

Normal 0 false 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.

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

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And Allah knows best

Wassalam u Alaikum

Darul Iftaa, Madrassah In'aamiyyah