Why is it permissible in Islam to eat red and white meat?

Meat is an essential source of protein. Humans have flat and sharpened teeth suitable and prepared for chewing and grinding meat. Allah has granted man teeth suitable for eating plants and animals, and has created his digestive system in a way that suits digestion of plant food and animal food, which is an evidence on the lawfulness of eating meat.

{...Lawful to you are all grazing livestock...} [266] Surat al-Mā'idah: 1.

The Noble Qur'an laid down some rules concerning the food:

{Say [O Prophet], "I do not find in what has been revealed to me anything forbidden to eat except carrion, running blood or the swine flesh – which is impure – or a sinful offering in the name of other than Allah. However, if someone is compelled by necessity – neither driven by desire nor transgressing due limit – then your Lord is All-Forgiving, Most Merciful."} [267] Surat al-An'ām: 145.

{Forbidden to you are carrion, blood, the flesh of swine, and that which is sacrificed to other than Allah; and that which is killed by strangling, or by a violent blow, or by a headlong fall, or by being gored; and that which is partly eaten by a predator unless you slaughter it [before it dies]; and that which is sacrificed to idols. Also it is forbidden to use arrows [of chance] to determine your decisions. This is all evil practice.} [268] Surat al-Mā'idah: 3.

Allah Almighty also said:

{Eat and drink, but do not waste, for He does not like the wasteful.} [269] Surat al-A'rāf: 31.

Ibn al-Qayyim (may Allah have mercy upon him) said: "He instructed His slaves to consume what maintains their body from food and drink, which must be according to what benefits the body in terms of quantity and quality. Once it exceeds this, it becomes wastefulness. Both are unhealthy and cause diseases: refraining from food and drink or consuming them wastefully. So, the ultimate

way of maintaining good health lies in these two words." "Zād al-Maʿād" (4/213).

Allah Almighty described Prophet Muhammad (may Allah's peace and blessings be upon him) saying: {...He makes lawful for them what is pure and makes unlawful for them what is impure...} [271] Allah Almighty also said: {They ask you [O Prophet] what is lawful to them. Say, “All good things are lawful for you...} [272] Surat al-Aʿrāf: 157. Surat al-Mā’idah: 4.

Thus, all pure things are lawful and all impure things are unlawful.

The Prophet (may Allah's peace and blessings be upon him) clarified how the believer should act regarding his food and drink, as he said: "The son of Adam does not fill any vessel worse than his stomach. It is enough for the son of Adam to eat a few mouthfuls to straighten his back, but if he must (fill his stomach), then one third for his food, one third for his drink, and one third for his breath." [273] Narrated by At-Tirmidhi.

The Prophet (may Allah's peace and blessings be upon him) also said: "There should be neither harm nor reciprocal harm." [274] Narrated by Ibn Mājah.

Questions and Answers about Islam
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