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Food And Sustenance

الطّعام والقوت-Food and sustenance

1. Food is eaten and shared with three groups [in three situations]: alongside brothers with happiness, alongside the poor with selflessness and alongside the children of this world with magnanimity.

2. How bad a food the forbidden [food] is!

3. How bad a sustenance consuming the wealth of orphans is!

4. Few are those who increase their consumption of food and don't fall ill [because of it].

5. Seldom does one increase his consumption of excess foods without getting afflicted by sicknesses.

6. Eating less food is more honorable for the soul and makes good health last longer.

7. Eat citron before food and after it as the progeny of Muhammad (s) do this.

8. Whoever eats less, his aches [and ailments] are reduced.

9. Whoever consumes less, [the burden of] his sustenance is lightened.

10. One who sows in himself the love of different types of food, reaps the fruit of a variety of maladies.

11. Decrease your [consumption of] food and your ailments will reduce.

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