

A Balanced Diet From an Islamic Perspective and its Impact on Health Education: A Systematic Literature Review

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ABSTRACT

A balanced diet contributes to the health and quality of life of the community today. Previous studies have found that one of the reasons for the lack of success in implementing a balanced diet is today's modern lifestyle. The community prefers fast food as an option as well as food that has been made 'viral' in the social media, which is not necessarily nutritious. Therefore, this study aimed to identify the elements for developing a balanced diet in health education. Data were collected using the Systematic Literature Review (SLR) method, which is a method that focuses on the needs of a study based on previous studies. There are three main parts in the analysis of articles relevant to this study, namely identification, screening and eligibility. Findings of the study involving twelve articles that discussed balanced nutrition revealed several important elements in the development of Islamic health education, namely discipline and integrity when consuming healthy food, Islamic dietary guidelines that ensure a healthy lifestyle, health education campaigns and healthy lifestyle promotions through various programs and the mass media to cultivate a healthy lifestyle, particularly among the Muslim community and the public. This study has formulated health education strategies from various aspects in an integrated and holistic manner.

Keywords: Health Education, Balanced Diet, Systematic Literature Review (SLR)

