

# Month by Month Food Guide



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

