

Food and Eating

The Sunnah etiquettes of eating:

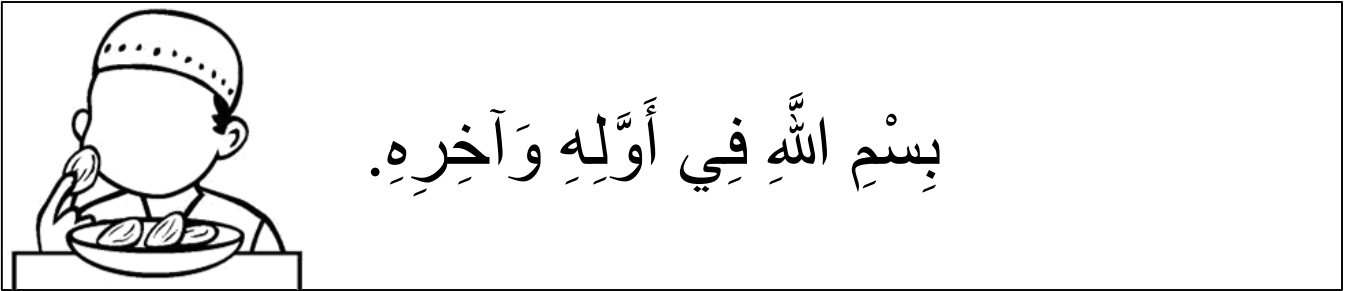
- 1) Wash the hands before eating.
- 2) Eat with the intention that you derive energy and strength through the food to do good deeds.
- 3) Say the dua before eating.
- 4) Eat while sitting.
- 5) Eat with your right hand.
- 6) Eat from the food nearest to you.
- 7) Do not blow into the food.
- 8) Do not criticize the food.
- 9) Do not waste food.
- 10) If some food falls from the plate, pick it up, clean it, say bismillah, and eat it.
- 11) Eat in company whenever possible.
- 12) Do not fill up your tummy, only one third of your stomach is for food, a third for drinks, and the last third for the air
- 13) Say the dua after eating.
- 14) Say the dua for the one who provided food for you.
- 15) Wash the hands after eating.

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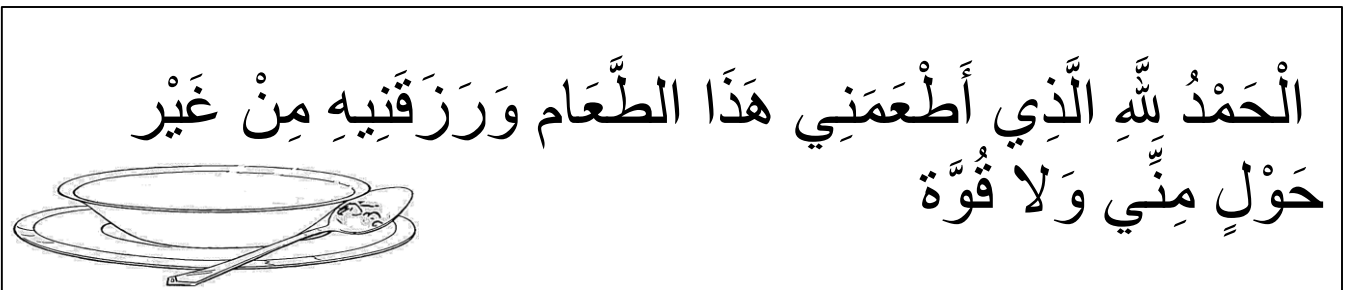
دُعَاءُ قَبْلَ الْأَكْلِ:



فَإِنْ نَسِيَ فِي أَوَّلِهِ فَلْيَقُلْ:



دُعَاءُ بَعْدَ الْأَكْلِ:



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Du‘aa’ qabl al’akl: **Duaa before eating:**

Bism Illah. Allahumma barik lanaa feemaa razaqtanaa wa qinaa ‘athaab annaar.

In the name of God, O’Allah increase what you bestowed upon us, and prevent us from the torture of the hellfire.

Fa’izaa nasiya fee awwalihi falyaqul: **If he forgets at its beginning (before eating), he should say:**

Bism illahi fee awwalihi wa aakhirihi.

In the name of God, at its beginning and at its end.

Du‘aa’ ba‘da al’akl: **Dua after eating:**

Alḥamdu lillaahi allathee at‘amanee hathaa atta‘aam wa razaqanehi min ghayri ḥawlin minnee wa laa quwwah.

Thanks God Who fed me this food and provided it for me without any will or power from myself.