

MONTH BY MONTH FOOD GUIDE

Ma'mun 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, mint, etc. ✗ Do not eat fish or drink milk. 	<ul style="list-style-type: none"> ✓ Eat fowls, birds, garlic and dry fruit. ✓ Use less sugar. ✓ Try and do body building exercises 	<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, 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 other leafy vegetables and juicy fruits. ✓ 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 and sour), but eat fruit after 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 calorific food. ✗ Do not eat food containing cooling ingredients.

