

Month by Month Food Guide

Mamum Rashid asked Imam Ali Ar-Ridha (pbuh) to write him a treatise on what to consume to ensure a healthy life. Amongst other things Imam recommended the following guidelines:

January	February	March
<ul style="list-style-type: none"> ✓ Drink lukewarm water daily in the morning. ✓ Eat green vegetable, mints etc ✗ Do not eat fish or drink milk 	<ul style="list-style-type: none"> ✓ Eat fowls, birds, garlic and dry fruits ✓ Use less sugar 	<ul style="list-style-type: none"> ✓ Eat tender, digestible food ✓ Take meat and half boiled eggs ✗ Avoid onions, garlic and food containing sour ingredients
April	May	June
<ul style="list-style-type: none"> ✓ Barbeques, fries, fish and fowl along with vinegars ✗ Do not drink water in the morning when the stomach is empty 	<ul style="list-style-type: none"> ✗ Do not eat meat that is hard to digest (jaw – meat, tongue, beef) and salty foods ✗ Do not exert your body physically if your stomach is empty 	<ul style="list-style-type: none"> ✓ Eat fresh vegetables, cucumber, cabbage, lettuce and as many leaf vegetable and juicy fruits as possible ✓ Tender goat meat, fowl, partridge, quail, fresh fish and milk are good for building strength
July	August	September
<ul style="list-style-type: none"> ✓ Eat fresh tender food containing cooling ingredients ✓ Eat foods which are mild, juicy and easily digestible 	<ul style="list-style-type: none"> ✓ Take yoghurt, curd and similar milk products 	<ul style="list-style-type: none"> ✓ Increase sugar in food ✓ Eat tender meat ✗ Beef, and spicy rice cooked in oils or fat are harmful ✗ Do not eat watermelons and cucumbers
October	November	December
<ul style="list-style-type: none"> ✓ Eat spicy and greasy food, pomegranates (sweet or sour), but eat fruits after the meals. ✗ Drink less water ✗ Avoid oral medication 	<ul style="list-style-type: none"> ✓ Every morning, drink one mouthful of lukewarm water before eating ✗ Avoid mints ✗ Do not drink water after sunset 	<ul style="list-style-type: none"> ✓ Follow instructions for November ✓ Eat high caloric food. ✗ Do not eat food containing cooling ingredients

