


Weekly Booklet

A collection of the blessed sayings of
Ameer Ahl al-Sunnah 



15 Questions and Answers about **Sweet Food**



- Did the beloved Prophet ﷺ like consuming sweet food?
- Can a diabetic eat dates upon which Quranic litanies have been recited?
- How is drinking excessive tea?
- Is it Sunnah to have something sweet in the middle of a meal?



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میٹھی چیزوں کے بارے میں ۱۵ سوال جواب

15 Questions and Answers about Sweet Food

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15 Questions and Answers about Sweet Food



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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

Recite the following supplication before you read a religious book or begin an Islamic lesson; you will remember whatever you study **ان شاء الله**.

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَاَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْاِكْرَامِ

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 *shalāt* upon the beloved Prophet ﷺ once before and after.

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15 Questions and Answers about Sweet Food

Supplication of Amir Ahl al-Sunnah's Successor:

O Lord of al-Muṣṭafā! Whoever reads the booklet *15 Questions and Answers about Sweet Food*, grant them a life of good health and well-being, and forgive them and their parents without accountability!

أَمِيرِنُ بِجَاهِ خَاتَمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

The excellence of *ṣalāt* upon the beloved Prophet ﷺ

Allah's final Prophet, our master Muhammad صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ declared, "The closest of people to me on the Day of Judgement shall be the one who recited the most *ṣalāt* upon me in the world."¹

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Q: Did the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ like consuming sweet food?

¹ Jāmi' al-Tirmidhī: Hadith 484

A: It is reported in a noble Hadith:

كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ يُحِبُّ الْحُلُوءَاءَ وَالْعَسَلَ

The Messenger of Allah صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ loved sweet food and honey.”¹

In is stated in a commentary of this narration:

The pious predecessors generally loved sweet items, which is often why *Fātiḥah* is recited over them and they are distributed as *niyāz*. The evidence for this matter lies in this hadith.

Another hadith states: “The believer is sweet and likes sweet things.”²

The word الْحُلُوءَاءَ includes all sweet things, which extends to sweet drinks, fruits, and traditional halwa (usually made from semolina, ghee and sugar). The latter was first made by the third Caliph of Islam, Sayyidunā ‘Uthmān b. ‘Affān رَضِيَ اللَّهُ عَنْهُ, which he presented to the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ. It consisted of flour, ghee and honey.

The Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ displayed immense liking for

¹ Ṣaḥīḥ al-Bukhārī: Hadīth 5431

² Firdaws al-Akhbār: Hadīth 6834

this and announced, “Persians call this **دخيص**.”¹

Q: What is your favourite sweet food?

A: It is mentioned in the noble Hadith:

كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يُحِبُّ الْحُلُوءَاءَ وَالْعَسَلَ

The Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ loved sweet food and honey.²

Those who object to scholars consuming halwa should take heed, as the master of all scholars, our beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ loved sweet food. Whether made from semolina or carrot, whether summer or winter variety, or be it Sohan halwa, all forms of halwa are one and the same in this regard.

Some hadith scholars read this term as **حُلُوءًا**, which connotes any sweet food or dish. In this way, the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ loved sweet foods in general. Honey is also sweet, bearing cure, blessings, and many physiological benefits. This was also loved by the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

We love whatever the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ loves.

¹ Mir'āt al-Manājīh, vol. 6, p. 19

² Ṣaḥīḥ al-Bukhārī: Hadith 5431

It is a separate matter if one does not have a natural liking for sweet food, or one's diet does not allow for it. There is no issue in this. Looking after one's health is a must.

A diabetic individual cannot consume sugary items excessively and say that he is doing so because the beloved Prophet ﷺ loved sweet things. This will have a damaging effect upon his health. Therefore, the right precautions must be taken.¹

Q: There are many categories of sweet food. Which do you like?

A: If I mention, I will end up receiving baskets upon baskets of it! I avoid sweets from the marketplace now, due to my age. If someone says, "The beloved Prophet ﷺ loved sweet foods", and uses this as a reason to overindulge, I will ask him, "Did he only love sweet foods, or did he love other things too?"

It is Sunnah to eat just once a day.²

We eat multiple times a day and still crave more. Yet, our beloved Prophet ﷺ ate just once daily. He loved sweet food, but we will not extend this to include contemporary *mithai* (traditional Pakistani sweets). The latter is often prepared using contaminants, expired items, and even stale

¹ Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 1, p. 506

² Kanz al-Ummāl: Hadith 18173

milk. This leads to all forms of harmful bacteria growing within, whose effect is no less than poison.¹

Khoya (condensed milk) is prominent in this; in all probability, most cases of *mithai*-related food poisoning occur due to it. Kindly do not send *mithai* to me. If you do, I must be cautious when eating it.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Famous personalities must remain vigilant

Many dangers arise for famous religious and worldly personalities. They must be careful. A Gujarati proverb says: *chītnā nar sadā sukhī* – “He who is careful [and content] remains happy.”

People send me honey as well. Normally, I know the person who brings the item, but I do not know the original sender. It is possible Islamic brothers coming from Punjab, Baluchistan, Sindh, and foreign countries gave it to them so it may be passed on to me. In this way, items do not come to me directly, but through intermediaries.

Even if the item reaching me is clean, however as it has reached me through an intermediary, it still poses a risk. Please do not

¹ Applicable to places where food hygiene standards are not duly followed.

send me these things. You are not suspect and there is no issue from you, but when your item comes to me via intermediaries, it will be with them for some time. For example, it may be with someone in Faizan-e-Madinah. Who knows what can happen during that period? Problems can come of this.

Having clarified this, I ask nobody to be disappointed and think, “What happened to the gift I sent?”

I have explained this issue many times before; I do not need anything from you, only your presence. If you travel in Madani Qafilas and participate wholeheartedly in the 12 Islamic Activities, then consider yourself to be with me.¹

Q: Some people use sugar to produce *mithai* whilst others use saccharin. Which should we use?

A: I am wary of both sugar and saccharin. Yet, I do use sugar as required. Saccharin is used deceptively in *mithai*, otherwise the customer would never purchase it if he knew of its inclusion. It is essentially sweet poison; nobody would want this.²

If an item is made with sugar, there is no need to specifically mention this. Everybody knows *mithai* is sweetened with sugar not honey. If one gives *mithai* saying it has been sweetened with honey, even though it was sweetened with sugar, they would be

¹ Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 1, pp. 507-508

² Applicable to places where food hygiene standards are not duly followed.

sinful for lying. If it is indeed sweetened with honey, there is no harm in clarifying.¹

Q: Can an ill person eat dates upon which Quranic litanies have been recited?

A: Obviously, a diabetic should not consume dates. Consult your doctor beforehand.

Mithai can quickly become “*tabarruk*” (blessed) for diabetic individuals, and such people deceive themselves under the pretext of seeking blessings.²

Q: Some children are very fond of eating betel nuts³ (*chāliā*). What are the harms of eating these? Can you also offer a solution to break this habit?

A: Betel nuts are consumed by the young and old alike. People consume this poison wrapped in attractive packaging and give it to others. To make the betel nuts fragrant, cheap chemicals used in oil perfume manufacturing are added. The material is most likely expired as well, which is extremely damaging to one’s health. These things should not be consumed.⁴

¹ Ibid, vol. 2, p. 116

² Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 4, p. 311

³ This is commonly chewed in South Asia, with or without betel leaves (paan).

⁴ Applicable to places where food hygiene standards are not duly followed.

To get rid of this habit, roasted fennel seeds and coriander, which is not fragrant, should be used. These are beneficial and there is no harm in consuming them. They should be roasted on a pan, placed in a container, and used as needed. If plain betel nuts are consumed in small amounts, they will provide benefit instead of harm to one's health.

Q: What are the harmful effects of sugar and saccharin on a person's health?

A: The human body requires sugar to an extent, but everything has its limits. If intake is not regulated, any food can cause harm.

Avoid white sugar entirely, as it is said to be detrimental for your health. It can cause obesity and the development of diabetes [due to excessive consumption].

Tea is made especially sweet with sugar. At home, a host of very sweet dishes are prepared. This makes it difficult for people to avoid blood sugar related issues. These ailments make one suffer greatly. It's though he has consumed his share of sugar rapidly and sweetened his blood. Rather than consuming sugar quickly, it should be used in small quantities throughout one's life.

Jaggery instead of white sugar

Brown sugar is available nowadays; however, it does seem farfetched to say it is completely harmless to consume. There is

also the issue of whether you are getting actual brown sugar or just coloured white sugar sold at extortionate prices.¹

Use jaggery if possible, as it bears health benefits. If used within its limits, it has many advantages but it still can be harmful for diabetic patients. Many people drink tea with jaggery. I also like my tea with this.²

Q: I am accustomed to consuming *karak* chai (tea) three or four times daily. Is drinking tea harmful?

A: Depending on your age, I will advise you to get your kidneys checked straight away, as excessive tea [potentially] damages them. Karak chai is riskier, so imagine drinking it three or four times a day. Sometimes, tea is even drunk from large cups resembling jugs. *Karak* chai also requires more sugar, otherwise it tastes bitter. Bearing this in mind, I also advise you to get a blood glucose test.

May Allah Almighty keep you healthy. I only advise you to get a test, as if you have an illness, Allah forbid, it can be diagnosed and treated early.

In any case, tea consumption should be reduced. Drink regular tea instead of karak. Even when sweetened, tea should not be

¹ Applicable to places where food hygiene standards are not duly followed.

² Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 2, p. 117

overly sugary. Keep sweetness moderate. Remember, use jaggery, as white sugar is harmful.

Prior to the formation of Dawat-e-Islami, I read an article that white sugar is sweet poison. Now, even doctors advise to avoid it. If you find jaggery palatable, add it in an appropriate amount; this would be better. The best-case scenario is to use honey. Sadly, this can be expensive and not everyone is able to purchase it. Pure honey can also be hard to come by.

In any case, (excessive) tea is harmful to the kidneys. Whoever does not have a habit of drinking it should not start and prevent any issues from the root.¹

Q: What do you say about excessive consumption of tea?

A: If there is a need, a small amount of tea should be drunk. It is drunk based on misgivings at *sahūr* time about developing a headache if not consumed. I am not accustomed to drinking tea at that time; only every now and then.

I have a routine of drinking tea on two occasions. First after *iftār*, so I may gain energy for *tarāwīḥ* and not feel sleepy, and the second time after 'Ishā' prayer, when I head to the Madani Muzakarah.

Some people drink tea in large mugs and then say, "I have developed diabetes." If this will not bring on diabetes, what will

¹ Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 2, p. 118

it do? Tea should be enjoyed in small amounts, as excessive quantities [can] damage the kidneys.

Imam Aḥmad Razā Khān رَحْمَةُ اللهِ عَلَيْهِ mentions the same.¹

My advice to those that do not have a habit of drinking tea is not to form one.

(At this point, Haji Amin Attari said:) In yesterday's Madani Muzakarah, you advised not to consume tea at *suḥūr*, and a brother mentioned, "I used to have an urge to get up and urinate at night. When I stopped drinking tea at night, **أَلْحَبَدُ لِلَّهِ**, I realised my problem had been resolved."²

Q: Somebody told me the bowl you drink tea from is also large. Is this true?

A: It is large. Yet, look inside and you will see how full it gets. The bowl is big, but it is nowhere near filled.

I tried to give up tea a few times, even attempting to replace it with warm water. I was unable to do so, as if I do not drink tea, my head begins to hurt.

¹ Malfūzāt-i-Ālā Hazrat, p. 215

² Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 6, p. 347

May Allah Almighty make it so that my tea-drinking habit comes to an end and I have no desire for it, as at my age, precaution is even more necessary.

اَلْحَمْدُ لِلّٰهِ I drink tea with jaggery, and this is normally prepared in my home. If there is no jaggery available, tea with sugar comes my way, or if I go somewhere, I just drink whatever kind of tea is presented to me. Jaggery is good. White sugar is harmful and can be considered white poison.¹

White sugar is injurious to health

White sugar is used to make a host of dishes nowadays; despite having harmful effects on one's health. During Ramadan, new sweet foods are consumed. These are treats, but some cannot do without them. اَلْحَمْدُ لِلّٰهِ I try to avoid such dishes. Even if I do eat them, I take but a spoonful.

Today, I came across a dessert made with white sugar. I knew what it was made from, and due to this, I did not even look at it. Otherwise, I may have ended up taking some for myself.

As the proverb goes: *chītnā nar sadā sukhī* – “He who is careful remains happy.”

¹ Applicable to places where food hygiene standards are not duly followed.

Desserts are made with all forms of unknown substances¹ and made to look attractive. People then consume them and end up needing medical treatment afterwards.²

Q: You mentioned drinking tea with jaggery instead of white sugar. Brown sugar is also an option. Is this good or bad to consume?

A: If we are talking about actual, uncontaminated brown sugar, then there is no problem. The issue is when some use colourings to turn white sugar brown. This, in fact, is even worse for your health than normal white sugar.

This is nothing surprising. Brown sugar is expensive, and swindlers are cunning. When I began using this, my granddaughter said to me, “Grandad, this is expensive. How will we find pure brown sugar?” This point had also crossed my mind. Yet, it is not the case that it cannot be acquired at all. Upon searching, one will obtain it in pure form.

In any case, jaggery is better, but not the type which has been chemically cleaned just to appear appealing. Chemically prepared jaggery appears nice and sells more, whilst organic jaggery is better. Also, when you begin drinking jaggery tea, you

¹ Applicable to places where food hygiene standards are not duly followed.

² Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 6, p. 347

may not be used to it. Keep at it and a habit will form such that you will not even notice.¹

Q: Can diabetes develop due to consuming excessive jaggery?

A: Jaggery comprises of sugar too, so diabetics should avoid it.

Now, you'll find white sugar undergoes a chemical cleansing process. This is why nutritional experts highlight the harms of white sugar and benefits of jaggery. Sadly, even jaggery is now cleaned using chemicals and made to look visibly appealing. One should not consume this type.

Use organic jaggery if available. This has many benefits. Diabetics should only use it with a doctor's approval.²

Q: Nowadays, a person can develop diabetes almost without warning. Please give us some advice to prevent this happening. Also, does diabetes only occur due to eating sugary foods, or are there other causes?

A: There are many causes of diabetes. One of them is sugary food and *mithai*. We use white sugar a lot. Some drink tea with two-fold sugar added in, and on top of this, the tea cups, or should I say jugs, are very large. When sugar is added in large amounts, the drink no longer remains tea, but becomes a sweet syrup.

¹ Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 6, p. 349

² Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 9, p. 136

Those who do this usually become diabetic and must endure great difficulty. Take care of your health and that of others. Do not drink tea that is this sweet. Likewise, those who eat *mithai* in large quantities should also be careful, as diabetes can develop without a noticeable warning.

Diabetes also afflicts those who sit during their work and do not find an opportunity to walk. Even if it is a case of a few steps to the masjid or office, they will take a motorcycle. Such people are more prone to develop blood sugar issues.

Those accustomed to eating large amounts of food are also susceptible to diabetes. Apart from sugary foods, other foodstuffs also contain sugar, such as rice.

Regarding rice, some experienced folk say, "If rice is boiled and the resulting water drained, it does not cause diabetes. In this way, other harmful substances are also removed from it." Normally, when biryani is made, rice is boiled and the water removed. Whenever one consumes boiled rice, it should be drained of water beforehand.

I do want to mention something. There are sweet foods that do not cause blood sugar issues. For example, [some] dieticians even claim eating mangos will not lead to diabetes. Although I am not diabetic, my experience is that mangoes do not spike one's blood sugar levels.

اَلْحَمْدُ لِلّٰهِ Mangoes are sweet. They contain natural substances

which prevent blood sugar spiking. This time round, I had three or four mangoes a day. By Allah's mercy, my sugar levels did not rise. I also had the same experience last year.

Despite this, I will not formally advise everybody to consume mangoes. If I do, everything will be pinned on me. It is possible you eat a mango after indulging in some *laddoo*¹, and your blood sugar spikes. Then you will say, "I heard on Madani Channel that we should eat mangoes. I did that, and now I am unwell."

Although your sugar spiked due to eating *laddoo* and not due to the mango, the latter will still be blamed. Whatever you choose to eat, please consult your doctor beforehand and do not blame me. It is possible they may stop you from eating mangoes altogether, depending on your health. Heed their words of advice. It will save you money.

Spiritual cure for diabetes

Dawat-e-Islami's Maktaba-tul-Madinah has published *Madani Treasure of Blessings*.²

¹ A ball-shaped sweet originating from the Indian subcontinent made from various ingredients like flour and sugar syrup or jaggery.

² *Madani Treasure of Blessings* is a book compiled by Mawlana Ilyas Attar al-Qadiri. It is a collection of Quranic chapters, supplications, *salāt* upon the beloved Prophet ﷺ, and spiritual and medical cures. It is a beneficial addition to every home and can be purchased from Maktaba-Tul-Madinah.

In this, a cure for diabetes is mentioned in the form of this Quranic verse:

وَقُلْ رَبِّ ادْخِلْنِيْ مُدْخَلَ صِدْقِيْ وَاَخْرِجْنِيْ مَخْرَجَ صِدْقِيْ وَاَجْعَلْ لِّيْ مِنْ لَّدُنْكَ سُلْطٰنًا

تَّصِيْرًا ﴿٨٠﴾

‘Dear Beloved Prophet, ’ Say, “O my Lord! Cause me to enter in an excellent manner and cause me to leave in an excellent manner, and create for me prevailing assistance from Your Court.”¹

Recite this Quranic supplication three times morning and evening, preceded and followed by *ṣalāt* upon the beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ three times. Then, blow onto water and drink it. Continue this practice until you are cured.²

Listen to the [Islamic] definition of morning and evening as well. After half the night has passed until the first light of the Sun shines; this is morning. The start of *Zuhr* until sunset is evening.³

Whichever litanies are read in these times will be considered as

¹ Al-Quran, Banī Isrā’īl, verse 80; translation from *Kanz al-‘Irfān*

² *Madani Treasure of Blessings*, p. 210

³ *Al-Wazīfat al-Karīmah*, p. 12

read during morning and evening respectively.¹

Q: Is it Sunnah to have something sweet in the middle of a meal?

A: Across the world, it is famously considered a must for there to be dessert with food. It is customary to eat this at the end of a meal.

It is better to have something sweet on an empty stomach, as this benefits one's eyesight. This is why dates are consumed first at *iftār*.

A part of the body is triggered only by sweet food. For this reason, something sweet should be consumed during a meal.

Consuming something sweet during the meal does not entail one eating the same amount of savoury food before and after. This would be difficult and against the intended goal.

If one wishes to eat something sweet during the meal, they can precede this with a pinch of salt or a small bite of savoury food. After consuming the sweet dish, they can then eat something

¹ Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 10, p. 27

savoury again. This will be considered as having eaten something sweet in the middle of one's meal.¹

Q: Some vendors repeatedly use the same oil when making *jalebi*², whilst it is injurious to health after three or four uses. How is it to do this?

A: Medical research shows the oil used to fry something is no longer suitable for consumption after one use.

Yet, those who make *jalebi* use the oil over and over. If oil must be reused again, strain it thoroughly and store it in a fridge beforehand, to limit any possible harms.

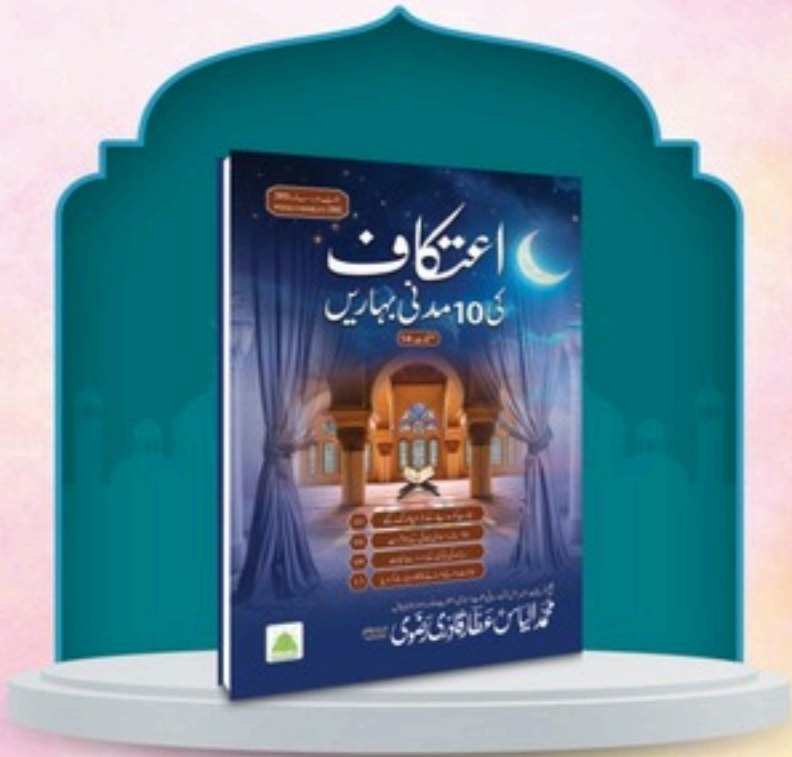
In any case, it cannot be said from the perspective of Islamic law that due to one medical paper, all oil should be thrown away, as there are monumental amounts of oil used like this daily.³

¹ The Sunnah is to consume salt or something savoury at the start and end of the meal, as this removes 70 illnesses. (Radd al-Muḥtār, vol. 9, p. 562)

² A spiral-shaped dessert from South Asia made from fermented batter that is deep-fried and then soaked in sugar syrup.

³ Malfūzāt Amīr-i-Ahl-i-Sunnat, vol. 1, p. 506

Next Weekly Booklet



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