

THE FIT UMMAH'S  
**GUIDE TO**  
NUTRITION MYTHS



UMMAH

**7 COMMON MYTHS  
DEBUNKED WITH SCIENCE**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**All praise is due to Allah ﷻ , Lord of the worlds, who created us and taught us that which we knew not. May the peace and blessings of Allah be upon our Prophet Muhammad ﷺ , his family, and all his companions.**

**"And say, 'My Lord, increase me in knowledge.'"**

**Surah Taha (20:114)**

Dear Reader,

Thank you for choosing this guide to better understand nutrition from an evidence-based Muslim perspective. Before we begin, I'd like to introduce myself and set clear expectations for what this book offers.

I am Malik Djinadou. I hold a Master of Science degree in Health Sciences from the University of Ottawa, where my research focused on Health Literacy. I'm also an ISSA-certified personal Trainer with experience helping men achieve their health and fitness goals.

It's important to note that while this book combines scientific research with Islamic lifestyle considerations, I do not claim to be either a medical professional or an Islamic scholar. For specific medical advice or religious rulings (fatawa), please consult qualified professionals in these respective fields.

Any benefit derived from this work is from Allah alone, and any mistakes are from myself and Shaytaan. I ask Allah to make this work beneficial for the Ummah and to place it in our scale of good deeds on the Day of Judgment.

For questions, guidance, or to connect with our community, you can reach me directly @TheFitUmmah on socials.

Sincerely,

*Malik Djinadou*

Founder, TheFitUmmah

# Table of Contents

<b>Introduction</b>	<b>04</b>
<b>The Importance of Evidence-Based Nutrition</b>	<b>07</b>
<b>Myth 1: The “Best” Diet</b>	<b>09</b>
<b>Myth 2: Eating Late at Night Makes You Gain Weight</b>	<b>11</b>
<b>Myth 3: Carbs Are Bad</b>	<b>13</b>
<b>Myth 4: High Fat Foods Are Bad</b>	<b>15</b>
<b>Myth 5: Protein Supplements Are Necessary to Build Muscle</b>	<b>17</b>
<b>Myth 6: Detox Products</b>	<b>19</b>
<b>Myth 7: Eat Breakfast</b>	<b>21</b>
<b>BONUS MYTH</b>	<b>23</b>
<b>Conclusion</b>	<b>25</b>

# Introduction

## Why Nutrition Myths Exist

In today's digital age, (mis)information spreads faster than ever before. These misconceptions persist for several key reasons:

### Social Media Overload



#### Key Factors Contributing to Misinformation:

- ⦿ Algorithm-driven content promoting sensational claims
- ⦿ Non-qualified influencers giving nutrition advice
- ⦿ Viral trends lacking scientific backing



## Cultural Heritage

For Muslims, nutrition myths become particularly complex due to the intersection of cultural practices and religious obligations. Traditional beliefs passed down through generations often become intertwined with health claims, making it difficult to separate cultural practices from evidence-based nutrition.

**Our community faces unique challenges when:**

- ◉ Balancing traditional foods with modern health goals
- ◉ Interpreting Western nutrition advice in an Islamic context





## **Marketing Manipulation**

The supplement and health food industries have mastered the art of exploiting our desire for quick solutions. Their marketing strategies often:

**Create artificial needs through:**

- ⦿ Aggressive promotion of "miracle" supplements
- ⦿ Misuse of scientific terminology
- ⦿ Strategic use of halal certification as a health claim



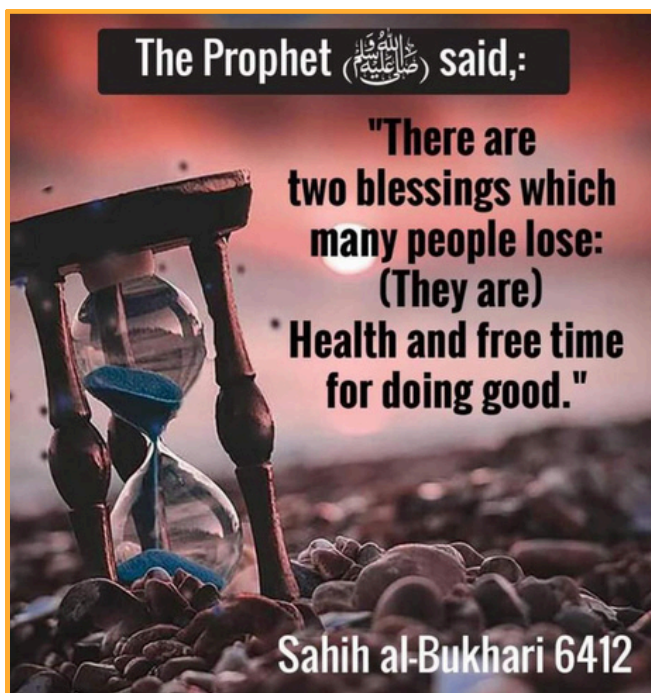
# The Importance of Evidence-Based Nutrition

## Islamic Perspective

The Prophet Muhammad ﷺ emphasized the importance of seeking knowledge, saying: "Seeking knowledge is obligatory upon every Muslim" (Ibn Majah). This hadith provides a framework for approaching nutrition information critically. Islam encourages us to:

- ◉ Verify information before accepting it. [Al-Hujurat \(49:6\)](#)
- ◉ Seek knowledge from qualified sources. [Tirmidhi](#)
- ◉ Maintain moderation in all aspects of life. [Tirmidhi](#)

## Why You Should Care



When the Prophet ﷺ said, "There is no disease that Allah has created, except that He also has created its treatment" (Bukhari), he established the importance of seeking knowledge about health and healing. This extends to understanding how our bodies function and what truly nourishes them.

Health in Islam is an amanah (trust) from Allah. Just as we are responsible for our spiritual well-being, we must also maintain our physical health through informed choices about nutrition. This responsibility includes:

- ◉ Verifying nutritional information from reliable sources
- ◉ Making educated decisions about our diet
- ◉ Sharing accurate knowledge with our communities
- ◉ Maintaining moderation in our approach to food



When we combine Islamic wisdom with evidence-based nutrition, we create a sustainable approach to health that serves both our worldly needs and our deen. This integration helps us:

### 1. Optimize our worship through:

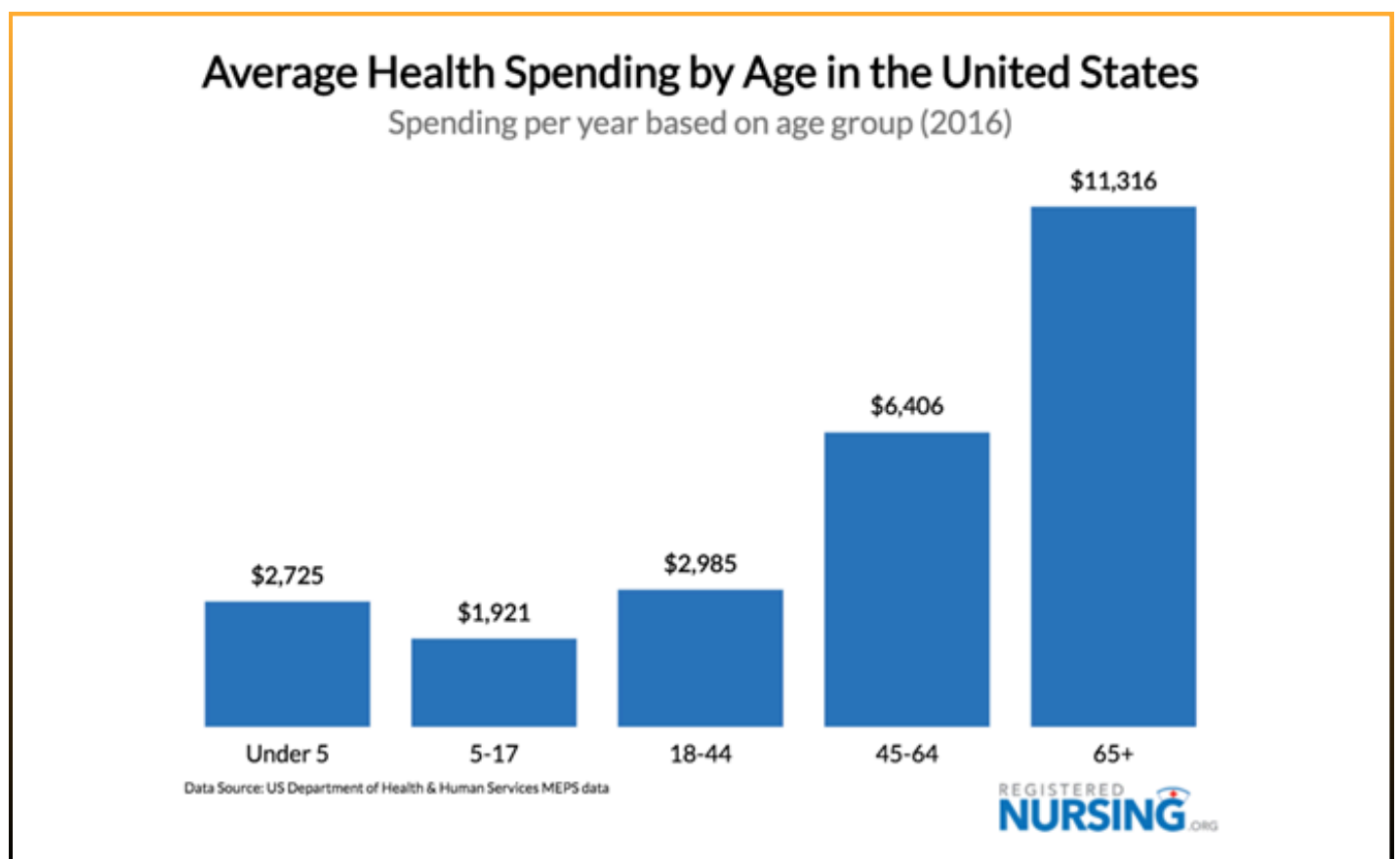
- ⦿ Increased energy for prayers
- ⦿ Better focus during fasting
- ⦿ Improved physical strength for religious duties

### 2. Achieve sustainable results through:

- ⦿ Long-term weight management
- ⦿ Consistent energy levels
- ⦿ Reduced health risks

### 3. Practice financial wisdom by:

- ⦿ Saving money on food
- ⦿ Saving money on health



As an ummah, our nutrition approach should reflect our Islamic values and scientific understanding.

The following text addresses several common myths surrounding nutrition. These myths pertain to various fundamental principles of nutrition.

## Myth 1

# The “Best” Diet

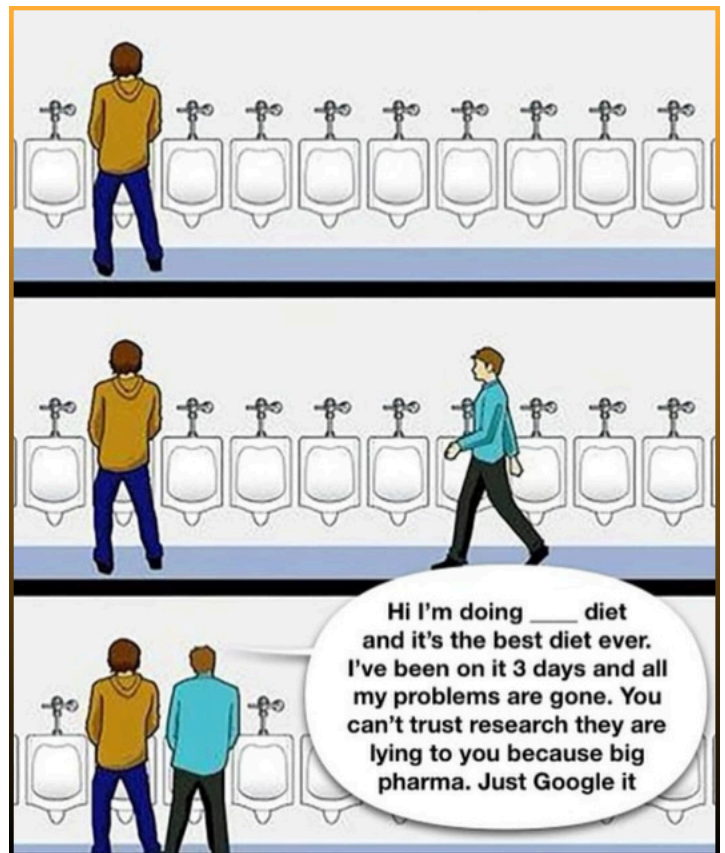
### The Myth

A specific diet (keto, intermittent fasting, paleo, etc.) is inherently superior for weight loss and health.

### Why People Believe It

Social media has created an environment where dramatic transformations and success stories flood our feeds daily. We see:

- ◉ Dramatic before/after photos
- ◉ Celebrity endorsements
- ◉ Influencer promotions
- ◉ Personal testimonials



The marketing machine behind these diets further reinforces their appeal through:

- ◉ Diet book industry promotion
- ◉ Specialized food products
- ◉ "Scientific" claims that sound convincing
- ◉ Targeted advertising campaigns

## **The Truth (Scientific Evidence)**

Scientific research consistently demonstrates that no single diet holds the key to optimal health or weight management. Here's what we know:

**A comprehensive meta-analysis** revealed crucial findings:

- ⦿ All diets work through basic caloric balance
- ⦿ No metabolic advantage exists for any specific approach
- ⦿ Individual response varies significantly
- ⦿ Adherence matters more than diet type

When researchers followed participants over extended periods, they found that the most successful individuals:

- ⦿ Found an approach that fit their lifestyle
- ⦿ Maintained consistent habits
- ⦿ Made sustainable changes

## **What You Should Do**

- ⦿ Focus on building a sustainable approach that aligns with your lifestyle.
- ⦿ Identify Core Foods that are staples in your culture and personal favorites.
- ⦿ Pair traditional dishes with a mix of proteins, healthy fats, and carbohydrates.
- ⦿ Make healthier substitutions that don't compromise taste. For instance, replace sugar with sweeteners.

***Remember: The best diet is one that fits your lifestyle, maintains religious obligations, provides adequate nutrition, and can be sustained long-term.***



## Myth 2

# Eating Late at Night Makes You Gain Weight

### The Myth

Eating food after a certain time (usually after 8 PM) automatically leads to weight gain and stored fat.



### Why People Believe It

There's an intuitive logic to it - when we eat before bed, we're not physically active afterward, leading many to assume these calories aren't "burned off" and, therefore, must be stored as fat. This belief is reinforced by our observation that night-time eating often coincides with unhealthy eating patterns. Many people who eat late at night do so while watching TV or working, leading to mindless overconsumption.

The belief is further strengthened by observation bias, as people often notice weight gain when eating late. However, this correlation typically exists because late-night eating often involves:

- ◉ Mindless snacking while watching TV
- ◉ Stress-induced eating
- ◉ Additional, unplanned calories

## The Truth (Scientific Evidence)

This is technically a half truth. **Research** indicates that meal timing can affect weight gain, but the primary factor is total daily calorie intake. As long as you stay within your caloric maintenance level, having snacks at night won't necessarily lead to weight gain.

Also, as a Muslim, you should intuitively know this isn't true because of Ramadan.

## What You Should Do

- Focus on **total daily calories**, not timing
- Maintain consistent meal patterns
- Choose protein and fiber-rich foods
- Plan meals ahead
- Keep healthy snacks accessible
- Address emotional eating
- Apply Ramadan mindful eating year-round

### Most Healthy Late-night Snacks



Protein Bars



Air Fried Potatoes



Oatmeal



Boiled Eggs



Dark Chocolate



Dried Fruits



Dates



Hummus



Yogurt



Popcorn

# Myth 3

## Carbs Are Bad

### The Myth

Carbohydrates are inherently fattening and should be avoided for weight loss and health.

### Why People Believe It

The demonization of carbohydrates gained momentum with popular diet trends like Atkins and keto. Social media and celebrity endorsements have amplified this belief, while dramatic "before and after" photos from low-carb dieters provide compelling visual evidence. People often experience quick initial weight loss when cutting carbs, reinforcing the belief that carbs are the primary culprit in weight gain.



### The Truth (Scientific Evidence)

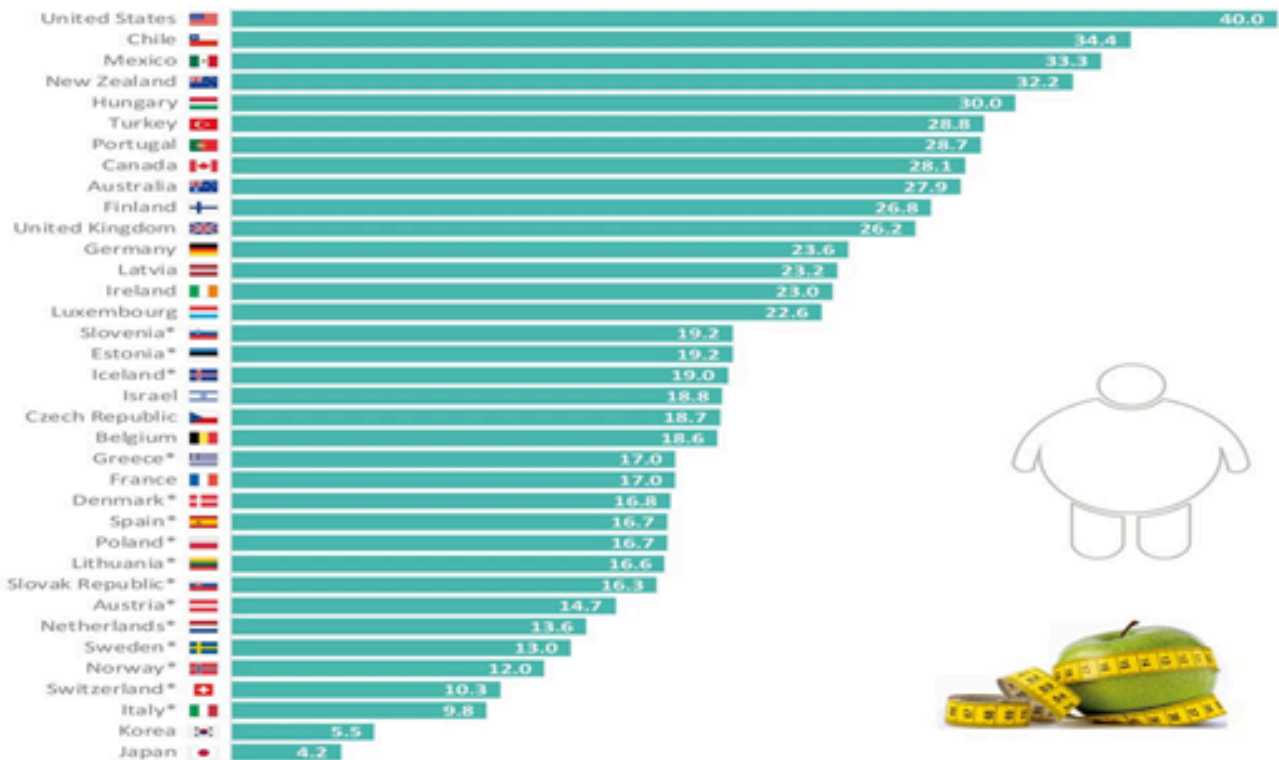
Research **consistently** shows that carbohydrates alone don't cause weight gain:

- Weight gain occurs from excess calories, regardless of the source
- Populations with high carb intake (like Asian countries) often have lower obesity rates
- Low-carb diets' initial weight loss is primarily water weight
- Sustainable weight loss can be achieved with balanced carb intake



# Obesity rates

As % of total adult population (aged 15 years and over), 2016 or latest year



Note: \* means that self-reported height and weight data are used in these countries, while measured data in other countries.  
Source: OECD (2018), OECD Health Statistics 2018  
[www.oecd.org/health/obesity-update.htm](http://www.oecd.org/health/obesity-update.htm)



## What You Should Do

- Focus on portion control
- Include plenty of fiber
- Time carbs around physical activity
- Prepare balanced meals (40% Protein, 30% Carbs, 30% Fats)
- Balance traditional rice/bread dishes with more protein
- Maintain moderate portions during social gatherings
- Eat the damn cookie lol. Just not the whole box.

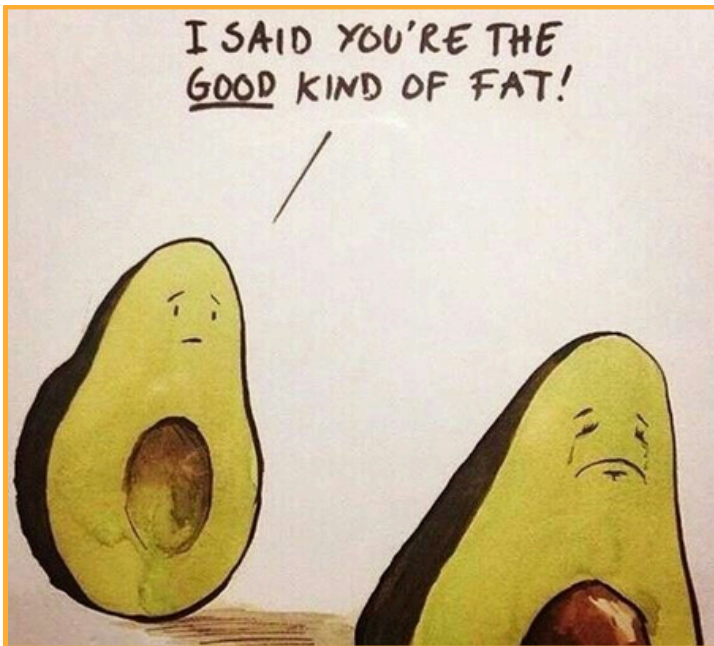
**Remember: Just as with late-night eating, it's not the carbs themselves but the total amount of food you eat daily that determines weight change. Carbs can be part of any healthy diet when portions are managed within your daily caloric needs.**

# Myth 4

## High Fat Foods Are Bad

### The Myth

Eating dietary fat directly leads to body fat storage.



### Why People Believe It

The fear of dietary fat stems from decades of misleading marketing and oversimplified science. The 1980s low-fat movement, combined with "fat-free" product marketing, created a lasting stigma. The name association (dietary "fat" = body "fat") and higher caloric density (9 calories per gram) made this belief particularly persistent.

### The Truth (Scientific Evidence)

**Research** shows that dietary fat is essential for health and doesn't inherently cause weight gain:

- ◉ No difference in weight loss between high-fat and low-fat diets when calories are matched
- ◉ **Mediterranean diet** (moderate-to-high fat intake) research shows positive health outcomes



## **What You Should Do**

- ◉ Aim for 20–35% of calories from fat
- ◉ Choose quality fat sources: Blackseed and olive oil (Sunnah), avocado, nuts & seeds, fish
- ◉ Balance with other nutrients
- ◉ Account for cooking oils when tracking calories

***Remember: Fat doesn't make you fat - consuming more total calories than you burn does. Quality fats are essential for health when consumed as part of your overall caloric balance.***





## Myth 5

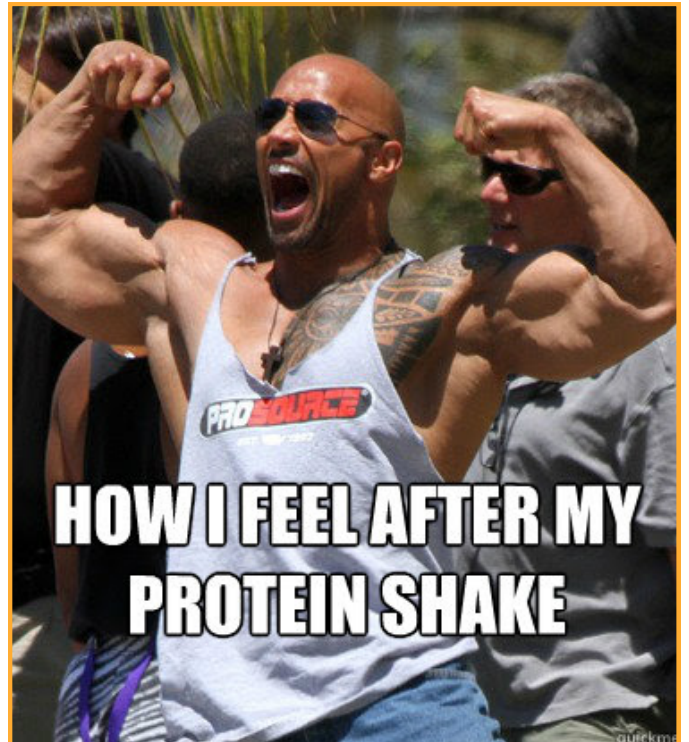
# Protein Supplements Are Necessary to Build Muscle

### The Myth

You need protein supplements (shakes, powders, bars) to build muscle.

### Why People Believe It

The supplement industry has created a powerful narrative through aggressive marketing and gym culture influence. Professional athlete endorsements and fitness influencers consistently promote supplements as essential for muscle growth.



### The Truth (Scientific Evidence)

**Research** shows that supplements aren't necessary for muscle growth:

- ⦿ Only 1.6–2.2g/kg body weight protein is needed daily
- ⦿ No benefits beyond 2.2g/kg protein intake

Focusing on whole foods with a complete amino acid profile is better to benefit from micronutrients.



## What You Should Do

- ◉ Focus on whole food sources
- ◉ Track total daily protein
- ◉ Protein sources: Lean meats (chicken, beef, lamb), Fish and eggs, Legumes and dairy
- ◉ Consider supplements only when necessary

***Remember: Supplements are exactly that—supplements to a good diet, not a requirement for muscle growth. The key is meeting your total daily protein needs through any combination of quality sources while maintaining appropriate caloric intake.***

# Myth 6

## Detox Products

### The Myth

Special diets, juices, or supplements can "cleanse" your body of toxins and reset your system, leading to better health, weight loss, and increased energy.



### Why People Believe It

The appeal of detox products stems from clever marketing and psychological factors. Celebrity endorsements and dramatic before/after photos create compelling narratives. The idea of "purifying" the body resonates deeply, especially after periods of unhealthy activity. This is reinforced by pseudo-scientific terminology and a fundamental misunderstanding of how the body processes toxins.

### The Truth (Scientific Evidence)

Firstly, Allah says, "We have certainly created man in the best of stature" (Quran 95:4). [Research](#) conclusively shows that healthy bodies have sophisticated natural detoxification systems.

- ◉ Weight loss from detox diets is primarily water and calorie restriction
- ◉ The liver processes toxins continuously
- ◉ Kidneys filter blood 24/7
- ◉ No evidence supports external "cleansing" benefits



## **What You Should Do**

- ◉ Stay well hydrated
- ◉ Eat whole, nutrient-dense foods
- ◉ Get adequate sleep
- ◉ Exercise
- ◉ Limit processed foods
- ◉ Fast to worship Allah, not detox

***Remember: Your body is equipped with sophisticated detoxification systems that work continuously. The best way to support these systems is through consistent healthy habits, not extreme cleanses or detox programs.***



# Myth 7

## Eat Breakfast

### The Myth

Skipping breakfast leads to weight gain and poor health outcomes.



Marc Flynn  
@FlynnMarc



I love millennials so much. We turned skipping breakfast into "intermittent fasting." That's so creative

### Why People Believe It

The "breakfast is the most important meal of the day" mantra has been deeply ingrained in our society, largely due to aggressive marketing campaigns from cereal companies. People commonly believe eating breakfast jumpstarts metabolism and prevents overeating later in the day.





## **The Truth (Scientific Evidence)**

**Research** shows that skipping breakfast doesn't significantly impact metabolism or weight loss:

- ◊ Weight loss depends on total daily caloric intake, not meal timing
- ◊ Some people consume fewer daily calories when skipping breakfast
- ◊ Individual responses to breakfast vary significantly

## **What You Should Do**

- ◊ Listen to your natural hunger cues
- ◊ Focus on total daily nutrition, not specific meal timing
- ◊ Focus on foods rich in protein and fiber
- ◊ Avoid sugary breakfast foods
- ◊ Drinks lots of water upon waking

***Remember: The "most important meal" is the one that works best for your schedule, preferences, and goals while meeting your nutritional needs within your total daily caloric requirements.***



# BONUS MYTH

All calories are equal, so what you eat doesn't matter if you're in a caloric deficit or surplus.



## Why People Believe It

The popular phrase "calories in, calories out" has been oversimplified in mainstream diet culture. Many people cling to this belief because it seems mathematically logical and allows them to eat whatever foods they want as long as they stay within their caloric limits. Social media influencers often promote this idea by showing themselves eating junk food while maintaining fit physiques.

## The Scientific Truth

**Research** reveals that the source of calories significantly impacts health and weight management:

- ⦿ Different foods trigger varying hormonal responses
- ⦿ Whole foods provide satiety and nutrients that processed foods lack
- ⦿ Blood sugar impact varies greatly between different foods
- ⦿ Food quality affects energy levels, mood, and long-term health

## What You Should Do

- ◉ Prioritize whole, nutrient-dense foods
- ◉ Balance macronutrients appropriately
- ◉ Consider food quality, not just calories
- ◉ Incorporate protein in each meal
- ◉ Focus on fiber-rich options
- ◉ Read ingredient lists, not just calories

***Although calories are arguably the most important metric in weight management, what you eat will greatly affect the sustainability of your diet and your achievement of goals. So yes, focus on the calories, but don't forget the whole point: you're doing this for your HEALTH.***





# Conclusion

Throughout this book, we've explored seven major nutrition myths influencing how many Muslims approach their diet and health. The common thread running through all these myths is clear: total daily caloric intake is the fundamental principle that governs weight management.

To find your daily caloric needs, use an [Online Calorie Calculator](#).



## Action Steps for Success

- ◉ Calculate your daily caloric needs
- ◉ Weight your food initially to better understand portions
- ◉ Focus on whole foods
- ◉ Make sustainable changes that fit your lifestyle
- ◉ Stay consistent with healthy habits

**Remember: The best diet is one you can maintain long-term while meeting your nutritional needs.**

# Acknowledgments

All praise is due to Allah ﷻ, Lord of the worlds, who created us and taught us that which we knew not. May the peace and blessings of Allah be upon our Prophet Muhammad ﷺ, his family, and all his companions.

I thank Allah ﷻ first and foremost for enabling me to compile this knowledge and share it with the Ummah. Any benefit derived from this work is from Allah alone, and any mistakes are from myself and Shaytaan.

Please note that this is a nutrition guide. For specific questions about food, diet, and matters of religion, always consult qualified scholars and professionals.

I ask Allah ﷻ to make this work beneficial for the Ummah and to place it in our scale of good deeds on the Day of Judgment.

**For online personal training, contact me @:**

**Join TheFitUmmah**

**TheFitUmmah@gmail.com**

## **For The Strong Believer**

Download TheFitUmmah App now  
**MEMBER ACCESS ONLY**

