



# 92

## Sunan and Etiquettes of Eating

- Virtues of eating fallen grains of food
- Wiping the body after eating is a Sunnah
- Actions which cause blessings to decrease



کھانے کی 92 سنتیں اور آداب

## 92 Sunan and Etiquettes of Eating

This booklet was written in Urdu by Dawat-e-Islami's Islamic Research Centre (*Madinat al-'Ilmiyya*). **Translation Department (Dawat-e-Islami)** has translated it into English. If you find any mistake in translation or composition, please inform the Translation Department on the following postal or email address with the intention of earning reward.

### **Translation Department (Dawat-e-Islami)**

Aalami Madani Markaz, Faizan-e-Madinah, Mahallah Saudagran,  
Purani Sabzi Mandi, Bab-ul-Madinah, Karachi, Pakistan

**UAN:** ☎ +92-21-111-25-26-92 – Ext. 7213

**Email:** ✉ [translation@dawateislami.net](mailto:translation@dawateislami.net)

## 92 Sunan and Etiquettes of Eating



### ALL RIGHTS RESERVED

Copyright © 2024 Maktaba-tul-Madinah

---

No part of this publication may be reproduced, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of Maktaba-tul-Madinah.

---

1<sup>st</sup> Publication: Rabi‘ al-Ākhir 1446 AH (October 2024)  
Translated by: Translation Department (Dawat-e-Islami)  
Publisher: Maktaba-tul-Madinah  
Quantity: -

### SPONSORSHIP

Please feel free to contact us if you wish to sponsor the printing of a religious book or booklet for the *r̥sāl al-thawāb* of your late family members.

#### **Maktaba-tul-Madinah**

Aalami Madani Markaz, Faizan-e-Madinah Mahallah Saudagran,  
Purani Sabzi Mandi, Bab al-Madinah, Karachi, Pakistan

✉ **Email:** maktabaglobal@dawateislami.net – maktaba@dawateislami.net

☎ **Phone:** +92-21-34921389-93

🌐 **Web:** www.dawateislami.net

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتَمِ النَّبِيِّينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Supplication for reading this book

**R**ecite the following before you read a religious book or begin an Islamic lesson; you will remember whatever you study **إِنْ شَاءَ اللَّهُ**.

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

**O Allah! Open the doors of knowledge and wisdom for us and have mercy on us! O He Who is the Most Glorious and Honourable! (Al-Mustatraf, vol. 1, p. 40)**

### Note:

Recite *ṣalāt* upon the beloved Prophet ﷺ once before and after.

## Table of Contents

92 Sunan and Etiquettes of Eating.....	1
Supplication of Attar:.....	1
Virtue of sending <i>ṣalāt</i> upon the beloved Prophet ﷺ .....	1
Make good intentions when eating.....	2
Habit of adopting veil within veil.....	3
Remember Allah Almighty whilst Eating.....	4
Eat with three fingers .....	5
Breaking off crusts of bread.....	6
The teeth and intestines have different Jobs .....	6
Eat Fruit First.....	7
Do not pick faults in food.....	8
Finding faults in fruit is worse .....	8
Hold good Conversations whilst eating .....	9
Give tasty food to others.....	9
Virtues of eating fallen grains of food.....	10
It is prohibited to blow on food.....	11
Learn to sip water.....	11
Taste only lasts with the tongue.....	11
Clean the plate.....	12
Method of cleaning and drinking from the plate.....	13

Wiping the body after eating is a Sunnah .....	14
Previous sins are forgiven.....	14
How much should we eat?.....	16
Taking a siesta is a Sunnah.....	17
Actions which cause blessings to decrease.....	17
How is it to eat fruit from someone else's tree?.....	18
How is it to eat without permission? .....	19
The heart of a chicken.....	19
Do not say: “ <i>كرو بِسْمِ اللّٰهِ</i> ” .....	20
It is forbidden to eat rotten Meat .....	20
Green chillies.....	20
Leftover bread.....	20
How is it to eat crab and shrimp?.....	21
Give this booklet to others after reading it.....	22



الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتَمِ النَّبِيِّينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط

## 92 Sunan and Etiquettes of Eating<sup>1</sup>

### Supplication of Attar:

O Lord of al-Mustafā, whoever reads or listens to the booklet 92 *Sunan and Etiquettes of Eating*, grant him the ability to adopt the *sunan* of eating and drinking, and forgive him and his parents without accountability.

اٰمِيْنُ بِجَاهِ خَاتَمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Virtue of sending *ṣalāt* upon the beloved Prophet ﷺ

The final Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said:

Whoever recites *ṣalāt* upon me three times in the morning and evening out of love and yearning for me, Allah Almighty will forgive the sins he committed during that day and night.<sup>2</sup>

صَلُّوا عَلَيَّ الْحَبِيبِ صَلَّى اللهُ عَلَيَّ مُحَمَّدٍ

---

<sup>1</sup> This topic was taken from pages 306-328 of Mawlana Ilyas Attar al-Qadiri's book *Faizan e Sunnat*.

<sup>2</sup> Al-Mu'jam al-Kabīr, vol. 18, p. 362, Hadith 928



## 92 Sunan and Etiquettes of Eating

### Make good intentions when eating

1. The purpose of eating food should not be to enjoy its taste and fulfil your desire, rather it should be for the purpose of gaining strength to worship Allah Almighty. This will only be a truthful intention if you eat less than your fill, otherwise it is a lie because eating excessively causes laziness. It is a sunnah to only eat when you are hungry, as eating when you are not hungry does not grant you strength, but instead it ruins your health and hardens the heart. Shaykh Abū Ṭālib Makkī رَحْمَةُ اللهِ عَلَيْهِ said: “It is reported, ‘Eating when you are full causes leukoderma.’”<sup>1</sup>
2. Use a dining mat that has no letters, words, text, poetry, company name, etc., written in any language.
3. It is a sunnah to wash the hands to the wrists before and after eating. Rinse your mouth too, but do not wipe your hands after washing them before eating. The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, “Washing your hands before and after eating increases sustenance and distances the devil.”<sup>2</sup>
4. If a person does not clean their mouth before eating, it cannot be said that they are abandoning the sunnah.<sup>3</sup>

---

<sup>1</sup> Qūt al-Qulūb, vol. 2, p. 326

<sup>2</sup> Kanz al-‘Ummāl, vol. 15, p. 106, Hadith 40755

<sup>3</sup> Bahār-e-Sharī‘at, vol. 3, p. 376, part 16, summarized

5. Whilst eating, spread out your left foot and raise your right knee, or sit with both knees raised, or sit on both knees. Sitting in any one of these three ways will fulfil the sunnah.

### Habit of adopting veil within veil

6. Islamic brothers and sisters should cover their laps with their shirts or a shawl, as if clothing is tight or revealing, it could become a cause of people looking at unlawful things. If this is not possible, sit on both knees instead as by doing this, you will be fulfilling the sunnah and veiling yourself. Make a habit of veiling yourself at all times.
7. It is not a sunnah to eat sitting cross-legged and this causes the stomach to protrude.
8. Recite بِسْمِ اللّٰهِ before eating the first morsel of food, recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ before eating the second, and recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ before eating the third.<sup>1</sup>
9. Recite بِسْمِ اللّٰهِ aloud so that others are reminded to recite it.
10. Reciting this supplication before beginning will protect you if the food and drink is poisoned:

بِسْمِ اللّٰهِ وَيَا اللّٰهَ الَّذِیْ لَا یَضُرُّ مَعَهُ اَسْمُهُ شَیْءٌ عَرَفِ الْاَرْضَ وَالسَّمَآءَ یَا حَمِیْدٌ یَا قُدُّوْسٌ<sup>2</sup>

---

<sup>1</sup> Ihya al-‘Ulūm, vol. 3, p. 6

<sup>2</sup> Kanz al-‘Ummal, vol. 15, p. 109, hadith 40792

## 92 Sunan and Etiquettes of Eating

Translation: In the name of Allah with whose name nothing can harm in the earth or sky, O the Ever-Living and Sustainer.

11. If you forget to recite **بِسْمِ اللَّهِ** before eating, recite this when you remember: **بِسْمِ اللَّهِ أَوْلَهُ وَإِخْرَاقٌ**

Translation: With the name of Allah at the beginning and the end of eating.

### Remember Allah Almighty whilst Eating

12. Whoever recites **يَا وَاجِدُ** before eating a morsel of food, **رَبِّ شَاءَ اللَّهُ** it will become light in his stomach and a cure for illnesses.
13. Recite **بِسْمِ اللَّهِ** or **اللَّهُ** before every morsel, so greed does not make you heedless of the remembrance of Allah Almighty. Recite **يَا وَاجِدُ، أَلْحَمْدُ لِلَّهِ** between every morsel and continue reciting **بِسْمِ اللَّهِ**. Recite **بِسْمِ اللَّهِ** before eating the morsel, recite **يَا وَاجِدُ** in between, and praise Allah Almighty after swallowing the food.
14. It is better to eat using clay utensils because the angels visit the homes in which they are used.<sup>1</sup>

---

<sup>1</sup> Radd al-Muhtār, vol. 9, p. 495

## 92 Sunnan and Etiquettes of Eating

15. Do not place a bowl of gravy or condiment on bread.<sup>1</sup>
16. Do not wipe your hands or a knife on bread.<sup>2</sup>
17. It is a sunnah to lay a dining mat on the floor and eat on it. Avoid eating whilst seated cross-legged, bare-headed, leaning on something or lying down.
18. If the bread is on the dining mat, start eating before the gravy arrives.<sup>3</sup>
19. Beginning and ending the meal with salt or something savoury cures 70 illnesses.<sup>4</sup>
20. Do not break bread with one hand as this is a sign of arrogance.
21. Hold bread with the left hand and break it with the right. Make a habit of breaking bread over the bowl of gravy, otherwise pieces of food can fall on the ground and be wasted.
22. Eat with the right hand. Eating, drinking, giving and taking with the left hand is the way of the Devil.

### Eat with three fingers

23. It is a sunnah of the noble Prophets عَلَيْهِمُ السَّلَام to eat

---

<sup>1</sup> Radd al-Muhtār, vol. 9, p. 490

<sup>2</sup> Radd al-Muhtār, vol. 9, p. 490

<sup>3</sup> Radd al-Muhtār, vol. 9, p. 490

<sup>4</sup> Radd al-Muhtār, vol. 9, p. 491

## 92 Sunan and Etiquettes of Eating

with three fingers, i.e., the thumb, index finger and middle finger. To get into the habit of doing this, tie your ring finger and little finger together with a rubber band, or hold a piece of bread in your palm with these two fingers. Once you have developed a habit of doing this, this approach will not be required. Mulla ‘Alī al-Qārī رَحْمَةُ اللهِ عَلَيْهِ said, “Eating with five fingers is a sign of gluttony.”<sup>1</sup> If it is impossible to make morsels of rice with three fingers, one can use four or five fingers to eat.

### Breaking off crusts of bread

24. Breaking off the crusts of bread and only eating the centre is wasteful. If the edges are undercooked and eating them is harmful, they can be removed, and the same applies if one knows that someone else will eat them and they will not go to waste. The same ruling applies to someone eating the fluffy part of the bread and leaving the rest.<sup>2</sup>

### The teeth and intestines have different Jobs

25. Eat small morsels of food and chew properly without making noise. Swallowing food which has not been chewed properly places unnecessary burden on the

---

<sup>1</sup> Mirqāt al-Mafātīh, vol. 8, p. 9

<sup>2</sup> Bahār-e-Sharī‘at, vol. 3, p. 377, part 16

## 92 Sunnan and Etiquettes of Eating

intestines, so do not give the job of the teeth to the intestines.

26. Preparing the next morsel of food before swallowing the previous one is a sign of greed.
27. Tearing bread with the teeth is unpleasant and a cause of deprivation of blessings in sustenance. Moreover, eating whilst standing is the practise of the Christians.<sup>1</sup>

### Eat Fruit First

28. Fruits are commonly eaten after the meal, but the Proof of Islam, Imām Muḥammad al-Ghazālī رَحْمَةُ اللهِ عَلَيْهِ states, “If there is fruit, it should be served and eaten before the meal because of its health benefits. Fruits digest quickly so they should be in the lower part of the stomach. The noble Quran also mentions fruit first:

وَفَاكِهَةٍ مِّمَّا يَتَخَيَّرُونَ ﴿٣٠﴾ وَخَمِيرٍ مِّمَّا يَشْتَهُونَ ﴿٣١﴾

*And fruits from whatever they will choose. And the meat of birds from whatever they will desire.* <sup>2,3</sup>

---

<sup>1</sup> Sunni Bahashti Zewar, p. 565

<sup>2</sup> Al-Quran, part 27, al-Wāqī‘ah, verse 20-21, translation from Kanz al-‘Irfān

<sup>3</sup> Ihya’ al-‘Ulūm, vol. 2 p. 21

## 92 Sunan and Etiquettes of Eating

The Reviver of Islam, the Imām of Ahl al-Sunnah, Imām Aḥmad Razā Khan رَحْمَةُ اللهِ عَلَيْهِ said, “Eating watermelon before a meal cleanses the stomach and eradicates illnesses.”<sup>1</sup>

### Do not pick faults in food

29. Do not criticise food by saying, ‘It is not tasty’, ‘It is not cooked properly’, ‘There is not enough salt’, ‘It is too spicy’, and so on. Eat what you like, otherwise leave it. However, one can advise the cook kindly in private.

### Finding faults in fruit is worse

30. Finding faults in fruit is worse than criticising cooked food because it is not prepared by human hands.
31. Do not eat from the centre of the plate as blessings descend in the middle.
32. Eat from the side closest to you instead of taking food from different parts of the plate.
33. If there are a variety of foods on a plate, one can take whatever they wish.

صَلَّى اللهُ عَلَى مُحَمَّدٍ      صَلُّوا عَلَى الْحَبِيبِ

---

<sup>1</sup> Al-Fatāwā al-Riḍāwiyyah, vol. 5, p. 442

### Hold good Conversations whilst eating

34. It is a practise of the fire-worshippers to consider it a good thing to eat in silence, but there is no harm in staying quiet if you do not feel like talking. Excessive speech is disliked at all times, so talk about virtuous matters. For example, when you are eating with your family or guests, talk about the *sunan* of eating. Make a photocopy of these etiquettes and place them in the dining area, so they can be read when eating.
35. Do not talk about repulsive matters whilst eating, like, answering the call of nature, vomiting, etc.
36. Do not stare at other people's food.

### Give tasty food to others

37. Depriving people of food by placing a lot in your plate, taking the tasty food for yourself, and eating large morsels of food quickly in order to refill your plate is inconsiderate and greedy, and causes people to think badly of you. If you sacrifice delicious food for other Islamic brothers or family members, you will be rewarded, **إِنْ شَاءَ اللَّهُ**. The beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** said, "Whoever desires something but chooses to leave it for someone else, he will be forgiven by Allah Almighty."<sup>1</sup>

---

<sup>1</sup> Itḥāf al-Sādat al-Muttaqīn, vol. 9, p. 779



## 92 Sunan and Etiquettes of Eating

### Virtues of eating fallen grains of food

38. If a morsel or grain of food falls on the floor whilst eating, cleaning and eating it is a means of forgiveness.
39. The beloved Prophet ﷺ said, “Whoever eats the grains of food that fall on the dining mat will live a life of affluence, and his children and grandchildren will be protected from unintelligence.”<sup>1</sup>
40. Imām Muḥammad al-Ghazālī رَحْمَةُ اللهِ عَلَيْهِ said, “Pick up and eat the pieces of bread that have fallen. This will grant you a life of affluence إِنَّ شَاءَ اللهُ. Your children will be born healthy and free of defects, and the pieces of bread will be dowry for the heavenly maidens.”<sup>2</sup>
41. It is permissible to pick up a piece of bread from the floor and kiss it.
42. It is permissible to feed the fallen grains of food on the dining mat to chickens, birds, cows, goats, etc. It can also be placed in a safe place for ants to eat.

### It is prohibited to blow on food

43. Blowing on hot food or drink causes blessings to decrease. Do not eat food when it is very hot, rather wait

---

<sup>1</sup> Kanz al-‘Ummāl, vol. 15, p. 111, Hadith 40815

<sup>2</sup> Iḥyā’ al-‘Ulūm, vol. 2, p. 7

for it to cool down.<sup>1</sup>

44. Drink with the right hand during the meal. As the right hand is usually covered in food, some people hold the glass of water with their left and touch the glass with one finger from the right hand, assuming they are drinking with their right hand! This should be avoided.

### Learn to sip water

45. Recite **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ** before taking small sips of water or any other beverage, without making noise. Drinking large gulps of water causes liver disease. Once you have swallowed the drink, say **أَلْحَمْدُ لِلَّهِ**. Unfortunately, there are few people who act upon this sunnah of sipping water. Try your best to adopt this sunnah.
46. Stop eating whilst you are still slightly hungry.

### Taste only lasts with the tongue

47. Eating excessively is not a sunnah. If you feel like eating a lot, remind yourself that the pleasure of food ends once the food is swallowed. Therefore, it is not wise to abandon a sunnah for relishing taste for only a moment. Eating excessively causes sluggishness, laziness in

---

<sup>1</sup> Radd al-Muhtār, vol. 9, p. 491 summarized

## 92 Sunan and Etiquettes of Eating

worship, diabetes, indigestion, constipation and obesity.

48. Once you have finished eating, lick the middle finger, index finger and thumb three times in that order. The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ licked his blessed fingers three times after eating.<sup>1</sup>

### Clean the plate

49. Clean the plate after eating. The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, “Whoever cleans his plate after eating, the plate supplicates for him, ‘May Allah Almighty save you from the fire just as you saved me from the devil.’”<sup>2</sup> According to one narration, the plate supplicates for his forgiveness.<sup>3</sup>
50. Once you have cleaned the plate as much as you can, pour some water into it and drink it. إِنَّ شَاءَ اللهُ You will receive the reward of freeing a slave.<sup>4</sup>

### Method of cleaning and drinking from the plate

51. Only pour water into the plate once there are no traces of food remaining. Pour a small amount of water in the

---

<sup>1</sup> Shamā' il al-Tirmidhī, p. 61, Hadith 138

<sup>2</sup> Kanz al-‘Ummāl, vol. 10, p. 111, Hadith 40822

<sup>3</sup> Sunan Ibn Mājah, vol. 4, p. 14, Hadith 3271

<sup>4</sup> Ihyā' al-‘Ulūm, vol. 2, p. 7

## 92 Sunnan and Etiquettes of Eating

plate and use your finger to clean the edges thoroughly before drinking it. Repeat this two or three times and the plate will be clean **إِنْ شَاءَ اللَّهُ**.

52. After drinking the water, use your finger to gather any drops of water and drink them. Do not waste a single particle of spice because the beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ** said, “You do not know which part of the food contains blessings.”<sup>1</sup>
53. Clean utensils like spoons, jugs, cups of tea, coffee or juice, etc., using this method too. This ensures no remnants of food or drink are wasted and you will reap many blessings for doing so.
54. Throwing away the leftover water of another Muslim despite it being drinkable is wasteful, and this is forbidden.<sup>2</sup>
55. Once the meal is consumed, say **الْحَمْدُ لِلَّهِ**, and recite any supplication from the noble Quran and *Aḥādīth* too.
56. Wash your hands thoroughly with soap to remove food stains and smell.

---

<sup>1</sup> Ṣaḥīḥ Muslim, p. 11123, Hadith 1023

<sup>2</sup> Sunni Bahashti Zewar, p. 567, summarized

## 92 Sunan and Etiquettes of Eating

### Wiping the body after eating is a Sunnah

It is reported in a Hadith that after the Greatest Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ate a meal, he washed his blessed hands and wiped his mouth, wrists and head with the palms of his hands and said to his Companion رَضِيَ اللهُ عَنْهُ, ‘O ‘Ikraṣh! This is how ablution is performed after eating something cooked on fire.’<sup>1</sup>

57. Clean between your teeth after eating.

### Previous sins are forgiven

58. The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, “The one who recites these words after eating will be forgiven: **الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَزَرَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ** “All praise is for Allah, the One who fed me this and provided it for me without any might or power from myself.”<sup>2</sup>
59. Recite this supplication after finishing a meal: **الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ** “All praise is for Allah who gave us food and drink and made us Muslims.”<sup>3</sup>
60. Recite this supplication if someone else provided the food: **اللَّهُمَّ اطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي** “O Allah, feed the one

---

<sup>1</sup> Sunan al-Tirmidhī, vol. 3, p. 335, Hadith 1855

<sup>2</sup> Sunan al-Tirmidhī, vol. 5, p. 284

<sup>3</sup> Sunan Abū Dāwūd, vol. 3, p. 513, Hadith 3850

## 92 Sunnan and Etiquettes of Eating

who fed me and provide drink to the one who provided me with drink.”<sup>1</sup>

61. Also recite this supplication after eating: **اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ**:  
“O Allah, grant us blessings in this and grant us even better food than this.”<sup>2</sup>
62. Recite this supplication after drinking milk: **اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ**:  
“O Allah, grant us blessings in this and give us more of it.”<sup>3</sup>
63. The beloved Prophet **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** liked to eat sweet foods, honey, vinegar, dates, watermelon, cucumber and gourd.
64. The favourite meat of the beloved Prophet **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** was from the foreleg, neck, and back of a goat.
65. Sometimes, the beloved Prophet **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** ate dates with cucumber, watermelon or bread.
66. The beloved Prophet **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** liked eating the food at the bottom of the cooking pot.
67. The beloved Prophet **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** also like *tharīd* (pieces of bread soaked in gravy).

---

<sup>1</sup> Ṣaḥīḥ Muslim, p. 136, Hadith 2055

<sup>2</sup> Sunan Abū Dāwūd, vol. 3, p. 475, Hadith 3730

<sup>3</sup> Sunan Abū Dāwūd, vol. 3, p. 475, Hadith 3730

## 92 Sunan and Etiquettes of Eating

68. Eating with one finger is the practise of the Devil, eating with two fingers is the way of the arrogant, and eating with three fingers is the sunnah of the noble Prophets  
*عَلَيْهِمُ الصَّلَاةُ وَالسَّلَامُ.*

### How much should we eat?

69. Hunger should be divided into three parts: one part of the stomach should be for food, one for water and one third is to be left empty for breathing. For example, if you are full after eating three pieces of bread, eat one piece of bread, drink water in place of the second piece and leave one third of your stomach empty. Although it is permissible and not a sin to eat to your fill, there are many worldly and religious benefits of eating less. Try it yourself and you will become healthier *رَبَّنَا شَاءَ اللَّهُ*. May Allah Almighty grant us the ability to control how much we eat, to refrain from eating that which is forbidden, and to only eat the amount of permissible food we require.

*اِمْرِيْنَ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ*

### Taking a siesta is a Sunnah

70. Taking a nap after midday is a sunnah, especially for those who worship during the night, as it makes it easier to perform worship at night. According to doctors,

## 92 Sunnan and Etiquettes of Eating

walking at least 150 steps after eating dinner in the evening is beneficial.

71. Recite **الْحَمْدُ لِلَّهِ** after eating.
72. Do not leave the dining area if the dining mat has not been picked up.
73. Wash your hands with soap thoroughly after eating and dry them.
74. Drying your hands with paper is prohibited.
75. Dry your hands with a towel, not with the clothes you are wearing.

### **Actions which cause blessings to decrease**

76. Mufti Muḥammad Khalīl Khān al-Barakātī رَحْمَةُ اللهِ عَلَيْهِ said, “Washing the hands in the plate the food was eaten, or wiping your hands on your clothes after washing them causes blessings to decrease.”<sup>1</sup>
77. Avoid exercising, lifting heavy weights and other strenuous activities after eating because it can cause bowel problems, appendicitis and bloating.
78. Say **الْحَمْدُ لِلَّهِ** loudly after eating if everyone has finished

---

<sup>1</sup> Sunni Bahashti Zewar, p. 578



## 92 Sunan and Etiquettes of Eating

eating, otherwise say it quietly.<sup>1</sup> Recite the supplication once everyone has finished eating too, otherwise those who are still eating will feel embarrassed.

### How is it to eat fruit from someone else's tree?

79. If someone enters an orchard and finds fruit lying on the ground, he cannot eat it until he gains permission from the owner. Permission can be sought in two ways. He can be told explicitly that he can eat the fruit on the ground, or he can eat it due to the custom and habit of the owner allowing people to do so. However, it is not permissible to eat the fruit on the trees unless there is an abundance of fruit and the owner will not be displeased with him. In any scenario, it is not permissible to take fruit outside the orchard.<sup>2</sup> All the scenarios take societal norms into account, so if it is not the norm or if the owner does not allow people to eat fallen fruit or you know he will be displeased if you take some, it will be impermissible to eat it.

### How is it to eat without permission?

80. If someone eats at his friend's house without permission, or takes fruit from his tree and eats it, it is

---

<sup>1</sup> Radd al-Muhtār, vol. 9, p. 490

<sup>2</sup> Al-Fatāwā al-Hindiyyah, vol. 5, p. 229, summarized

## 92 Sunnan and Etiquettes of Eating

permissible if he knows his friend will not dislike it. However, one must be careful in this regard because you may be under the impression that he will not mind, when in fact he will.<sup>1</sup>

81. It is forbidden to eat the spinal cord of a sacrificed animal. Therefore, remove it from the ribs, neck and backbone before cooking it.
82. It is *makrūh tahrīmī* to eat the glands of a sacrificed animal, so remove them before cooking it.

### The heart of a chicken

83. Do not throw away the heart of a chicken. The blood within it should be removed in any way possible before it is cleaned and cooked.

### Do not say: “*kro* بِسْمِ اللّٰهِ”

84. When someone is told to join and eat, and he responds with “*kro* بِسْمِ اللّٰهِ”, this is severely prohibited. He should supplicate instead like, “May Allah Almighty grant you blessings.”<sup>2</sup>

---

<sup>1</sup> Al-Fatāwā al-Hindiyyah, vol. 5, p. 229, summarized

<sup>2</sup> Bahār-e-Sharī‘at, vol. 3, p. 379, part 16, summarized

## 92 Sunan and Etiquettes of Eating

### It is forbidden to eat rotten Meat

85. It is forbidden to eat burnt meat and any food which has spoiled. If the food is no longer edible, it will have a foul smell or fungus will be growing on it. Foam will form on a spoiled gravy, and gravies with lentils tend to spoil quickly.

### Green chillies

86. If possible, reuse green and red chillies and other spices that are cooked with your food. Store them whole or grind them for future use instead of throwing them away.

### Leftover bread

87. Feed leftover bread and gravy to chickens, goats, cows, etc., instead of throwing them away. Leftover bread can be cooked in gravy to make a delicious meal. **بِسْمِ اللَّهِ**.

### How is it to eat crab and shrimp?

88. Every animal in the sea besides fish is forbidden. The fish which dies naturally and floats to the surface is also forbidden to eat.
89. It is forbidden to eat crabs.
90. Eating prawns is permissible, but due to a difference of opinion regarding this matter, it is better to refrain from eating them.

## 92 Sunnan and Etiquettes of Eating

91. It is permissible to eat a dead locust. It is also permissible to eat locusts and fish without ritually slaughtering them.

O Allah Almighty, forgive us and grant us the ability to remember and act upon the *sunan* and etiquettes of eating.

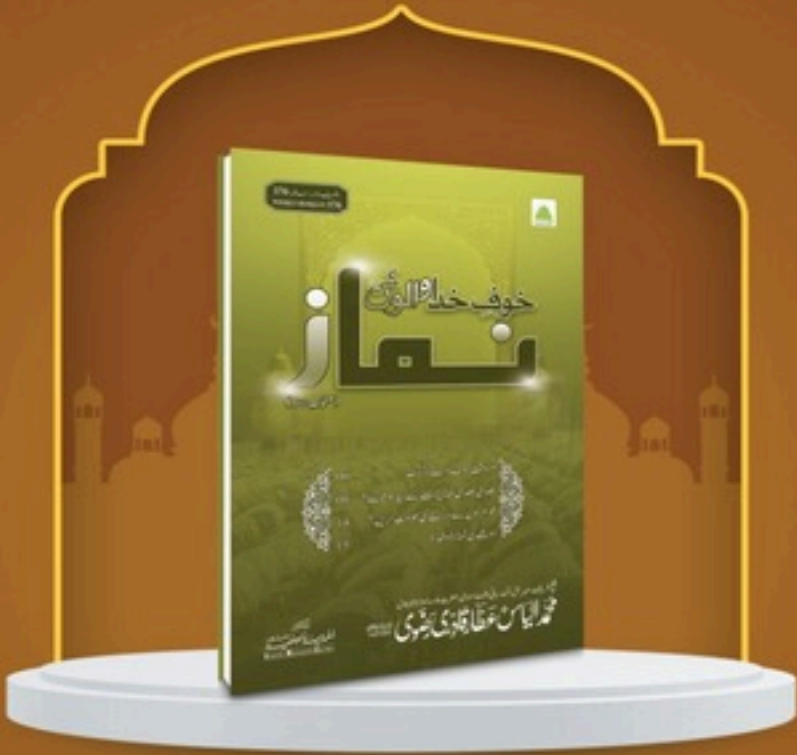
اٰمِيْنُ بِجَاهِ خَاتِمِ النَّبِيِّنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

صَلُّوْا عَلٰى الْحَبِيْبِ صَلَّى اللهُ عَلٰى مُحَمَّدٍ

### Give this booklet to others after reading it

Distribute the booklets and pamphlets of Maktaba tul Madinah on occasions of happiness and grief, weekly gatherings, death anniversaries, Mawlid events, etc., and earn reward. Booklets and pamphlets can also be placed in shops, newspaper stalls, and they can be distributed to the people of your neighbourhood.


Next Weekly Booklet



Faizan-e-Madinah, Muhallah Sodagaran, purani sabzi mandi, Karachi.

UAN +92 21 111 25 26 92   0313-1139278

 [www.maktabatulmadinah.com](http://www.maktabatulmadinah.com) / [www.dawateislami.net](http://www.dawateislami.net)

 [feedback@maktabatulmadinah.com](mailto:feedback@maktabatulmadinah.com) / [ilmia@dawateislami.net](mailto:ilmia@dawateislami.net)