## Normal 0 false false EN-ZA X-NONE X-NONE

/\* Style Definitions \*/ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-parent:""; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin-top:0in; mso-para-margin-right:3.7pt; mso-para-margin-bottom:10.0pt; mso-para-margin-left:0in; text-align:right; line-height:115%; mso-pagination:widow-orphan; font-size:11.0pt; font-family:"Calibri", "sans-serif"; mso-ascii-font-family:Calibri; mso-ascii-theme-font:minor-latin; mso-hansi-font-family:Calibri; mso-hansi-theme-font:minor-latin; mso-ansi-language:EN-ZA;}

Q: 176 ? Title: Is it Sunnah to taste a tip of salt before a meal , I was told that Prophet Muhammad (Salalahualaiwasalam) had a habit of tasting a tip of salt before meal...

Question

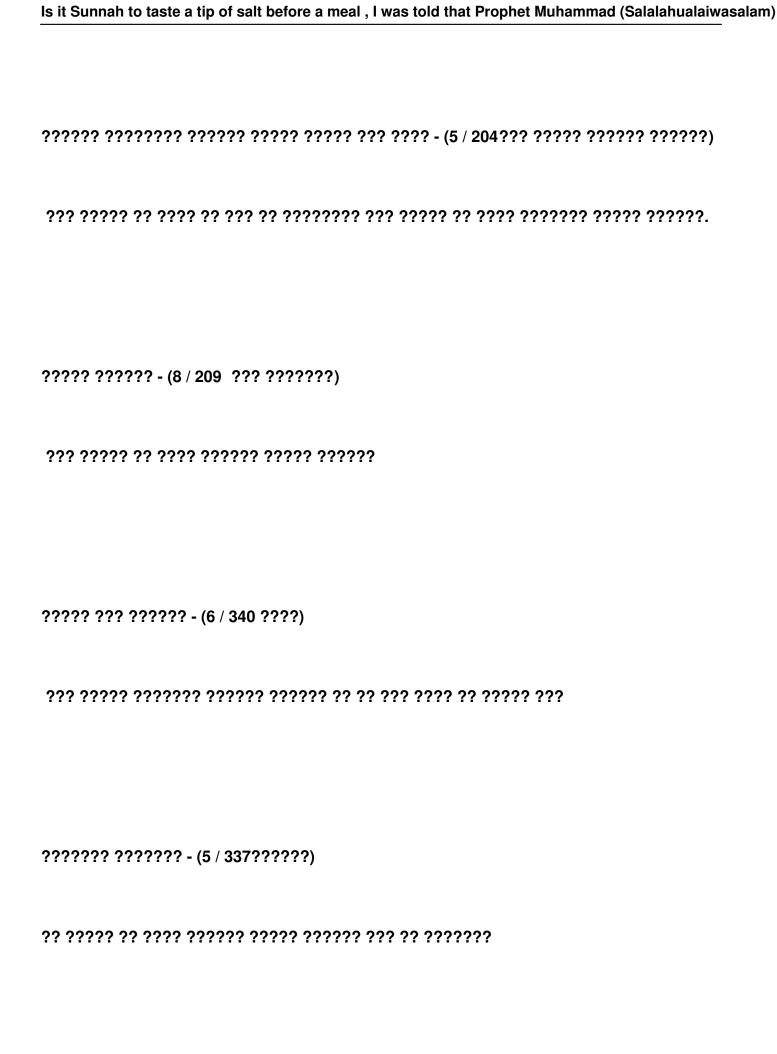
Is it Sunnah to taste a tip of salt before a meal , I was told that Prophet Muhammad (Salalahualaiwasalam) had a habit of tasting a tip of salt before meal, but another inofrmtion says that there is no authenticate hadith on the taste of salt but there are hadith to start with sweet before a meal , I have mix of informations and if it confirmed to taste salt before a meal what is the significiant of such act

Answer

In the name of Allah, Most Gracious, Most Merciful

## Assalaamu `alaykum waRahmatullahi Wabarakatuh

Our illustrious Fuqaha have ruled that it is Sunnah to commence and conclude ones meals with salt. Furthermore, there are numerous medical benefits in commencing ones meal with salt.



??????? ????????- (18/ 70 ???????)

????? ???????- (4/ 112????? ??? ?????? ????????)

As for having something sweet before a meal we have not found anything in the books of our Fuqaha. However, there is a narration in Sunan at-Tirmidhi wherein it is mentioned that Abu Haytham al-Ansari (May Allah Ta'ala be pleased with him) presented dates to the Prophet ??? ???? ???? ????

before meals. This establishes the eating f something sweet before meals.

??? ??????? - (7 / 46 ??? ????? ?????? ?????? ? ?????(

??? ??? ???? ??? ???? ??? ????

And Allah knows best

Wassalam u Alaikum

Darul Iftaa, Madrassah In'aamiyyah