped
- 1 onion, chopped
- 1 teaspoon dry mint, crumbled
- 1 tablespoon fresh mint, chopped
- 1 cup fresh coriander, finely chopped

**Preparation**
1. Combine flour, baking powder, and oil.
2. Add yogurt and mix into a pliable dough.
3. Set aside and allow to rest for 10 minutes.
4. Combine the filling ingredients, mix well, and set aside.
5. Pre-heat oven to 350°F.
6. Cut dough into 4 equal pieces, then roll out each piece to about ¾-inch thickness.
7. Spread ¼ of the filling over each piece and roll each as if a jelly roll.
8. Place on a baking sheet and brush each piece with the beaten egg.
9. Place baking sheet in oven.
10. Bake for 45 minutes: the first 30 minutes at 350°F or until golden, then at 300°F for the final 15 minutes.

**CAUTION:** May contain pit fragments.

**Variations**
For a more colorful presentation, substitute pimento-stuffed green olives and black olives for the Kalamata olives.

As an alternative, slice each loaf into roulades or pinwheels after baking and cooling.
**VEGETABLES**

**Stewed Zucchini**

**Ingredients**
- 1 white onion, coarsely chopped
- 1 tablespoon olive oil
- 1 teaspoon basil, crushed
- 1 garlic clove, chopped
- 1 tablespoon oregano, crushed
- 2 pounds zucchini
- 1 can (6 ounces) tomato paste
- water
- salt and pepper to taste

**Preparation**
1. In a pot, sauté onion in olive oil until tender.
2. Add the basil, garlic, mint, and oregano.
3. Slice the zucchini and add to the pot.
4. Add the oregano and sugar.
5. Cover the contents of the pot with water and stir.
6. Dilute the tomato paste with some water, add to the pot, and stir.
7. Simmer for 15 minutes until the zucchini is tender.
8. Season to taste.

**FISH**

**Baked Fish with Aromatic Tomato-Onion Sauce, Plaki-Style**

**Ingredients**
- 2 pounds flaky white fish fillets such as cod, haddock, halibut, or pollock
- ½ cup olive oil
- 2 onions, sliced lengthwise
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 can crushed tomatoes
- 1 can tomato sauce
- 1 tablespoon tomato paste
- water, warm (if needed)
- 4 tablespoons ground cinnamon
- 2 tablespoons ground cumin
- salt and pepper to taste
- parsley, chopped (for garnish)

**Preparation**
1. Prepare the sauce by placing olive oil in a pot.
2. Sauté the onion until transparent, adding the garlic and bay leaves.
3. Add the crushed tomato (with the liquid), tomato sauce, and tomato paste, then combine well.
4. Adjust moisture by adding additional water if needed. Sauce should not be very thick.
5. Mix in cinnamon and cumin. Taste and adjust flavor with salt and pepper.
6. Pre-heat oven to 375°F.
7. Rinse the fish with cold water and pat dry with paper towels, then slice into desired portions.
8. Scoop some of the tomato-onion sauce onto a baking dish so that it covers the bottom of the dish.
9. Position the sliced fish on top of the tomato-onion sauce, then pour the remainder of the sauce around and over the fish.
10. Place the baking dish into the oven and bake for 17 to 20 minutes until the flakes separate when the fish is tested with a fork.
11. Remove from oven, garnish with parsley, and serve.
**STARCH**

Lemon Potatoes

**Ingredients**
- 2 pounds russet potatoes, peeled
- oregano, crushed
- salt
- olive oil
- juice of 2 lemons
- water
- additional olive oil for drizzling

**Preparation**
1. Preheat oven to 400°F.
2. Peel and cut the potatoes into long wedges.
3. In an oven-safe baking dish, arrange the potato wedges and season with salt and oregano.
4. Drizzle with olive oil and add the lemon juice.
5. Pour enough water to cover the potatoes.
6. Bake until the water has been absorbed and/or evaporated.
7. Drizzle additional olive oil over the top of the potatoes and return to the oven to brown.

**DESSERTS**

Yogurt and Honey

> *In Greece, most dinners end with a refreshing bowl of yogurt.*

**Ingredients**
- halal yogurt
- honey

**Preparation**
1. The yogurt must be very thick with the consistency of Greek yogurt or labneh. If it is not, place a piece of cheesecloth (available at the supermarket) in a strainer, add the yogurt, and set in the refrigerator for several hours to release its whey (water).
2. Spoon the yogurt into a bowl and drizzle honey over the top.

**Variation**
Add chopped walnuts. ☺️
Berkoukes with Harissa Paste
By: Karima’s Kitchen

Servings: 6-7

INGREDIENTS

1 cup berkoukes
½ pound halal stew meat with bones
1 medium onion, minced
3 cloves garlic, minced
2 tablespoons cooking oil
2 carrots
1 zucchini squash
¼ pound string beans
1 medium tomato, pureed
3 tablespoons harissa paste for mild-medium heat
1 tablespoon olive oil
⅛ teaspoon garlic powder
⅛ teaspoon ground coriander
⅛ teaspoon black pepper
⅛ teaspoon ground ginger
3 bay leaves
½ bunch parsley, minced
2 teaspoons pink Himalayan salt (adjust according to taste)
¼ cup chickpeas
1½ quarts water, boiled

DIRECTIONS

1. Sauté the stew meat in a pressure cooker with the cooking oil, onion, and garlic on low heat. Stir.
2. Add in the garlic powder, ground coriander, black pepper, ground ginger, and half the parsley. Stir.
3. In a food processor, purée the tomato with 3 or more teaspoons of harissa paste. Mix the olive oil into the purée.
4. Boil a quart of water and prep the vegetables. Peel and cut the carrots and zucchini squash into cubes. Cut the ends off the string beans and break into 1-inch pieces.
5. Pour the boiled water into the pot with the stew meat, along with the cubed carrots and bay leaves. Add salt.
6. In a sauce pot, blanch the green beans for 5 minutes, then drain. Add them to the pot.
7. Close the pressure cooker and double check that the lid is secured properly. Cook for 20 minutes.
8. Rinse the berkoukes twice and let them boil for 5 minutes. Drain.
9. After you release the steam from the pressure cooker, open the pot and add in the berkoukes. Add 1 cup of water to the pot, as well as the zucchini squash and chickpeas. If you prefer a thinner broth, you may also add the remaining cup of water.
10. Let everything boil gently for 5 to 10 minutes (or longer if the meat needs more time).
11. Remove pot from heat and let the stew settle. Garnish with remaining minced parsley.

Variations
You can substitute in celery or leeks for the string beans.
Sprouted Lentil Salad
By: Maryam Funmilayo

Servings: 6

INGREDIENTS
2 cups green sprouted lentils
½ small red onion
2 small Roma tomatoes
1 teaspoon black seeds
1 teaspoon organic chia seeds
1 teaspoon organic flax seeds
1 teaspoon organic shelled hemp seeds
1 teaspoon ground black pepper
½ cup lemon juice

DIRECTIONS
1. In a colander, rinse the green sprouted lentils with cold water. Drain and set aside.
2. Rinse, peel, and dice the onions.
3. Rinse thoroughly and chop the tomatoes.
4. Combine the lentils, onions, and tomatoes and toss with remaining ingredients.
5. Mix all together.
6. Garnish with lemon juice.
7. Mix again.
8. Serve immediately and enjoy.
MoiMoi (Nigerian Bean Cake)

By: Maryam Funmilayo

Servings: 6

INGREDIENTS

- 4 cups dried red or orange lentils
- 5 medium Roma tomatoes
- 3 medium red bell peppers
- 2 small habanero peppers
- 1 medium onion, diced
- 1 cup mushroom broth
- 1 cup dried shrimp
- 1 cup olive oil or palm oil
- 1 tablespoon curry powder
- 1 tablespoon thyme
- 1 tablespoon ground turmeric
- 1 tablespoon paprika
- 1 tablespoon ground basil
- 1 tablespoon Himalayan sea salt

DIRECTIONS

1. Soak the lentils in water for 30 minutes.
2. Blend the tomatoes, peppers, and onions together.
3. Pour the mixture along with the mushroom broth into a large bowl and set aside.
4. After 30 minutes, rinse the lentils and blend separately.
5. Thoroughly mix the lentils, mushroom broth, tomatoes, peppers, and onions.
6. Add the shrimp, oil, spices, and salt and continue to mix.
7. Pour the mixture in a large oven-safe glass dish.
8. Bake for 1 hour at 350°F.
9. Serve with gerri (cassava dried grains soaked in cold water), bread, jollof rice, or fried rice.
**Djaj Mhammar (Baked Chicken)**

From the Archives of Fatima Zein Annan

Servings: 4

**INGREDIENTS**

- ¼ cup vegetable oil
- ¼ cup lemon juice
- 5 cloves garlic, pressed
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon oregano
- ½ teaspoon pepper
- ¼ teaspoon cinnamon
- 1 halal fryer chicken, cut into serving-size pieces

**DIRECTIONS**

1. Combine oil, lemon juice, garlic, and spices in a shallow baking pan.
2. Roll up cut chicken in marinade.
3. Bake in pre-heated oven at 425°F, basting occasionally.
4. Bake until tender when pierced with a fork (approximately 1 hour). Lightly cover for the first ½ hour, then uncover for the last ½ hour so that it can brown.
5. Remove from pan and baste again.
6. Serve with plain rice. Chicken juices may be served in separate bowl to pour over rice.
7. Sprinkle rice with cinnamon or pine nuts sautéed to a golden brown.
Vaccines: The Buzzword for 2020

By Husna T. Ghani
If you received a penny for every time you heard or said the word “vaccine” in the year 2020, you would have...a lot of pennies! What exactly is a vaccine? It is a weakened or dead form of a disease that stimulates a person’s immune system to produce antibodies to fight against that particular disease. Is this the same as an immunization? No. Immunization is the response the body has to a vaccine, prompting the immune system to recognize and develop antibodies to fight against the disease, hence protecting the body from said disease.

In an article for the journal Baylor University Medical Center Proceedings, Dr. Stefan Riedel mentioned that in the United States, research and usage of vaccines started in the late 18th century. It was Edward Jenner’s research and development of the smallpox vaccine in 1798 that laid the groundwork for the use of a live, weakened virus to produce a vaccine.

The ingredients in vaccines are designed to produce immunity in a person and to maintain its effectiveness at the desired shelf-life. According to the Centers for Disease Control (CDC), vaccines contain the following ingredients:

- **Preservatives**: Their function is to maintain the vaccine and prevent contamination.
- **Adjuvants**: These substances enhance and maximize the immune response.
- **Stabilizers**: They ensure the effectiveness of the vaccine.
- **Residual cell culture materials**: Their purpose is to produce adequate amounts of the virus/bacteria to manufacture the vaccine.
- **Residual inactivating ingredients**: Their purpose is to kill and/or inactivate the virus to make the vaccine safe.
- **Residual antibiotics**: These ingredients prevent bacteria from getting in and contaminating the vaccine production process.

The scientific community considers various factors when manufacturing vaccines, such as the most effective technology to create the vaccine, the predicted immune response, and the demographic of the individuals that need the vaccines.

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<td>Inactivated vaccines</td>
<td>Use the dead version of the virus/microorganism</td>
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<td>Subunit, recombinant, polysaccharide, and conjugate vaccines</td>
<td>Use specific parts of the virus/microorganism</td>
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<td>Toxoid vaccines</td>
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Vaccines are characterized into four different categories:

Vaccines can be administered through several routes. The CDC gives five ways a vaccine can be transported into the body:

- The oral route is through the mouth.
- The subcutaneous route is via an injection into the fatty tissue just below the skin.
- The intradermal route is an injection into the skin's layers.
- The intramuscular route is an injection into the muscle.
- The intranasal route is through the nose.

Vaccine schedules in the United States start at birth in the hospital with the hepatitis B vaccination administered to newborn babies. There are recommended vaccines for all ages, including catch-up vaccines, vaccines for high-risk children, and vaccines recommended based upon joint decisions involving the physician and the parent/guardian. The vaccine schedule for birth to age 18 contains a plethora of information that should be viewed in detail on the CDC’s website.

As for adult vaccines, it depends upon each individual. The annual flu vaccine and the pneumonia vaccine are common among adults, though underlying health factors may alter the need or timing of getting vaccinated. Some of these factors include pregnancy, immunocompromised conditions, cardiac illness, renal disease, chronic liver disease, diabetes, and pulmonary disease. Health care workers may need additional vaccines depending upon the nature and risk factors of their job. Prior to getting any vaccines, individuals need to discuss their health history and current health conditions with their doctor.
During the current global pandemic, it is always wise to find out the current health situation of your travel destination and the necessary vaccines before booking an international trip.

**Booster shots: Why do we need them?**

Booster shots are exactly what the term implies. They are the vaccines that need to be taken periodically to “boost” your immune system. A common example is the tetanus shot. The Mayo Clinic recommends that individuals get the vaccine against tetanus once every ten years. However, if you experience a wound such as a deep cut or puncture from a metal object, it is best to get another tetanus vaccine regardless of where you are on the vaccine schedule.

Who needs a booster shot? According to the U.S. Department of Health and Human Services (HHS), almost everyone needs booster shots. However, they say “almost everyone” because individuals with health issues such as seizures, certain allergic reactions, and immune system disorders should consult their doctors first.

**Our current global pandemic**

With COVID-19 updates taking over the news this year, you may have heard the term herd immunity. Dr. Abdur Rehman Khan, an infectious disease specialist in Wisconsin, describes the phenomenon of herd immunity as “when a large portion of the community (about at least 60–70%) has developed immunity by developing antibodies against [a] particular organism.” He notes that this not only prevents the previously sick individuals from getting re-infected but also from passing the disease along to uninfected individuals.

I know what you’re thinking. Can we finally be done with COVID-19 and stop washing our groceries with soap? Can herd immunity be used to combat this global plague? The answer is not that simple. Dr. Khan states, “For a community to achieve herd immunity, the expert[s] estimate that at least 70% of that population need[s] to be either infected or vaccinated. So far, no vaccine has been approved but multiple vaccine trials are underway.” He also notes that until we have an effective vaccine, the only way we can achieve herd immunity is by having a large portion of our population be infected with and fully recovered from the COVID-19 virus. At the time of publication of this article, approximately 2% of the U.S. population had been infected with the virus. This percentage is insufficient in order to develop herd immunity and stop this pandemic. Dr. Khan goes on to say that the downfall of herd immunity is that the human toll would be heavy on a country such as the United States because approximately 18% of the population is over sixty-five years old. Advanced age increases the risk of death instead of increasing the chance of survival with a developed immu-

Traveling internationally may also require vaccines, depending upon the region and time of year that you travel. Some countries will not issue visas until a traveler has received certain vaccines. For example, Hajj and Umrah visas require the meningitis vaccine and recommend vaccines for influenza and pneumonia. Vaccines that one should already have received—not necessarily at the time of obtaining the visa—include diphtheria, tetanus, pertussis, polio, measles, and mumps.

There may be additional vaccination requirements depending upon your origin and destination countries. Cruise ships may have requirements depending upon where you are sailing; however, the CDC recommends having at least the measles/mumps/rubella, varicella (chickenpox), and flu vaccines before boarding a cruise ship. Even though most people are not going anywhere during the current global pandemic, it is always wise to find out the current health situation of your travel destination and the necessary vaccines before booking an international trip.

Who needs a booster shot? According to the U.S. Department of Health and Human Services (HHS), almost everyone needs booster shots. However, they say “almost everyone” because individuals with health issues such as seizures, certain allergic reactions, and immune system disorders should consult their doctors first.
nity, meaning that reaching that 70% infection rate would be detrimental to the older population.

Are vaccines halal?
No article on vaccination is complete without the mention of anti-vaxxing. Anti-vaxxing, or anti-vaccination, is the refusal of individuals to get themselves or their children vaccinated. This has become a movement wherein groups of people do not believe in the need for vaccination or they believe vaccinations are more harmful than beneficial. The National Center for Biotechnology Information (NCBI) of the National Institutes of Health (NIH) mentions “religion” as one of the reasons some parents decide not to vaccinate their children. So what does Islam say about this? Are vaccines halal?

It is stated in Sahih al-Bukhari that the Prophet Muhammad (Peace Be Upon Him) said, “There is no disease that Allah has created, except that He also has created its treatment.” Therefore vaccines can be used to protect against diseases.

The halal factor of a vaccine is based upon the reason it is administered. According to Imam Radwan Mardini, one of the Islamic scholars of the Islamic Food and Nutrition Council of America, “The primary reason for vaccines is the prevention...of deadly diseases. It is stated in Sahih al-Bukhari that the Prophet Muhammad (Peace Be Upon Him) said, ‘There is no disease that Allah has created, except that He also has created its treatment.’ Therefore vaccines can be used to protect against diseases.” A closer look at this hadith tells us that we have the solution; we just need to access it. This access can come from scientific knowledge and the use of facts and data to develop vaccines and treatments.

We have seen vaccines that have been successful in protecting us from diseases such as polio, smallpox, measles, mumps, rubella, yellow fever, and typhoid. We still have many other vaccines to develop, specifically the vaccine for COVID-19. This virus has caused much hardship around the world. However, because we are people of faith, we know that the ayah from the Quran says, “Indeed, with hardship [will be] ease” [Quran 94:6]. In this light, we testify to the belief that the hardship of illness will have the ease of cure. Ameen.

HUSNA T. GHANI has an MBA, an MSEd, 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.
FOCUS ON INTENSITY

By Ali Othman, CPT
Picture yourself running for your life from a bear. You should’ve played dead, but here you are. You are running as fast as you can while at the same time looking for a getaway—or at least someplace to hide because you know your body can’t continue at this intensity much longer.

As you approach a large factory, you duck behind a truck in the parking lot to catch your breath and let your heart rate slow. You can hear the bear’s breath as he inches closer to your hiding spot. Finally, your discovery becomes inevitable, so you jump up and then jolt like Usain Bolt. You climb up a nearby tree, and as you look down, you’re faced with the reminder that bears can also climb trees.

Once you climb to the right height, you jump onto the roof of the factory and leisurely stroll towards the fire escape, thinking you’ve outsmarted that bear. As you turn around to climb down, you hear the bear land firmly beside you. You run eight floors down the escape and collapse at the bottom. With the little bit of energy you have left, you maneuver to your knees and begin to crawl for the factory door. At this speed the bear easily catches up, just in time to politely return the bag you left behind after eating lunch and thank you for the exhilarating chase.

To tone back the intensity in this scenario by about fifteen percent, lose the bear, run the course a second time, and you have a session of High-Intensity Interval Training (HIIT). A HIIT workout can be any activity whereby you alternate between phases of high-intensity anaerobic exercise and low-intensity, or static, aerobic exercise.

To fully understand the exertion levels for phases one and two, let us examine the target heart rate during both. During the intense anaerobic phase, which we’ll call phase one, your goal is to reach eighty-five to ninety-five percent of your maximum heart rate (MHR). An estimated age-related MHR is calculated by subtracting your age from 220, or 200 for those classified as obese, and the resulting number is expressed in beats per minute. For example, a healthy 45-year-old would have a MHR of 175 beats per minute (220 – 45 = 175). As your heart rate rises and your body enters phase one, your energy requirements begin to change. It is these changes that facilitate the onset of some of the hidden benefits of HIIT.
Under normal circumstances, the oxygen we breathe is transported throughout our bodies and is sufficient to provide energy, as well as remove the by-products of our body’s energy production system. However, during anaerobic exercise, you’re pushing your body so hard that it cannot produce energy or remove the by-products fast enough. Lactate begins to build in the blood, causing the muscles to fatigue and eventually give out. At this level of intensity, the body can only push so hard for so long.

By the end of phase one, your body should be nearing this point. Then you shift to phase two, which can be a complete resting phase if your phase one was so intense that only a full rest can bring your heart rate back down to about fifty to sixty-five percent of your MHR. More commonly, phase two consists of an active rest activity such as walking, allowing your heart rate to slowly descend back into your aerobic range.

You might wonder who would want to put themselves through something this grueling. Because of its extreme intensity, HIIT is not for the faint of heart. Athletes at any level from Pee Wee Football to Major League Baseball are using HIIT to gain an edge over their opponents. Although they are the main demographic, athletes are not the only group benefiting from HIIT workouts. There is research being done with cardiovascular rehabilitation patients in controlled settings, and the results show promise. In a study by Ito Shigenori published in the *World Journal of Cardiology*, it is said that “aerobic capacity, which is expressed as peak oxygen consumption (VO2peak), is well-known to be an independent predictor of all-cause mortality and cardiovascular prognosis.”

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...as your day goes on after a HIIT training session, your metabolism continues working in overdrive, providing a continued higher than normal calorie burn.

VO2peak, or VO2max, is the maximum rate of oxygen consumption measured during exercise, and it has been used in the medical industry for years as an indicator of one’s cardiorespiratory fitness. The higher one’s VO2max, the more efficient their cardiorespiratory system is functioning. In other words, during strenuous activity, an individual with a higher VO2max can consume more oxygen than
someone with a lower VO2max. Thus, they can produce more energy, allowing them to push harder for longer. This extra boost in VO2max might give someone with cardiovascular disease who can’t walk up a flight of stairs without becoming fatigued the extra push they need to make it to their bedroom. At the same time, the upsurge in VO2max can give a collegiate wide receiver the additional power he needs to beat the defending safety during an all-out sprint to the end zone.

Going hand-in-hand with VO2max is the lactic threshold. A high lactic threshold translates to a high level of muscular endurance or a delayed onset of muscle fatigue, which is crucial during those moments where you are being chased by a bear. As you exercise and expend energy through the use of your muscles, lactate starts to accumulate in the blood. Lactate is created during the body’s energy production process and plays many roles in the body’s adaptation to the stresses of exercise. An individual has reached their lactic threshold at the point where lactate is produced faster than it is removed, and it won’t be long before fatigue sets in.

Lactate threshold training, typically realized at eighty-five to ninety-five percent of MHR, trains the body to remove lactate more efficiently. This helps to delay the onset of the lactic threshold and allows a trained individual to outlast their opponent in intense endurance activities. Training at this threshold means that you repeatedly use and replenish the body’s stored muscle glycogen and

Exercise selection for HIIT is limited only by your imagination. Here are a few examples of exercises you can utilize with minimal equipment or none at all:

WITHOUT EQUIPMENT

• Sprinting
• Front kicks
• Mountain climbers
• Bicycle crunches
• Squats
• Push-ups
• High-knee running
• Squat jumps
• Jumping jacks
• Shadowboxing

WITH MINIMAL EQUIPMENT

• Chest press
• Overhead press
• Bicep curls
• Shoulder press
• Squat press
• Jumping rope
• Treadmill sprints
• Cycling
• Box jumps
• Battle rope
in doing so, train your body to increase its muscle glyco-
gen storage capacity. After a HIIT session, muscle glyco-
gen stores are depleted. A combination of rest and diet
will help replenish these stores and burn calories through-
out the process.

Another very marketable benefit of HIIT is the phenome-
on known as the afterburn effect. Besides sounding
really cool, afterburn refers to the excess energy your
body uses to replenish its depleted fuel stores, remove
waste and other by-products, and repair your muscles
after your workout. In a study published by Amy M. Knab,
et al. in Medicine and Science in Sports and Exercise, it
was shown that “[a] 45-minute vigorous exercise bout
increases metabolic rate for 14 hours” post-exercise. That
means that as your day goes on after a HIIT training
session, your metabolism continues working in overdrive,
providing a continued higher than normal calorie burn.

If these benefits appeal to you, you might be ready to
start your first HIIT session. Because of the high level of
intensity, it is a good idea to consult with a fitness pro-
fessional who can create a program tailored to your
needs. A qualified personal trainer or a good group exer-
cise class instructor can monitor your intensity and heart
rate during sessions and track your progress throughout
the program.

A basic HIIT program uses a work-to-rest ratio of 1:2. For
example, you sprint for thirty seconds and follow it with a
sixty-second walk. Start your session with a three- to
five-minute warm-up to increase your focus, get the
blood flowing to your muscles, and loosen your joints
and connective tissue. Afterwards, move directly into
phase one, and run through the 1:2 cycle ten times. After
cycle number ten, spend about three minutes cooling
down with some light movement. Then take five to seven
minutes to stretch the muscles you just finished working.
Training sessions can be as short as fifteen minutes or as
long as thirty. In thirty minutes or less, you can complete
a versatile workout that combines aerobic, anaerobic,
and resistance training. HIIT workouts should be limited
to about two sessions per week and never on back-to-
back days, if avoidable.

Exercise intensity can be the difference between success
and frustration, so keep your intensity high when the
moment calls for it. Intensity can be measured in real
time using your heart and breathing rates. According to
the Mayo Clinic’s Healthy Lifestyle Fitness column, vigoro
s exercise intensity causes one’s breathing to become
fast and deep, and you shouldn’t be able to speak in full
sentences during this time without pausing for breath.
You should be at this level of intensity during phase one
to realize the wide range of benefits of HIIT.

When you start to feel like your sessions are not hitting
hard enough, there are countless ways to increase the
intensity. Change the work-to-rest ratio. Instead of a 1:2
ratio, try 1:1, or if you are feeling brave, go all out with
2:1. Change the exercises, add some resistance with
weights or elastic bands, increase the intensity of phase
two, or increase the number of repetitions performed.
Just keep the total HIIT time below thirty minutes to
avoid overtraining.

Exercise should be personalized to each individual. Base
your exercise choice on the behaviors, movements, and
activities you enjoy so that you look forward to your
session and succeed in meeting your goals. Stay focused
on your training intensity, and nothing can stop you from
achieving your goals. As always, consult with your physi-
cian before starting a HIIT or any other exercise program.
Once you are cleared for exercise, explore the different
options and decide if HIIT is right for you.

**Ali Othman** has been an NSCA certified personal trainer
for the past thirteen years with specialization in weight
loss, functional training, muscular hypertrophy, and
human nutrition. He also works in the Technical Depart-
ment at IFANCA and manages IFANCA business activities
in South Korea.
Not all of the company products are halal-certified. Look for the Crescent-M logo on the product label or verify the certification using the Certified Products listing on www.ifanca.org.

## HALAL-CERTIFIED PRODUCT LOCATOR

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<td>Supermarkets, discount stores</td>
</tr>
<tr>
<td>Lombardi’s®</td>
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<tr>
<td>Impossible™ Burger</td>
<td>Food Products</td>
<td>Impossible™ Foods</td>
<td>Select restaurants throughout the United States</td>
</tr>
<tr>
<td>J&amp;M Food Products</td>
<td>Food Products</td>
<td>J&amp;M Food Products</td>
<td>Visit their website: <a href="http://www.halalcertified.com">www.halalcertified.com</a></td>
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<tr>
<td>Kontos</td>
<td>Bakery Items, Bread</td>
<td>Kontos Foods, Inc.</td>
<td>Ethnic (Arab, Indo/Pak) stores and fruit &amp; vegetable markets throughout the United States</td>
</tr>
<tr>
<td>Brand</td>
<td>Product Type</td>
<td>Company Name</td>
<td>Available At</td>
</tr>
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<tr>
<td>La Yogurt®</td>
<td>Dairy Products</td>
<td>Johanna Foods, Inc.</td>
<td>Supermarkets, fruit/vegetable markets, discount stores</td>
</tr>
<tr>
<td>Love &amp; Quiches</td>
<td>Brownies and Cakes</td>
<td>Love and Quiches Desserts</td>
<td>Visit their website for outlets: <a href="http://www.loveandquiches.com">www.loveandquiches.com</a></td>
</tr>
<tr>
<td>Maya</td>
<td>Cosmetics</td>
<td>Maya Cosmetics</td>
<td>Visit their website: <a href="http://www.maya-cosmetics.com">www.maya-cosmetics.com</a></td>
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<tr>
<td>Mead Johnson</td>
<td>Infant/Baby Food Products</td>
<td>Mead Johnson Nutritionals</td>
<td>Department stores, supermarkets, and drugstores throughout the United States</td>
</tr>
<tr>
<td>Melaleuca</td>
<td>• Personal Care Products</td>
<td>Melaleuca, Inc.</td>
<td>Visit their website for distributors: <a href="http://www.melaleuca.com">www.melaleuca.com</a></td>
</tr>
<tr>
<td></td>
<td>• Nutritional Supplements</td>
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</tr>
<tr>
<td>Mountain High™ Yoghurt</td>
<td>Dairy Products</td>
<td>General Mills</td>
<td>Supermarkets throughout the United States</td>
</tr>
<tr>
<td>My Own Meals</td>
<td>Food Products</td>
<td>My Own Meals</td>
<td>Visit their website: <a href="http://www.myownmeals.com">www.myownmeals.com</a></td>
</tr>
<tr>
<td>Natavi™</td>
<td>Nutritional Supplement</td>
<td>Kona Therapeutics Inc.</td>
<td>Visit their website <a href="http://www.natavihealth.com">www.natavihealth.com</a></td>
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<tr>
<td>National</td>
<td>• Food Products</td>
<td>National Foods Limited</td>
<td>Ethnic (Indo/Pak) stores throughout the United States and Canada</td>
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<td></td>
<td>• Sauces &amp; Dressings, Condiments</td>
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<td></td>
<td>• Dessert Mixes</td>
<td></td>
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<tr>
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<td>• Spices &amp; Seasonings</td>
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<td>Nestle</td>
<td>• Food Products</td>
<td>Nestle Pakistan Ltd.</td>
<td>Ethnic (Indo/Pak) stores throughout the United States</td>
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<tr>
<td></td>
<td>• Beverages / Beverage Concentrates</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• Dairy Products</td>
<td></td>
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<tr>
<td></td>
<td>• Drink Mixes, Dessert Mixes</td>
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<tr>
<td>Nutrilite</td>
<td>Nutritional Supplements</td>
<td>Access Business Group, LLC</td>
<td>Visit their website for distributors: <a href="http://www.nutrilite.com">www.nutrilite.com</a></td>
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<tr>
<td>Olympia</td>
<td>Gyros, Flat Bread</td>
<td>Olympia Food Industries, Inc.</td>
<td>Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States</td>
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<tr>
<td>Brand</td>
<td>Product Type</td>
<td>Company Name</td>
<td>Available At</td>
</tr>
<tr>
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<td>OneCoffee</td>
<td>Coffee</td>
<td>Canterbury Coffee</td>
<td>Supermarkets throughout Canada</td>
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<td>Organic Valley</td>
<td>Dairy Products</td>
<td>Cropp Cooperative/Organic Valley</td>
<td>Supermarkets throughout the United States</td>
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<td>POM Wonderful</td>
<td>• Beverages / Beverage Concentrates • Tea • Fruits Processed</td>
<td>POM Wonderful, LLC</td>
<td>Supermarkets throughout the United States</td>
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<td>Saffron Road</td>
<td>• Food Products • Snack Food • Appetizers</td>
<td>American Halal Co., Inc.</td>
<td>• Target, Whole Foods, Kroger, Publix, HEB, and various markets throughout the United States • Visit their website to locate a store near you: <a href="http://www.saffronroad.com">www.saffronroad.com</a></td>
</tr>
<tr>
<td>Sunrider</td>
<td>• Personal Care Products • Cosmetics • Food Products • Nutritional Supplements</td>
<td>Sunrider International</td>
<td>Visit their website for distributors: <a href="http://www.sunrider.com">www.sunrider.com</a></td>
</tr>
<tr>
<td>Tom's of Maine</td>
<td>Personal Care Products</td>
<td>Toms of Maine, Inc.</td>
<td>Department stores, supermarkets, and drugstores throughout the United States</td>
</tr>
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<td>Turtles®</td>
<td>Candy / Chocolate</td>
<td>DeMet's Candy Company</td>
<td>Supermarkets, drugstores, discount stores</td>
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<td>Flipz®</td>
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<td>Wonderful</td>
<td>Pistachios and Almonds</td>
<td>Paramount Farms</td>
<td>Supermarkets and drugstores throughout the United States</td>
</tr>
</tbody>
</table>
WE MAKE SURE THE FOOD YOU SERVE IS HALAL.

ISLAMIC FOOD AND NUTRITION COUNCIL OF AMERICA:

In matters of halal, we take the doubt out of doubtful.

The Islamic Food and Nutrition Council of America, IFANCA, is working with the world’s food producers to ensure what you eat is halal and healthy.

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