Food rules in the Koran

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ABSTRACT

Islam is now the second largest religion in Scandinavia and has a high representation among immigrant groups. Knowledge of food rules in Islam is a necessity for nutritionists in multicultural settings. Food rules as they appear in the Koran are contained within the concepts of halal and haram. Halal means lawful, permitted and recommended by the Islamic law. Haram is the opposite, meaning unlawful, prohibited. Food rules are meant to be observed by postpubertal people in good physical and mental health living under peaceful social and economic conditions. This article clarifies the Koranic verses and traditions regulating food consumption. Keywords: Food rules, immigrants, Islam, Koran, Old Testament.

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The rule in fact affects millions in the country, where more than 18,000 cafes are in operation in Seoul alone. The number is more than the number of all cafes in Seattle and New York combined. The ban was implemented in response to a massive plastic waste crisis in South Korea, which ensued after China halted imports of plastic waste back in January this year. For years, China has imported about half of the world’s waste, including South Korea’s. The new rule is part of the Korean government’s plan to cut the country’s plastic waste by 50 percent in the next 10 years, following China’s ban on “foreign garbage.” Starting Aug. 2, any Korean coffee business owner who violates the new rule is subject to a fine of up to 2 million won ($1,769).