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# The Contribution of Natural Foods on The Sustainability of *Halalan Toyyiban* Lifestyle Based on *Maqasid Syari'ah* in Brunei Darussalam

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## ABSTRACT

Natural foods are free from additives and modifications, and considered as wholesome foods that provide nutrition to the well-being. However, despite its function in contributing to excellent health, environment, and economy, the consumption of natural foods comes second among the population as demand for modern and processed foods has increases. This was due to factors such as modernization, modernized products, and technological advancements. Hence, this study examines the significance of natural foods in achieving a sustainable *halalan toyyiban* lifestyle aligned with the objectives of *Maqasid Syari'ah*. Through qualitative research, the study demonstrates how natural foods sustain the five objectives of *Maqasid Syari'ah*, safeguarding faith, intellect, wealth, health, and offspring. Hence, this study highlights the importance of prioritizing natural foods to promote positive health outcomes and overall well-being.

**Keywords:** Natural foods; Sustainability; *Halalan toyyiban* lifestyle; Brunei Darussalam

## 1 Introduction

Natural foods are minimally processed, free from artificial additives [1,2,3], absence from harmful ingredients, presence of natural components [4, 5, 6], unprocessed [7] or organically grown [8]. Despite the presence of healthier food alternatives, adults in Brunei Darussalam exhibit a preference for processed and modern foods, resulting in heightened salt consumption and the exacerbation of non-communicable diseases (NCDs) [9], (pp.13-14). In addition, NCDs has become the leading cause of mortality and morbidity as obesity, cholesterol, hypertension, and diabetes has affected the adult population in Brunei Darussalam [10,11]. The rise in treatment costs for these diseases poses a threat to economic stability. To address this, cost-effective measures are essential, starting with the promotion of nutritious foods and physical activity. However, the potential repercussions of shifting towards energy-dense unhealthy foods and reducing natural food consumption remain unexplored. By adopting a *halal* and *toyyib* diet, consistent with Islamic principles, may positively impact overall well-being. Therefore, these study aims to examine the contribution of natural foods in achieving a sustainable halal lifestyle and their alignment with *Maqasid Syari'ah*.



## 2 Materials and Methods

This qualitative method utilized a library research approach to collect data from various library sources, including books, journals, online articles, conference papers, and government documents (e.g., newspapers and official reports). The materials were collected over the past decade (2013 - 2023), mainly focusing on sources from countries beyond Brunei Darussalam. Online journal articles were accessed from free databases like ResearchGate and Google Scholar. For a local context, government documents from Brunei Darussalam were utilized, covering the years 2020 to 2022. The selection of materials was based on relevant keywords related to the study, such as sustainability, natural foods, *halal* and *toyyib*, and *halal* lifestyle; which researchers used thematic analysis to identified potential themes. This approach served the main objective of examining the contributions of natural foods to achieving a sustainable *halalan toyyiban* lifestyle, linking them to the five objectives of *Maqasid Syari'ah*. The collected materials were presented in a descriptive manner, allowing for a comprehensive and thorough study.

## 3 Results and Discussion

### 3.1 Natural Foods in Achieving a Sustainable Halal lifestyle through the Maqasid Shariah

Sustainable Healthy Diets are referred as dietary patterns that promote all dimensions of individual health and well-being, have low environmental pressure and impacts, are accessible, affordable, safe, equitable, and culturally acceptable" [12], (pp.9-27). The term "sustainable halal lifestyle" indicates that *halal* and *toyyib* are inherent components of a diet that adheres to *Maqasid Syari'ah* principles [13], (pp.75-86). By incorporating natural foods as the cornerstone of one's diet, individuals can adopt healthy eating practices, ethical consumption, environmental preservation, mindful eating, and promote human welfare [14]. Attaining a sustainable halal lifestyle requires thoughtful consideration of spiritual, ethical, and environmental factors. Nourishing natural foods enhance physical health and life [15]. Ethical consumption reduces the carbon footprint [16], while environmentally conscious methods like organic farming preserve nature [17]. Minimally processed foods avoid harmful additives [18]. Supporting local economies fosters self-sufficiency and development [19]. Mindful eating nurtures gratitude, moderation, and self-control [20], and encouraging sustainable agriculture supports biodiversity preservation [21].

#### 3.1.1 The Contributions of Natural foods in Sustaining the Faith (*al-Din*)

Natural foods contribute to spiritual, mental, and physical well-being as it align with Islamic principles and worshipping *Allah Subhanahu Wa Ta'ala* [22]. It provide nutrients that improve overall health, aiding religious duties such as prayer and fasting [23]. Preparing and consuming natural foods foster gratitude and a connection with *Allah Subhanahu Wa Ta'ala* [24]. Islamic values of moderation and self-control are promoted, and sustainable agricultural practices support environmental preservation [25]. Hence, natural foods sustain faith through

nurturing the body, enhancing mental clarity, encouraging gratitude, upholding ethical practices, and promoting environmental stewardship [25].

### **3.1.2 The Contributions of Natural foods in Sustaining the Intellect (*al-aql*)**

Natural foods offer essential nutrients for optimal brain health, cognitive function, as well as nourishing the intellect. Consuming fruits, vegetables, whole grains, and lean proteins improves cognition, memory, focus, and protects against age-related cognitive disorder and neurodegenerative diseases [26]. As demonstrated by the American Psychological Association [27,28], a healthy diet during childhood influences cognitive development and behavior. A healthy diet supports a healthy gut-brain axis, with neurotransmitters such as serotonin and dopamine influencing moods and emotions [29].

### **3.1.3 The Contributions of Natural Foods in Sustaining the Wealth (*al-mal*)**

Natural foods play a vital role in maintaining individual and nation's wealth; it generate income and productivity. In Brunei Darussalam, there is an increased in fishery, livestock, poultry, vegetable, and fruit production [30]. The cultivation of natural foods has creates employment and sustainable agricultural practices [31]. Such initiatives like the Agricultural Training Programme (PROPAZ) has been implement in Brunei Darussalam to support the agricultural sustainability [32].

### **3.1.4 The Contribution of Natural Foods in Sustaining the Health (*al-nafs*)**

As a Muslims, health should be prioritize [33]. Natural foods prevent chronic diseases like hypertension, obesity, cholesterol, and diabetes [34]. Research emphasizes the healing properties of foods like honey and black seed, contribute in treating various ailments [35, 36, 37, 38]. Other fruits such dates, banana, and pumpkin offer medicinal features, supporting overall health.

### **3.1.5 The Contribution of Natural Foods in Sustaining the Offspring (*al-nasl*)**

Natural foods protect the ecosystem for future generations [39, 40]. Nutrient-rich diets help children in developing and thrive [41]. Brunei Darussalam has implements childcare center rules and responsible in food and beverage marketing to reduce chronic diseases and risks [42]. It encourages and emphasizes the children to eat natural foods to boosts their immune systems, mental and physical development, and future health.

## **4 Declarations**

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