

If someone gives us food we say:

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي ، وَاسْقِ مَنْ سَقَانِي

O Allah, feed the one who has fed me and grant drink to the one who has given me drink.



When we finish our food we say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

All praise belongs to Allah Who fed us and quenched our thirst and made us Muslims.



Before we eat or drink we say:

بِسْمِ اللَّهِ
In the name of Allah!

And if we forget we say:

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ
In the name of Allah we begin
and we end.

When we drink
milk we say:

اللَّهُمَّ بَارِكْ لَنَا
فِيهِ وَزِدْنَا مِنْهُ

“O Allah, bless it
for us and give
us more of it.”



When we eat we remember what the Prophet ﷺ said:

لَا تَأْكُلُوا بِالشَّمَالِ فَإِنَّ الشَّيْطَانَ يَأْكُلُ بِالشَّمَالِ

“Do not eat with your left hand, for Satan
eats with his left hand.”