

Supplication before eating

‘When you are about to eat, you should say:

بِسْمِ اللّٰهِ

Bismil-lah

**...and if you forget to say it before starting,
then you should say (when you remember):**

بِسْمِ اللّٰهِ فِيْ أَوَّلِهِ وَآخِرِهِ

Bismil-lahi fee awwalihi wa-akhirih.

**‘In the name of Allah in it’s beginning and
end.’**

‘Whomever Allah feeds, should say:

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ

**Allahumma barik lana feehi wa-
atimna khayran minh.**

**‘O Allah, bless it for us and feed us better
than it.’**

**...and whomever Allah gives milk to drink
should say:**

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

**Allahumma barik lana feehi wazidna
minh**

‘O Allah, bless it for us and give us more of it.’