



# Etiquette of Eating



## Before Eating

﴿ بِسْمِ اللّٰهِ وَعَلَىٰ بَرَكَاتِهِ ﴾

"In the name of Allah ﷻ and upon the blessings of Allah ﷻ."  
(Hisne-Haseen)

- You should wash both hands up to the wrists.
- Always eat with your right hand.
- Eat from the side that is in front of you, should not eat very hot food.
- Should sit and eat.
- Don't make noises with your mouth when eating.
- Do not eat very quickly and chew the food well.
- Do not find fault with the food.
- There are a lot of blessings in eating together.

## When Forgetting to recite du'a before Eating

﴿ بِسْمِ اللّٰهِ أَوَّلَهُ وَآخِرَهُ ﴾

"In the name of Allah ﷻ in the beginning and the end."  
(Abu-Dawud)

## After Eating

﴿ الْحَمْدُ لِلّٰهِ الَّذِي أَطْعَمَنَا وَسَقَانَا

وَجَعَلَنَا مِنَ الْمُسْلِمِينَ ﴾

"All praise be to Allah ﷻ who gave us food and drink and made us Muslims." (Tirmidhi)

- Clean the plate and other utensils thoroughly after eating...
- Always lick your fingers. If there is any gravy left over on the plate, clean it as well.
- Wash your hands after eating. Gargle your mouth as well.

## When Eating elsewhere

﴿ اَللّٰهُمَّ اَطْعِمْ مَنْ اَطْعَمَنِيْ وَاسْقِ مَنْ سَقَانِيْ ﴾

"Our Lord! feed him who fed me and provide with drink him who provide me with drink." (Muslim)