

Eating & Drinking the Sunnah Way



Sunnah habits the Prophet (peace be upon him) taught us!

When we eat

- Say Bismillah**
It means "In the name of Allah."
Al-Bukhari 5376
- Right hand**
We eat and drink with our right hand.
Muslim 2020
- Food in front**
Eat from the side that's near you.
Al-Bukhari 5376
- Be kind to food**
Don't like it? Leave it, no "yuck!"
Al-Bukhari 5409

When we drink

- Sit to drink**
We sit down nicely when we drink.
Muslim 2024
- Three sips**
Breathe outside the cup between sips.
Muslim 2028
- No blowing**
Let it cool. Don't blow in the cup.
Abu Dawud 3728
- Alhamdulillah!**
All done? "All praise is for Allah!"
Muslim 2734

