

FOODS RECOMMENDED BY OUR HOLY PROPHET MUHAMMAD (PBUH)



Dates

date is a food of high nutritional value and supplies energy and repairs our body



Figs

Eat figs for constipation and to stop hair loss



Cucumber

God has invested cures for all diseases in cucumbers



Honey

To cure a cough drink onion juice and honey



Olive oil

Use olive oil in your food and massage it to your body for it is from a blessed tree



Vinegar

Vinegar was part of the diet of all the Ambiya



Water

Recite Bismillah before drinking water



Apples

Eating apples refreshes the digestive system



Pears

Purifies the heart and alleviate its troubles



Grapes

One of the most valuable fruits highly nutritious and easily digestible



Pomegranate

Helps digestion and if eaten first thing in the morning on Friday it provides enlightenment



Raisins

Eating 21 red raisins every day on an empty stomach keeps diseases away