

Ethical And Moderate Consumption in Islam: A Maqasid Al-Shari'ah Perspective

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ABSTRACT

The excessive food consumption patterns of modern society have triggered various health problems, especially obesity, and have had a negative impact on the environment through food waste and exploitation of natural resources. In this case, the teachings of the Prophet Muhammad SAW on regulating food portions offer relevant and solution-oriented wisdom. This study aims to examine the concept of meal portions in the teachings of the Prophet Muhammad SAW and its relevance in efforts to avoid obesity and maintain environmental health. The novelty of this study lies in the comprehensive integration of the hadith perspective with a scientific approach to health and ecological awareness. This study uses a qualitative approach with a literature review, with primary data sources in the form of the hadiths of the Prophet Muhammad SAW and verses from the Qur'an related to moderation and the prohibition of excess, as well as secondary data sources in the form of scientific literature on health and the environment. Data analysis was carried out through data condensation, data presentation, and conclusion drawing. The results of the study show that the teachings of the Prophet Muhammad SAW regarding the division of portions for food, drink, and breathing space are in line with modern health principles and serve as a preventive measure against obesity. In addition, moderate consumption patterns also contribute to reducing food waste and maintaining environmental comfort. The conclusion of this study confirms that the teachings of the Prophet Muhammad SAW are relevant in shaping a healthy, balanced, and sustainable lifestyle in the modern era.

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INTRODUCTION

The eating patterns of modern society today show an increasingly deviant tendency. Rapid lifestyle changes, easy access to fast food, and the influence of consumerist culture have encouraged many people to eat excessively without considering the body's actual needs (Zakiyah dkk., 2024). As a result, various health problems have begun to emerge, with obesity becoming one of the most prominent major issues. Obesity not only affects physical appearance but also has serious

impacts on a person's quality of life, as it is closely associated with an increased risk of chronic diseases (Nabila dkk., 2024).

In addition to affecting individual health, excessive eating habits also have broad consequences for the environment. Large-scale food production to satisfy consumerist lifestyles requires extensive use of natural resources such as air, land, and energy (Jadidah dkk., 2023). On the other hand, the habit of taking more food than needed often ends in waste and an increase in food waste. This waste not only reflects inefficiencies in the food system but also contributes to environmental pollution and climate change (Luthfi & Elvandari, 2024). Thus, the problem of overeating is not merely a personal issue, but also a social and ecological concern that requires serious attention.

In addressing these issues, Islamic teachings offer life guidance rich in wisdom and relevance across time. The exemplary conduct of Prophet Muhammad SAW in living a simple lifestyle, including in matters of eating and drinking, provides a concrete example of how balance can be applied in daily life (Irfan dkk., 2023). The Prophet taught his followers to eat in moderation, not excessively, and to remain aware of the limits of the body's needs. This teaching shows that Islam views health as a trust that must be protected, while also emphasizing the importance of self-control in fulfilling physical needs (Naufal dkk., 2022).

The wisdom of Prophet Muhammad SAW in regulating food portions not only focuses on physical health, but also shapes character and moral awareness. By becoming accustomed to eating in moderation, individuals are trained to live simply, be grateful, and not be dominated by desires (Jannah, 2024). This attitude indirectly encourages more environmentally responsible consumption behavior. When people are able to restrain their desires, the use of natural resources can be reduced, thereby preserving the environment and minimizing food waste (Aprilia, 2022). From the perspective of *Maqāṣid al-Shari‘ah*, the practice of moderating consumption aligns with the principle of *hifz al-bi‘ah* (environmental preservation), namely efforts to maintain balance and sustainability of nature as a trust that must be safeguarded. Islam considers environmental damage to often stem from behaviors of *isrāf* (excessiveness) and *tabdhīr* (wastefulness), so controlling consumption becomes a tangible contribution to preventing resource exploitation and pollution. Thus, the ethic of eating in moderation is not only part of individual-spiritual development, but also an ecological action that supports the survival of society and future generations through the implementation of the value of *hifz al-bi‘ah*.

Based on the discussion above, this article aims to examine more deeply the wisdom of Prophet Muhammad SAW regarding the regulation of food portions and its relevance to efforts to prevent obesity as well as to protect environmental health. This discussion is expected to demonstrate that the Prophet's teachings not

only have a spiritual dimension, but also contain practical values that can be applied to address health and environmental challenges in the modern era. By integrating religious values and ecological awareness, this article is expected to encourage the development of a healthier, more moderate, and sustainable lifestyle.

METHOD

This study employs a qualitative approach using a library research design (Sari dkk., 2024). The qualitative approach was chosen because this study aims to understand, interpret, and analyze the concepts and values contained in the teachings of Prophet Muhammad SAW regarding the regulation of food portions, as well as their relevance to issues of obesity and environmental health. Library research enables researchers to explore written sources in depth without conducting field data collection; therefore, the focus of the study lies on conceptual and normative discussion.

The data sources in this study are divided into two categories: primary data sources and secondary data sources. Primary data sources include the hadiths of Prophet Muhammad SAW that discuss the etiquette of eating and drinking, the attitude of moderation, and the prohibition of excessiveness, which are obtained from authoritative hadith compilations. In addition, Qur'anic verses related to the principles of balance, the prohibition of *isrāf* (excessiveness), and human responsibility toward nature are also used as key references. Meanwhile, secondary data sources include books of Qur'anic exegesis (*tafsīr*), hadith commentaries (*sharh*), scholarly journals, health-related articles, as well as literature discussing obesity, eating patterns, and the environmental impacts of excessive consumption.

Data collection was carried out through documentation, namely by identifying, selecting, and reviewing various pieces of literature relevant to the focus of the study. This process was conducted systematically through critical reading, noting key points, and grouping the data according to major themes, such as the concept of portion regulation in Islam, the health impacts of overeating, and the relationship between food consumption and environmental sustainability. This technique aims to obtain comprehensive and in-depth data in accordance with the needs of the analysis.

Data analysis in this study uses the interactive analysis model of Miles and Huberman (1994), which consists of three main stages: data condensation, data display, and conclusion drawing and verification. In the data reduction stage, the researcher concentrates and focuses the collected data by selecting the information most relevant to the objectives of the study. Next, in the data display stage, the reduced results are organized systematically in the form of descriptive narratives to facilitate understanding of relationships among concepts. The final stage is conclusion drawing and verification, namely formulating the study's

findings based on patterns and meanings that emerge from the data, and conducting re-checking to ensure the consistency and validity of the analysis results.

RESULT AND ANALYSIS

The Concept of Maqasid al Shariah: Hifz al-Bi'ah

In the perspective of *Maqāṣid al-Shari'ah*, *hifz al-bi'ah* is an environmental preservation concept that emphasizes the human obligation to maintain the balance and sustainability of nature as a trust (*amānah*) from Allah. This concept is rooted in fundamental Islamic values such as the principle of *mīzān* (balance), the prohibition of *fasād* (corruption or destruction), and the guidance to avoid *isrāf* (excessiveness) and *tabdhīr* (wastefulness), which often serve as the underlying causes of various modern environmental crises. Therefore, *hifz al-bi'ah* is not only understood as a physical effort to maintain cleanliness and protect the natural environment, but also as a moral-spiritual ethic that directs humans to use resources wisely, regulate consumption patterns, and reduce waste and pollution. The practice of moderation, including the regulation of food portions as exemplified by Prophet Muhammad SAW, represents a concrete implementation of this concept because it can curb resource exploitation and reduce ecological impacts such as increased food waste. Hence, *hifz al-bi'ah* can be viewed as an important principle that connects religious teachings with socio-ecological responsibility, while also supporting the realization of a healthy, moderate, and sustainable lifestyle for society and future generations.

The Concept of Consumption in the Teachings of Prophet Muhammad SAW

The teachings of Prophet Muhammad SAW regarding food portions hold a very important position in shaping a healthy and balanced lifestyle (Irfan dkk., 2023). One of the most frequently cited hadiths in this regard is the Prophet's statement explaining that the human stomach should not be filled excessively. Prophet Muhammad SAW said:

From Al-Miqdam ibn Ma'dikarib (may Allah be pleased with him), he said that he heard the Messenger of Allah SWT say:

"No human being has ever filled a container worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls to keep his back straight. But if he must (fill it), then one third for his food, one third for his drink, and one third for his breath." (Narrated by Ahmad, al-Tirmidhi, al-Nasa'i, and Ibn Majah. Al-Tirmidhi said this hadith is *hasan*) [Ahmad, 4:132; al-Tirmidhi, no. 2380; Ibn Majah, no. 3349. Shaykh Shu'ayb al-Arnā'ūt stated that its narrator is *thiqah* (trustworthy)].

This hadith affirms the fundamental principle of portion management in Islam, which is oriented toward balance and health. The Prophet SAW explained that the stomach is among the most harmful “containers” when filled excessively, because eating is not an end in itself but rather a means of maintaining physical strength to perform daily activities and worship. The emphasis on “a few mouthfuls that keep his back straight” indicates that food consumption is essentially functional, not merely to satisfy desires. The division of the stomach into three parts one for food, one for drink, and one for breathing contains profound physiological wisdom, providing space for the digestive and respiratory systems to work optimally. Thus, this hadith not only teaches proper eating etiquette but also conveys a preventive message against health disorders caused by overeating, while shaping attitudes of simplicity, discipline, and responsibility in managing physical needs.

The division of the stomach into three parts reflects the concept of balance, which is highly relevant to human physiological needs. Limiting food portions emphasizes that the primary purpose of eating is to sustain life and maintain bodily health, rather than merely fulfilling desire (Anggeria dkk., 2023). The portion allocated for drink highlights the importance of adequate fluid intake in supporting bodily functions, while the remaining empty space signals the importance of ensuring optimal respiratory and digestive processes. By not filling the stomach completely, the body has sufficient space to process food efficiently and prevent digestive disturbances (Muid dkk., 2024).

This hadith also carries a deep moral and spiritual message. Regulating food portions is not only related to physical health, but also trains self-control and discipline (Azizah & Yazid, 2025). Prophet Muhammad SAW taught that humans should not be dominated by their desires, including in the matter of eating. By limiting food portions, individuals become accustomed to living simply, cultivating contentment (*qanā'ah*), and avoiding excess. These values are essential in developing individuals with strong character, capable of controlling their desires and taking responsibility for their behavior (Muid dkk., 2024).

In the context of modern health, the Prophet’s teaching regarding portion division has been shown to align with nutritional and medical principles: eating large and excessive portions can increase the risk of obesity and various metabolic diseases (Maulida dkk., 2023). Conversely, eating in moderation and allowing rest periods for the digestive system helps maintain energy balance and bodily metabolism (Dongoran dkk., 2024). Therefore, this Prophetic hadith not only carries normative religious value, but also demonstrates wisdom that transcends its time and remains consistent with contemporary scientific knowledge.

The Impact of Overconsumption on Physical Health

Overeating is scientifically recognized as one of the main factors that triggers various health disorders. From a scientific perspective, consuming food beyond daily energy requirements causes an accumulation of unused calories, which are then stored as fat (Saras, 2023). Over time, this condition can lead to obesity, a state of excessive body fat that disrupts metabolic functioning. Obesity is closely associated with an increased risk of chronic diseases such as type 2 diabetes mellitus, hypertension, cardiovascular disease, as well as disorders of the respiratory and digestive systems (Mansyah, 2021). In addition, overeating places a burden on bodily organs especially the stomach, liver, and pancreas so that their physiological functions cannot operate optimally (Tilong, 2018).

From a medical perspective, the habit of eating in large portions and too frequently can disrupt the balance of hormones that regulate hunger and satiety, such as leptin and ghrelin (Damayanti dkk., 2020). When individuals become accustomed to overeating, satiety signals may become less responsive, leading them to continue feeling hungry even though the body's needs have already been met. This condition not only contributes to weight gain but also affects physical fatigue, decreases sleep quality, and weakens the immune system (Thahir dkk., 2021). Thus, overeating is not merely a matter of food quantity, but is directly related to the stability of the human biological system.

Islam has, from the outset, provided a clear warning about the dangers of overeating. The teachings of Prophet Muhammad SAW emphasize the importance of eating in moderation and prohibit excessive behavior (*isrāf*), including in matters of food consumption (Yusgiantara, 2024). Allah states in Qur'an Surah Al-A'raf, verse 31:

“Eat and drink, but do not be excessive. Indeed, Allah does not like those who are excessive.” (Qur'an 7:31)

This principle demonstrates that Islam places great attention on bodily health as a trust (*amānah*) that must be safeguarded. The human body is viewed not as an individual's absolute possession, but as a trust from Allah SWT, for which one must be accountable. Therefore, the habit of overeating is considered inconsistent with the values of responsibility and self-restraint taught in Islam (Mutaharah, 2024).

Islam also views balance between physical and spiritual needs as the key to true health (Afifah, 2025). Overeating not only affects the body, but can also weaken a person's spirituality. An overly full stomach often leads to laziness, excessive drowsiness, and reduced motivation for worship and productive activities. In this context, controlling food portions as taught by Prophet Muhammad SAW serves as a means to maintain mental clarity, emotional stability, and devotion in worship (Azizah & Yazid, 2025).

Thus, from both scientific and Islamic perspectives, overeating is proven to have serious negative impacts on physical health. Science explains its biological

and medical consequences, while Islam provides an ethical and spiritual foundation for avoiding it. The integration of these two perspectives shows that Islamic teachings are preventive in nature and align with modern health principles, encouraging people to adopt balanced, moderate eating patterns oriented toward a healthy and meaningful life.

The Relevance of Islamic Teachings in Promoting a Healthy and Sustainable Lifestyle

The teachings of Prophet Muhammad SAW regarding thrift and self-control have strong relevance in addressing the challenges of modern society's increasingly consumerist lifestyle (Muntadhira & Zakiyah, 2023). In the context of health, the principle of eating in moderation as taught by the Prophet encourages the development of a more balanced and controlled way of life. By limiting food portions according to the body's needs, individuals can maintain an ideal body weight, optimize metabolic function, and reduce the risk of various chronic diseases (Que dkk., 2025). Such a lifestyle demonstrates that the Prophet's teachings are not merely normative in a religious sense, but are also practically applicable in fostering sustainable physical well-being.

In addition to its impact on individual health, the Prophet's teachings also contribute to the formation of environmentally responsible consumption behavior. The prohibition of excessiveness (*israf*) in Islam reflects concern for the limited nature of natural resources. When individuals become accustomed to eating in moderation and avoiding excess, they indirectly reduce food waste and consumption-related waste. On a broader scale, applying this value can help reduce the exploitation of natural resources and support a more sustainable and environmentally friendly food system (Fawaid dkk., 2025).

The relevance of the Prophet's teachings is also evident in the development of ethical and spiritual awareness in living a healthy lifestyle. Prophet Muhammad SAW taught that the body is a trust (*amanah*) that must be protected and cared for properly. This awareness fosters moral responsibility in choosing and consuming food, not only in terms of quantity but also its quality and benefits (Irfan dkk., 2023). Thus, a healthy lifestyle in Islam does not stand alone, but is integrated with values of worship, gratitude, and concern for others and the surrounding environment.

In the context of modern life, reflected in rising obesity rates and environmental crises, the teachings of Prophet Muhammad SAW offer a solution that is simple yet profound. The principle of moderation in eating and consumption teaches humans to live in harmony with both the body's needs and the carrying capacity of nature. These values are highly relevant to be applied in everyday life as an effort to realize a lifestyle that is not only physically healthy, but also ecologically sustainable and spiritually meaningful. Therefore, the teachings

of Prophet Muhammad SAW remain comprehensive in guiding people toward a life that is more balanced, responsible, and sustainability-oriented.

From the perspective of *Maqaṣid al-Shari‘ah*, the relevance of Islamic teachings in realizing a healthy and sustainable lifestyle can be understood as a concrete implementation of the principle of *hifz al-bi‘ah* (environmental preservation). The Prophet’s teachings, which emphasize self-control, thrift, and the prohibition of *israf* (excessiveness), encourage humans to consume food proportionally according to the body’s needs. This not only reduces the risk of obesity and chronic diseases, but also decreases food waste and consumption-related waste that contribute to ecosystem degradation. When individuals habitually eat in moderation, they also help reduce the exploitation of natural resources required for large-scale food production and support a more environmentally friendly food system. Thus, moderation in consumption in the Prophet’s teachings not only encompasses physical health and spiritual development, but also represents a form of socio-ecological responsibility aligned with the objectives of *hifz al-bi‘ah*, namely preserving the balance of nature for the sustainability of society and future generations.

CONCLUSION

Based on the overall results and discussion, it can be concluded that the teachings of Prophet Muhammad SAW regarding the regulation of food portions contain comprehensive values of balance, encompassing physical health, self-control, and environmental responsibility. The hadith that explains the division of the stomach into portions for food, drink, and space for breathing emphasizes that Islam has, from the very beginning, provided preventive guidance in regulating consumption patterns so that the body remains healthy and protected from the negative impacts of overeating. From a scientific perspective, overeating has been proven to contribute to an increased risk of obesity, metabolic disorders, and various other chronic diseases. This finding aligns with Islamic teachings that warn against excessiveness and encourage moderation in fulfilling physical needs. Thus, the teachings of Prophet Muhammad SAW are not only normative in a religious sense, but also consistent with modern health principles that emphasize balance and disease prevention.

In addition to its impact on individual health, uncontrolled food consumption also affects environmental health. Excessive consumption leads to food waste, increases consumption-related waste, and intensifies pressure on natural resources. In this regard, the Prophet’s teachings on eating in moderation and living simply have strong relevance, as they encourage responsible and sustainable consumption behavior.

Therefore, it can be affirmed that the teachings of Prophet Muhammad SAW on regulating food portions make a tangible contribution to the realization of a

healthy, balanced, and sustainable lifestyle. The integration of Islamic values with scientific awareness and environmental concern serves as an important foundation for building a way of life that is not only physically healthy, but also ethical, responsible, and in harmony with environmental preservation.

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