

# 10 Sunnats of Eating and Drinking

## 10 Sunnats of Eating

1. To wash both the hands before and after meals. (Sunan Abu Dawud, Hadith: 3755)
2. To sit on the floor (Sahih Bukhari, Hadith: 5386)
3. To sit in one of the following three postures;
  - 3.1. In the Tashahud position (like in Salah) (Fathul Bari, Hadith: 5399).
  - 3.2. Same as above with the right knee raised, (Ibid; Takhrijul Ihyaa, Hadith: 1304) and
  - 3.3 In the squatting posture (Sahih Muslim, Hadith: 5299).
4. To eat with the fingers (thumb, index and middle fingers). (Sahih Muslim, Hadith: 5265 and Majma'uz Zawaid)
5. To take the name of Allah before eating. (Sahih Bukhari, Hadith: 5376)
6. To eat with the right hand. (Sahih Bukhari, Hadith: 5376)
7. To eat from the closest part of the plate and not from the middle. (Sahih Bukhari, Hadith: 5376)
8. As far as possible, to eat collectively from one plate. (Ibn Kathir Surah 24, Aayat 61; Sunan Ibn Majah, Hadith: 3287)
9. To clean every bit of food left on the plate and to lick the fingers before washing them. (Sahih Muslim, Hadith: 5268)
10. To recite the various Masnun du'as after meals. One of them is, 'Alhamdulillahil ladhiy at'amana wa saqana wa ja'alana muslimin'. (Sunan Abi Dawud)

## 10 Sunnats of Drinking

1. To sit and drink. (Sahih Bukhari, Hadith: 6452 and Sahih Muslim, Hadith: 5242, 5247). Zamzam water and left over water in the utensil used for wudu are excluded from this.
2. To drink with the right hand. (Sahih Bukhari, Hadith: 5380; Sahih Muslim, Hadith: 5233)
3. To take 3 sips (or more in odd numbers). (Sahih Bukhari, Hadith: 5631; Sahih Muslim, Hadith: 5255)
4. To say Bismillah before drinking. (Sahih Bukhari and Al Azkaar; Fathul Bari vol. 10 pg. 117)
5. To say Alhamdulillah after drinking. (Ibnus Sunni, Hadith: 472; Majma'uz Zawaid vol.5 pg.81; Sunan Tirmidhi, Hadith: 1885; Fathul Bari vol. 10 pg. 117 Hadith: 5631)
6. If there are several people who are going to share the drink, it should be given to the one on the right. (Sahih Bukhari, Hadith: 5612; Sahih Muslim, Hadith: 5257)
7. The one who is distributing the water (or food) should himself drink after everyone. (Sunan Tirmidhi, Hadith: 1894)
8. To recite the following Du'a after drinking, 'Alhamdulillahil ladhiy at'ama wa saqa, wa sawwaghahu wa ja'ala lahu makhraja.' (Sunan Abi Dawud, Hadith: 3847). This Du'a could also be recited after eating. (Ibid)
9. One may also recite: Alhamdulillahil ladhy saqani 'adhban furatan bi rahmatihi wa lam yaj'alhu milhan ujakan bi dhunubi. (Ibnus Sunni and Tabarani)
10. After drinking milk to recite 'Allahumma barik lana fihi wa zidna minhu'. (Sunan Abi Dawud, Hadith: 3723; Sunan Tirmidhi, Hadith: 3455; Ibnus Sunni Hadith 474).



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