

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS OF SUNNAH FOODS
ON NUTRITIONAL STATUS**

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of University Teknologi MARA. It is original of my own work, unless otherwise indicated or acknowledged as reference work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledged that I have been supplied with the Academic Rules and Regulations for Post Graduate, University Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Malnutrition is a condition either nutrients deficiency or excess that consists of imbalance of energy, protein and other nutrients that result in adverse effects on tissue or body form, physiology and clinical outcome. Nutritional status can be divided into three groups; well nourished, moderately nourished and malnourished and severely malnourished. . In Islam, there are many commands that direct the believers to the necessity of keeping the physical body healthy so that the soul and spirit also remain healthy. In the perspective of education, the Muslim adolescents do not find the linkage of the sunnah with their education, therefore the sunnah become quite rare to the education system. This also applicable in adults. Thus, this study is crucial in identifying the effects of sunnah foods on nutritional status as well in educating the sunnah foods practice in the population specifically the adults population at Klang Valley, Selangor, Malaysia. Sample of 50 respondents was collected with anthropometry, biochemical and clinical assessment as the parameters. The data was analyzed to evaluate and to determine the correlation between the practicing of sunnah foods with the nutritional status and the effects of sunnah foods on nutritional status. This study suggested that the practicing of sunnah foods such as dates, honey, black seeds and milk have correlation with the Body Mass Index (BMI) and blood glucose. However, this study suggested that the practicing of sunnah foods give no correlation with body fat percentage and blood pressure. It is hope this study can give insight that sunnah foods are important in affecting our nutritional status and more efforts should be done in order to incorporate this healthy culture in the community.

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CHAPTER 1

INTRODUCTION

1.1 RESEARCH BACKGROUND

Malnutrition is a condition either nutrients deficiency or excess that consists of imbalance of energy, protein and other nutrients that result in adverse effects on tissue or body form, physiology and clinical outcome. Malnutrition may arise from various conditions that differ in severity and cause (Stratton, Green, & Elia, 2003). Kondrup et al. (2003) published the ESPEN guidelines for nutritional screening. The Body Mass Index (BMI) can be used to provide an approximate indicator on malnutrition such as chronic undernutrition. However, this index does not give actual information on unintentionally weight loss that often in proximity with underlying disease (Bokhorst, 1997). Nutritional status can be divided into three groups; well nourished, moderately nourished and malnourished and severely malnourished (Kruizenga, 2004). This explain the importance of nutritional status assessment. Although many people realize that their food intake affects their health, they often choose food for a variety of reasons.

In Islam, there are many commands that direct the believers to the necessity of keeping the physical body healthy so that the soul and spirit also remain health (Ishak & Shari, 2013). (Norsila, 2013) concluded that in the perspective of education, the Muslim adolescents do not find the linkage of the sunnah with their education, therefore the sunnah become quite rare to the education system. This also applicable in adults. Thus, this study is crucial in identifying the effects of sunnah foods on nutritional status as well in educating the sunnah foods practice in the population.

1.2 RESEARCH QUESTIONS

The research questions for this study, first, what are the correlation between practicing sunnah foods with the nutritional status and second, what are the benefits of sunnah foods on nutritional status and human health? These questions lead to objectives and goals that needed to achieve from this study. The first question shows the correlation of practicing sunnah foods with