

## SOME SUNNATS OF EATING

1. Spread out a cloth on the floor (to lay the food on.) (Bukhari)
2. Wash both hands upto the wrists. (Tirmidhi)
3. Recite **بِسْمِ اللَّهِ** aloud. (Bukhari, Muslim- Shami, Vol.5)
4. Eat with the right hand. (Bukhari, Muslim)
5. The one who is most pious or senior from those eating should be made to commence eating first. (Muslim- Vol.2 pg. 171)
6. If only one type of food is in the utensil, eat from the side in front of you. (Bukhari, Muslim)
7. If a morsel falls, pick it up, clean it and eat it. (Muslim)
8. Do not lean and eat. (Bukhari, Abu Dawood)
9. Do not find fault with the food.(Bukhari, Muslim)
10. Remove the shoes while eating. ( Mishkaat)
11. When eating, sit either with both knees raised and the posterior on the ground or by raising one knee and keeping the other on the ground. A third posture is to sit with both knees on the ground ( as in the position of Qa'dah) and lean forward to eat. ( Mirqaat - commentary of Mishkaat)
12. Clean the plate and other eating utensils thoroughly after eating. The utensils will then make dua for one's forgiveness. (Ibne Majah)
13. To lick the fingers after eating. (Muslim)
14. Recite this dua after eating.

**الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ**

(Tirmidhi, Abu Dawood, Ibne Majah)

Trans: All praise is due to Allah who has granted us food and drink and has made us Muslims.

15. First remove the cloth, then get up. (Ibne Majah)
16. Recite this dua while picking up the cloth.

**الْحَمْدُ لِلَّهِ حَمْدٌ كَثِيرٌ طَيِّبٌ مُبَارَكٌ كَمَا فِيهِ غَيْرٌ  
مَكْفِيٍّ وَلَا مُودِّعٍ وَلَا مُسْتَعْنَى عَنْهُ رَبَّنَا**

(Bukhari)

Trans: All praise is due to Allah, such praise which is pure, full of blessings. O our Sustainer, we are not clearing away this food due to regarding it as sufficient (that we do not require anything more from you), nor in the manner of abandoning it, nor do we regard ourselves as not being in need of it.

17. Wash both hands. (Tirmidhi , Abu Dawood)
18. Gargle the mouth. (Bukhari)

19. If you forget to recite **بِسْمِ اللَّهِ** at the beginning, recite **بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ**  
(Tirmidhi , Abu Dawood)

20. When invited to partake of meals by someone, make this Dua for the host:

**اللَّهُمَّ اطْعِمْ مَنْ اطْعَمَنِي وَاسْقِ مَنْ سَقَانِي** (Muslim)

Trans: O Allah feed the one who fed me and grant him drink who gave me to drink.

21. It is Sunnat to partake of some vinegar. That house in which vinegar is found will not be regarded as empty of gravy. (Ibne Majah)
22. If a person uses only wheat (to make his bread), he should also add a little barley so as to get the Thawaab (reward) of acting on a Sunnat.
23. To eat meat is Sunnat. It is reported in a Hadith that the most superior food of this world and the hereafter is meat. (Jaamia Sageer - Vol.2, pg. 34)
24. To accept the invitation of one's fellow Muslim is a Sunnat. (Abu Dawood) However if (the major portion of) his income is from interest, bribery or any other haraam source, then his invitation should not be accepted.
25. It is Sunnat to give food to the family of the deceased. (Ibne Majah)