

Comprehensive Nutrition Guide

for Adolescent Students in the ICLI Hifz Program

Introduction

Adolescent students in the ICLI Hifz Program spend a significant portion of their day in sedentary activities, which necessitates careful attention to their nutritional intake. A balanced diet is crucial for maintaining physical health and enhancing cognitive functions, such as memory and concentration. This guide aims to provide parents and sponsors with detailed recommendations for nutritious foods, guidelines for meal sponsorship, and insights from Islamic teachings on beneficial foods.

Nutritional Recommendations

Foods to Consider

1. Complex Carbohydrates

- Whole grains (brown rice, whole wheat bread, oats)
- Quinoa
- Sweet potatoes



2. Proteins

- Lean meats (chicken, turkey)
- Fish (especially fatty fish like salmon, which is high in omega-3 fatty acids)
- Eggs
- Legumes (beans, lentils, chickpeas)
- Nuts and seeds (almonds, walnuts, chia seeds)



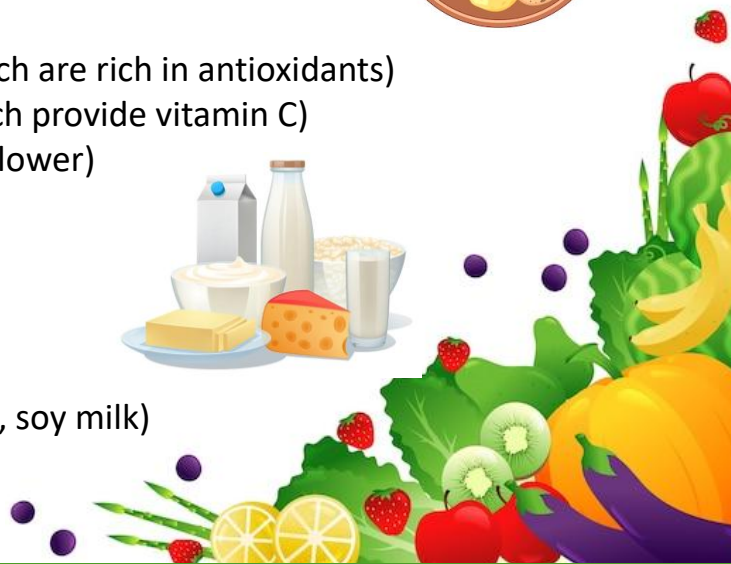
3. Fruits and Vegetables

- Leafy greens (spinach, kale)
- Berries (blueberries, strawberries, which are rich in antioxidants)
- Citrus fruits (oranges, grapefruits, which provide vitamin C)
- Cruciferous vegetables (broccoli, cauliflower)



4. Dairy and Alternatives

- Low-fat or non-fat yogurt
- Milk
- Cheese
- Plant-based alternatives (almond milk, soy milk)



5. Healthy Fats

- Avocados
- Olive oil
- Nuts and seeds



6. Hydration

- Water
- Herbal teas
- Natural fruit juices (without added sugar)



Foods for Memory Enhancement

- Fatty fish (rich in omega-3 fatty acids)
- Blueberries (high in antioxidants)
- Turmeric (contains curcumin, which can boost brain function)
- Broccoli (high in antioxidants and vitamin K)
- Pumpkin seeds (contain magnesium, iron, zinc, and copper)
- Oranges (high in vitamin C)
- Nuts (especially walnuts)



Sponsorship Recommendations

To ensure a balanced diet for the students, the following guidelines are recommended for meal sponsorships:

- 1. Limit Fast Food:** If multiple sponsors are involved in providing meals each week, only one sponsor should be allowed to provide fast food. This helps reduce the intake of high-calorie, low-nutrient foods.
- 2. Healthy Alternatives:** Other sponsors should provide meals that include a variety of healthy options, such as:
 - Grilled or baked proteins (chicken, fish)
 - Whole grain side dishes (brown rice, quinoa)
 - Fresh salads with a variety of vegetables
 - Fresh fruits for dessert or snacks
 - Low-fat dairy options or plant-based alternatives
- 3. Fruit and Healthy Additions:** Every meal should include a fruit or healthy alternative to encourage the consumption of essential vitamins and minerals.



Incorporating Islamic Guidance

Islamic teachings emphasize the importance of consuming wholesome and beneficial foods. The following Hadiths provide guidance on dietary habits that can be incorporated into the nutrition plan:

- 1. Dates:** The Prophet Muhammad (PBUH) said, "He who eats seven dates every morning will not be affected by poison or magic on the day he eats them" (Sahih Bukhari 5445). Dates are highly nutritious and can be included as a snack or part of a meal.
- 2. Honey:** The Prophet Muhammad (PBUH) said, "Make use of the two remedies: honey and the Qur'an" (Sunan Ibn Majah 3452). Honey can be used as a natural sweetener and has numerous health benefits.
- 3. Milk:** The Prophet Muhammad (PBUH) drank milk and recommended it for its nutritional value. Including low-fat or non-fat milk and dairy products can be beneficial for the students.



Conclusion

By incorporating these nutritional guidelines and Islamic teachings, we aim to foster healthy eating habits among the students in the ICLI Hifz Program. These practices will support their physical well-being and enhance their mental agility, enabling them to excel in their studies. Parents and sponsors are encouraged to follow these recommendations to ensure the students receive a balanced and nutritious diet.

