The issue stated in the title can be based on this foundations in terms of the universal messages of the Prophet Muhammad: Each Muslim individual has to be aware of his/her objective of creation and he/she has to consume parallel to this objective. The nutrition should only be the means not the purpose. Our goal of creation is not to satisfy the self but is to keep the ceaseless desires of the self within the equilibrium of natality. Secularization and covetousness is the greatest obstacle for the sensitiveness of halal and healthy nutrition and for its maintainability. Int J Health Nutr 2015 6(3): 53-60 The International 3rd Halal and Healthy Food Congress 58 A©ademy Journals 2013 Allah is the Owner of all sovereignty and the human being is the depository for what he/she has. Thinking that the human being is only a passenger who stopped over on Earth, working for the world as far as its temporariness and working for the afterlife as far as its infinitude would protect the human being from pursuing servile desires. Deeds depends on intentions. Human being has some basic needs to proceed his/her individual and social life such as nutrition, sheltering, protection and he/she should gain these needs from legitimate and halal ways. Human being should refrain from wastage on his/her nutrition and clothing like in all his/her other expenditures. Consciousness of modesty is the key for saving and keystone of the maintainability. Regret for the past and the anxiety for the future drag the individual to the swirl of despair. It is better to abandon greed and hold on to resignation. The most effective therapy on carnal passions and ceaseless desires is to be patient. If the individual share his/her food and enjoy the pleasure of giving something to someone (giving alms, doing favor), all the other worldly pleasures including the eating and drinking would pale beside this pleasure. While consuming something, the individual is liable for acting within the consciousness of being judged for what he/she consume in the afterlife. Which is harmful for health is also inconvenient in terms of our faith. Likewise, the things which are forbidden by our faith is also harmful for human health. Living for the sake of Allah instead of living for arrogance and vanity is appropriate for devotion (taqwa). The things have rights within the universal principles of Islam. Eating temperate is the essence. Temperate, balanced and simple life is the key for the eudaemonia of both worlds. Complying with his/her share, rendering back the trusts to those to whom they are due and ruling with justice among men are the commands of Allah. Briefly, the basic dynamics to be conscious on halal and healthy nutrition and to maintain it are found in the universal codes of ethics which are taught by the Prophet Muhammad. We just have to learn and put into practice. Keywords: Hadith, waste, belief, ambition, fairness