

## 20 Sunnan of Eating

1. Say Bismillah
2. Eat with your right hand
3. Eat that nearest to you

*I was a boy [Umar Ibn Abi Salamah] under the care of Allah's Messenger ﷺ and my hand used to go around the dish while I was eating. So, Allah's Messenger said ﷺ to me: "Oh boy! **Mention the Name of Allah and eat with your right hand and eat of the dish what is nearer to you.**" Since then I have applied those instructions when eating. [Bukhari and Muslim]*

### 4. Eat on the floor

*"I eat just as the slave eats, and I sit just as the slave sits." [Abu Ya'la]. There are two sunnah postures of sitting while eating (i) as one sits in salah [Ibn Majah] and (ii) as one sits in salah with the right leg raised [Al Shamaail li Abi al Hasan al Muqri].*

### 5. Eat with three fingers

*"The Messenger of Allah ﷺ used to eat with three fingers and lick his hand before he wiped it." [Sahih Muslim]*

### 6. Eat together

*I heard my father say: "I heard 'Umar bin Khattab say: The Messenger of Allah ﷺ said, "Eat together and do not eat separately, for the blessing is in being together." [Sunan Ibn Majah]*

### 7. Drink whilst sitting

*"The Messenger of Allah ﷺ reprimanded us for drinking while standing" [Muslim]*

### 8. Don't drink straight from the bottle

*"The Messenger of Allah ﷺ prohibited drinking directly out of the mouth of a water-skin." [Sahih Al-Bukhari and Muslim]*

### 9. Drink in three sips

*"The Messenger of Allah ﷺ used to breathe three times in the course of a drink." i.e. he used to drink in three gulps as opposed to one big one. [Bukhari and Muslim]*

### 10. Don't blow in to drink/food

*"The Messenger of Allah ﷺ prohibited us from breathing into the drinking vessel or blowing onto. [Bukhari and Muslim]*

### 11. Don't eat whilst laying

*The Messenger of Allah ﷺ said, "I do not eat whilst reclining on a pillow." [Sahih Bukhari] Some scholars interpret this as sitting in a comfortable and relaxed manner.*

### 12. Don't overeat

*The Messenger of Allah ﷺ said, "The human does not fill any container that is worse than his stomach. It is sufficient for the son of Adam to eat what will support his back. If this is not possible, then a third for food, a third for drink, and third for his breath." [Al-Tirmidhi]*

### 13. Don't criticise food

### 14. Compliment tasty food

*"The Prophet ﷺ did not criticise any food ever. If he desired the food, he would eat it and if he disliked it, he would leave it." [Bukhari and Muslim]*

*Al-Nawawi said: Part of the confirmed etiquette of food is not to criticize it such as saying it is too salty, or too sour, or not salty enough, or thick, or thin, or not well-cooked, etc. Ibn Battaal said: This is part of good manners, because a person may not like food that others like, but there is nothing wrong with eating anything that is permitted in sharee'ah.*

*The Prophet ﷺ asked for sauce and was told that there was nothing except vinegar. He asked for it and began to eat from it saying, "How excellent is vinegar when eaten as a condiment! How excellent is vinegar when eaten as a condiment!" [Muslim]*

### 15. Don't discard food.

*I heard Allah's Apostle ﷺ as saying: "The Satan is present with any one of you in everything he does; he is present even when he eats food; so if any one of you drops a mouthful he should remove away anything filthy on it and eat it and not leave for the devil; and when he finishes (food) he should lick his fingers, for he does not know in what portion of his food the blessing lies." [Muslim]*

### 16. Wipe the dish

*"(The Prophet) commanded us to wipe our plates". [Muslim]*

### 17. Lick your fingers

*"He should not wipe his hand with a tissue until he licks his fingers, for he does not know in which part of his food is the blessing". [Muslim]*

### 18. Break the fast with Dates

*"The Messenger of Allah ﷺ used to break his fast with fresh dates before praying; if there were no (fresh dates) then with dry dates, and if there were no (dry dates) then he would take a few sips of water." [Abu Dawood and Tirmidhi]*

### 19. Share food

*The Messenger of Allah ﷺ said "He is not a believer who eats to his fill, but his neighbour goes without food." [Bukhari]*

### 20. Dua' after eating

*When the Messenger of Allah ﷺ ate or drank anything, he would say,*

الْحَمْدُ لِلَّهِ الَّذِي اطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

*'Alhamdulillahil ladhi at'amana, wasaqana, waj'alna min-al Muslimeen'*

*Praise be to Allah Who has given us food and drink and made us Muslims [Abu Dawood]*