

Eating in Islam

**Something as basic as *eating*
becomes *worship* when approached
The Islamic Way.**



The Qur'an also warns against wasting of food: *"And eat and drink, but waste not. Truly Allah dislikes Al-Musrifun* [those who waste by extravagance]."*"* [7:31]

Muslims are advised against leaving food on a plate [to be thrown away] since one does not know which portion is blessed. Therefore, **one should not put more food on one's plate than one is likely to eat.** [Muslim]

Muslims should avoid criticizing food as it is sustenance from Allah The Merciful. The Prophet [pbuh] never expressed his dislike of a food. If he liked it, he ate it. If he disliked it, he set it aside. [Bukhari & Muslim]

Muslims are discouraged from using cups, plates and cutlery made of gold or silver.

Such displays of one's wealth are contrary to the spirit of humility encouraged in Islam.

Eating with one's right hand, sitting in a posture of humility (and not sit reclining) and sitting while eating or drinking are amongst the traditions of the Prophet (pbuh).

Muslims end their eating by praising Allah [*Alhamdulillah*] *"Who fed us, provided us drink, and made us Muslims"*. [Muslim].

Something as basic as eating becomes worship when approached the Islamic way.

Eating in the Islamic way is an integral part of striving to live a holistic Islamic life-style.

There is certainly a lot of meat in describing Islam as the way of good and healthy life!

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With The Name of Allah,
The Intensely Merciful, The Eternally Merciful

Eating in Islam

Eat of the pure things and do good deeds.
[The Qur'an 23:51]

I am a slave of Allah. I eat as a slave eats.
[Prophet Muhammad, peace be upon him]

In Islam, one does not eat to fulfil
a physical need or for pleasure.

One eats to support the body to worship
Allah and live in The Straight Path of Islam.

In Islam, food is a blessing [*barakah*],
a gift and sustenance from Allah
“*Who feeds and is never fed.*” [Bukhari]

Before beginning to eat, a Muslim
invokes the Name of Allah [*Bismillah*]
to acknowledge Him as The Provider
and seek His blessings over the food.

Saying *Bismillah* also reminds the Muslim
of the divine guidelines relating to food,
affirms one's eating as an act of worship,
and repels Satan from 'taking'
a share of the food. [Muslim]

When **eating** becomes an **act of worship**,
one will be **less wasteful, eat in moderation**
and **think of others in need of food**.

Halal (permitted) and *haram* (forbidden)
are the two main guiding concepts for
a Muslim in every aspect of his/her life.

Among the conditions of **halal** food are
clean, pure, safe and lawfully acquired.

Discussions about *haram* food are mostly
about pork. The prohibition of pork is
mentioned in The Qur'an [5:3] and the Bible
[Leviticus, chapter 11, verses 7 and 8]

Muslims don't eat pork because they know
that Allah's command is from His Mercy to
protect His creation from harm. Knowing the
reason behind the command is secondary.

A Muslim can eat prohibited food if it is
the only food available to save his life.

A Muslim is encouraged to eat with
at least another sharing his/her food as
there is blessing in eating in company.

A Muslim is discouraged from being in
the company of those consuming prohibited
food [for example, intoxicants] as it may
give the impression to others that he/she
is approving their act of sin. [Tirmidhi]

Islam does not encourage vegetarianism
or make the eating of meat obligatory.
The rule is that the *halal* food consumed
must be 'wholesome' [2:168] or balanced.

Moderation is another key guiding principle
for a Muslim in all his affairs [25:67].

Moderation in eating is a characteristic of
the Believer who “*eats in one stomach
while the disbeliever eats in seven.*”
[Bukhari & Muslim]

“*No man fills a container worse than his
stomach. A few mouthfuls to keep one's
back upright is enough. But if he must eat
more, then he should fill one-third [of his
stomach] with food, one-third with drink and
leave one-third for easy breathing.*” [Ahmad]