



Food Permissible and Forbidden in AlQuran

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

AlBaqarah 2

AlBaqarah 2:168,172 Eat what is Lawful and Tayyab Food

168. O mankind, eat of that which is lawful (and) good on the earth, and do not follow the footsteps of the devil. Indeed, he is an open enemy to you.

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا ۚ وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُّبِينٌ

172. O those who believe, eat of the good things which We have provided you, and be grateful to Allah if it is (indeed) Him you worship.

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ

AlBaqarah 2:173 What is forbidden to eat as Food

173. He has forbidden to you only carrion, and blood, and flesh of swine, and that which has been immolated to other than Allah. So whoever is forced by necessity, without willful disobedience, nor transgressing, then it is no sin for him. Truly, Allah is Oft Forgiving, Most Merciful.

إِذَا مَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَحُمَ الْخِنْزِيرِ وَمَا أَهْلَ بِهِ لغيرِ اللَّهِ فَمَن اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَلَا إِثْمَ عَلَيْهِ إِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ

AlMaida 5

AlMaida 5:1,3,4 What Food is forbidden to eat and when

1. O those who believe, fulfill (your) obligations. Lawful for you are the animals of grazing livestock, except that which is recited to you (in Quran), hunting not being allowed while you are in Ihram (pilgrimage). Indeed, Allah ordains that which He intends.

يَا أَيُّهَا الَّذِينَ آمَنُوا أَوْفُوا بِالْعُقُودِ ۗ أُحِلَّتْ لَكُمْ بِهِيْمَةُ الْأَنْعَامِ إِلَّا مَا يُتْلَىٰ عَلَيْكُمْ غَيْرِ مُحِلِّي الصَّيْدِ وَأَنتُمْ حُرْمٌ ۗ إِنَّ اللَّهَ يَجْزِيكُم مَّا يُرِيدُ

3. Forbidden to you are carrion, and blood, and the flesh of swine, and that which has been slaughtered for other than Allah, and (the animals) killed by strangling, and killed by a violent blow, and died of falling, and killed by (the goring of) horns, and that which has been eaten by a wild animal, except that which you slaughter (before its death), and that which has been sacrificed on stone altars, and that you seek luck by the divining arrows. That is abomination. This day those who disbelieve are despaired of your religion, so do not fear them, and fear Me. This day I have perfected for you your religion, and completed upon you My favor, and have chosen for you AllIslam as religion. So he who is forced by severe hunger, with no inclination to sin, then indeed, Allah is Oft Forgiving, Most Merciful.

حُرِّمَتْ عَلَيْكُمْ الْمَيْتَةُ وَالِدَّمُ وَالْحُمُ الْخَنِزِيرِ وَمَا
 أَهْلٌ لِغَيْرِ اللَّهِ بِهِ وَ الْمُنْخَنِقَةُ وَ الْمُوقُودَةُ
 وَ الْمُتَرَدِّيَّةُ وَ النَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا
 ذَكَّيْتُمْ^١ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا
 بِالْأَزْلَامِ^٢ ذَلِكَ فِسْقٌ الْيَوْمَ يَسِ الَّذِينَ كَفَرُوا
 مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنِ الْيَوْمَ أَكْمَلْتُ
 لَكُمْ دِينَكُمْ وَ أَتَمَّمْتُ عَلَيْكُمْ نِعْمَتِي وَ رَضِيْتُ
 لَكُمْ الْإِسْلَامَ دِينًا^٣ فَمَنْ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرِ
 مُتَجَانِفٍ لِإِثْمٍ^٤ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

4. They ask you (O Muhammad) what has been made lawful for them. Say: “Lawful for you are (all) good things. And that which you have trained of hunting animals as hounds (to catch), you teach them of what Allah has taught you. So eat of that which they catch for you, and mention Allah’s name upon it, and fear Allah. Indeed, Allah is swift in reckoning.”

يَسْأَلُونَكَ مَاذَا أُحِلَّ لَهُمْ قُلْ أُحِلَّ لَكُمْ الطَّيِّبُ^٥
 وَ مَا عَلَّمْتُمْ مِنَ الْجَوَارِحِ مُكَلِّبِينَ تُعَلِّمُونَهُنَّ مِمَّا
 عَلَّمَكُمُ اللَّهُ فُكُلُوا مِمَّا أَمْسَكَنَّ عَلَيْكُمْ وَاذْكُرُوا
 اسْمَ اللَّهِ عَلَيْهِ^٦ وَ اتَّقُوا اللَّهَ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ

AlMaida 5:5 Food of People of Book is lawful to eat

5. This day (all) good things have been made lawful for you. And the food of those who were given the Book is lawful for you, and your food is lawful for them. And the virtuous women from among the believers, and the virtuous women among those who were given the

الْيَوْمَ أُحِلَّ لَكُمْ الطَّيِّبُ وَ طَعَامُ الَّذِينَ
 أُوتُوا الْكِتَابَ حَلَلٌ لَكُمْ^٧ وَ طَعَامُكُمْ حَلَلٌ لَهُمْ^٨
 وَ الْمُحْصَنَاتُ مِنَ الْمُؤْمِنَاتِ وَ الْمُحْصَنَاتُ مِنَ الَّذِينَ

Book before you (are lawful to you in marriage), when you give them their bridal gifts, desiring chastity, not illegal sexual intercourse, nor taking as (secret) lovers. And whoever denies the faith, then indeed worthless is his work. And he, in the Hereafter, will be among the losers.

أَوْتُوا الْكِتَابَ مِنْ قَبْلِكُمْ إِذَا آتَيْتُمُوهُنَّ أَجُورَهُنَّ
مُحْصِنِينَ غَيْرَ مُسْفِحِينَ وَلَا مَتَّخِذِي أَخْدَانٍ وَمَنْ
يَكْفُرْ بِالْإِيمَانِ فَقَدْ حَبِطَ عَمَلُهُ وَهُوَ فِي الْآخِرَةِ
مِنَ الْخَاسِرِينَ

AlAnaam 6

AlAnaam 6:118,119 Eat all permissible Food when Allah's name is mentioned

118. So eat of that on which Allah's name has been mentioned, if you are believers in His revelations.

فَكُلُوا مِمَّا ذُكِرَ اسْمُ اللَّهِ عَلَيْهِ إِنْ كُنْتُمْ بِآيَاتِهِ مُؤْمِنِينَ

119. And what is it with you that you do not eat of that on which Allah's name has been mentioned, and indeed He has explained in detail to you what is forbidden to you, except that to which you are compelled. And indeed, many do lead (others) astray by their own desires without knowledge. Indeed, your Lord, He knows best of the transgressors.

وَمَا لَكُمْ أَلَّا تَأْكُلُوا مِمَّا ذُكِرَ اسْمُ اللَّهِ عَلَيْهِ وَ
قَدْ فَصَّلَ لَكُمْ مَا حَرَّمَ عَلَيْكُمْ إِلَّا مَا اضْطُرِرْتُمْ
إِلَيْهِ وَإِنَّ كَثِيرًا لَيُضِلُّونَ بِأَهْوَاءِهِمْ بِغَيْرِ عِلْمٍ
إِنَّ رَبَّكَ هُوَ أَعْلَمُ بِالْمُعْتَدِينَ

AlAnaam 6:121 Do not eat from that food upon which Allah's name is intentionally not mentioned

121. And do not eat of that on which Allah's name has not been mentioned, and for sure it is abomination. And indeed, the devils do inspire to their friends to dispute with you. And if you obey them, you would indeed be those who associate others (with Him).

وَلَا تَأْكُلُوا مِمَّا لَمْ يُذْكَرِ اسْمُ اللَّهِ عَلَيْهِ وَإِنَّهُ
لَفِسْقٌ وَإِنَّ الشَّيْطَانَ لِيُؤْخِذَ إِلَىٰ أَوْلِيَآئِهِمْ
لِيَجَادِلُوكُمْ وَإِنْ أَطَعْتُمُوهُمْ إِنَّكُمْ لَمُشْرِكُونَ

AlAnaam 6:121 All produce growing from earth are permissible to eat

141. And it is He who produces gardens trellised and non trellised, and the date palms, and crops of divers flavor, and the olive, and the pomegranate,

وَ هُوَ الَّذِي أَنشَأَ جَنَّتٍ مَّعْرُوشَةٍ وَغَيْرِ مَّعْرُوشَةٍ

resembling and yet different (in variety and taste). Eat of their fruit when they bear fruits, and pay its due on the day of its harvest, and waste not by excess. Indeed, He does not love those who are extravagant.

وَالنَّحْلَ وَالزَّرْعَ مُخْتَلِفًا أَكْلُهُ وَالزَّيْتُونَ وَالرُّمَانَ
مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ ۗ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَ
آتُوا حَقَّهُ يَوْمَ حَصَادِهِ ۗ وَلَا تُسْرِفُوا ۗ إِنَّهُ لَا يُحِبُّ
الْمُسْرِفِينَ

AlAnaam 6:142-144 Domesticated cattle of four kinds (eight pairs) are permissible to eat

142. And of the cattle are carriers (for burdens), and for slaughter. Eat of that which Allah has bestowed upon you, and do not follow the footsteps of the devil. Surely he is an open enemy to you.

وَمِنَ الْأَنْعَامِ حَمُولَةٌ وَفَرَشَاتٌ ۗ كُلُوا مِمَّا رَزَقَكُمُ اللَّهُ
وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ ۗ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

143. Eight pairs. Of the sheep twain (male and female), and of the goats twain (male and female).

ثَمَانِيَةَ أَزْوَاجٍ ۚ مِنَ الضَّأْنِ اثْنَيْنِ وَمِنَ الْمَعْزِ اثْنَيْنِ ۗ

144. And of the camels twain (male and female), and of the oxen twain (male and female).

وَمِنَ الْإِبِلِ اثْنَيْنِ وَمِنَ الْبَقَرِ اثْنَيْنِ ۗ

AlAnaam 6:145 All edible things are permitted to eat except four items as listed in this ayat - carrion, blood, swine and any edible item immolated to someone other than Allah

145. Say: "I do not find in that which is revealed to me anything forbidden to an eater that he eats it, except that it be carrion, or blood poured forth, or swine flesh, for that indeed is unclean, or the abomination which was immolated to other than Allah. Then whosoever is forced by necessity, without disobedience nor exceeding, then certainly your Lord is Oft Forgiving, Most Merciful."

قُلْ لَا أجدُ فِي مَا أُوحِيَ إِلَيَّ مُحَرَّمًا عَلَى طَاعِمٍ
يُطْعَمُهُ إِلَّا أَنْ يَكُونَ مَيْتَةً أَوْ دَمًا مَسْفُوحًا
أَوْ لَحْمَ خِنْزِيرٍ فَإِنَّهُ رِجْسٌ أَوْ فِسْقًا أُهِلَّ لِغَيْرِ اللَّهِ بِهِ
فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَإِنَّ رَبَّكَ غَفُورٌ
رَّحِيمٌ

AnNahal 16

AnNahal 16:66 Milk from the bellies of cattle is permissible to drink

66. And indeed, for you in the cattle there is a lesson. We give you to drink of that which is in their bellies, between excretions and the blood, pure milk, palatable to the drinkers.

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً ۖ نُسْقِيكُمْ مِمَّا فِي بُطُونِهِ
مِنْ بَيْنِ فَرْثٍ وَدَمٍ لَبَنًا خَالِصًا سَائِغًا لِلشَّارِبِينَ

67. And from the fruits of date palm and grapevines, you take intoxicants out of them, and a good provision. Certainly, in that is a sure sign for a people who have wisdom.

وَمِنْ ثَمَرَاتِ النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا
وَرِزْقًا حَسَنًا ۗ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ

AnNahal 16:68,69 Honey from the bellies of bees is permissible to drink

68. And your Lord inspired to the bee, (saying) that: “Set up hives in the mountains, and in the trees, and in that which they erect (the trellises).”

وَ أَوْحَىٰ رَبُّكَ إِلَى النَّحْلِ أَنِ اتَّخِذِي مِنَ الْجِبَالِ
بُيُوتًا وَمِنَ الشَّجَرِ وَمِمَّا يَعْرِشُونَ

69. “Then eat of all the fruits, and follow the ways of your Lord, made smooth (for you).” There comes forth from their bellies a drink of varying colors, wherein is healing for mankind. Certainly, in this is a sure sign for a people who give thought.

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا
يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ
لِّلنَّاسِ ۗ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ

AnNahal 16:114,115,116 Allah decides what is halal and what is haram, not people

114. Then eat of what Allah has provided you, lawful (and) good. And thank the bounty of Allah if it is He whom you worship.

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا ۗ وَ اشْكُرُوا
نِعْمَتَ اللَّهِ إِنَّ كُنْتُمْ إِيَّاهُ تَعْبُدُونَ

115. He has only forbidden to you carrion, and blood, and swine flesh, and that over which has been invoked (a name) other than Allah. Then him who is obliged (to do so), without disobedience, and not going to excess, then indeed, Allah is Oft Forgiving, Most Merciful.

إِذَا مَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَالْحَمَّ الْخَنِزِيرِ وَ مَا
أَهْلًا لِغَيْرِ اللَّهِ بِهِ ۗ فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ
فَارَّ اللَّهُ غَفُورًا رَّحِيمًا

116. And do not say, about what your own tongues put forth falsely. “This is lawful, and this is forbidden,” so that

وَلَا تَقُولُوا لِمَا تَصِفُ أَلْسِنَتُكُمُ الْكَذِبَ هَذَا حَلَلٌ ۗ

you invent against Allah a lie. Indeed, those who invent against Allah a lie will not prosper.

هَذَا حَرَامٌ لِّتَفْتَرُوا عَلَى اللَّهِ الْكَذِبَ إِنَّ الَّذِينَ يَفْتَرُونَ عَلَى اللَّهِ الْكَذِبَ لَا يُفْلِحُونَ ط

AlHajj 22

AlHajj 22:27,28,30,34,36 Animal Sacrifice during Hajj
Lawful to eat for yourself
and to feed distressed and needy

27. “And proclaim to mankind the pilgrimage. They will come to you on foot and on every lean camel, they will come from every deep ravine.”

وَ أَذِّنْ فِي النَّاسِ بِالْحَجِّ يَأْتُوكَ رِجَالًا وَعَلَى كُلِّ ضَامِرٍ يَأْتِينَ مِنْ كُلِّ فَجٍّ عَمِيقٍ

28. That they may witness things that are of benefit to them, and mention the name of Allah in appointed days over what He has provided for them of the beast of cattle. Then eat of them and feed the distressed (and) the needy.

لِيَشْهَدُوا مَنَافِعَ لَهُمْ وَيَذْكُرُوا اسْمَ اللَّهِ فِي أَيَّامٍ مَّعْلُومَةٍ عَلَىٰ مَا رَزَقَهُمْ مِّنْ بَهِيمَةِ الْأَنْعَامِ فَكُلُوا مِنْهَا وَأَطْعِمُوا الْبَائِسَ الْفَقِيرَ

30. Thus (it is), and whoever honors the sacred ordinance of Allah, then that is better for him with his Lord. And cattle have been made lawful for you except those recited to you (as unlawful). So avoid the un-cleanliness of idols, and avoid false speech.

ذَٰلِكَ وَمَنْ يُعْظِمِ حُرْمَةَ اللَّهِ فَهُوَ خَيْرٌ لَّهُ عِنْدَ رَبِّهِ ط وَأَحَلَّتْ لَكُمْ الْأَنْعَامَ إِلَّا مَا يُتْلَىٰ عَلَيْكُمْ فَاجْتَنِبُوا الرِّجْسَ مِنَ الْأَوْثَانِ وَاجْتَنِبُوا قَوْلَ الزُّورِ

34. And for every nation have We appointed a ritual, that they may mention the name of Allah over what He has provided them of the beast of cattle. For your god is one God, so surrender unto Him. And give good tidings (O Muhammad) to those who humble themselves (to Allah).

وَ لِكُلِّ أُمَّةٍ جَعَلْنَا مَنَسَكًا لِّذِكْرِهِمْ اسْمَ اللَّهِ عَلَىٰ مَا رَزَقَهُمْ مِّنْ بَهِيمَةِ الْأَنْعَامِ فَالْهُكْمُ إِلَهُ وَاحِدٌ فَلَهُ أَسْلِمُوا ط وَ بَشِّرِ الْمُخْبِتِينَ

36. And the camels, We have appointed them for you among the symbols (rites) of Allah, in them is much good for you. So mention the name of Allah over them when they are lined up (for

وَ الْبُدْنَ جَعَلْنَا لَكُمْ مِنْ شَعَائِرِ اللَّهِ لَكُمْ فِيهَا خَيْرٌ ط فَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهَا صَوَآتٍ فَأِذَا

sacrifice). Then, when they are down on their sides (after slaughter), then eat from them, and feed those that are content and those that mention their needs. Thus have We made them (animals) subject to you, that you may give thanks.

وَجَبَتْ جُنُوبُهَا فَكُلُوا مِنْهَا وَأَطِعُوا الْقَانِعَ وَ
الْمُعْتَرَّ كَذَلِكَ سَخَّرْنَاهَا لَكُمْ لَعَلَّكُمْ تَشْكُرُونَ

AlMominoon 23

AlMominoon 23:19,20,21 Fruits are permissible to eat

19. Then We brought forth for you therewith gardens of date-palms and grapevines, wherein is much fruit for you, and from which you eat.

فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّنْ نَّخِيلٍ وَأَعْنَابٍ لَّكُمْ
فِيهَا فَوَاكِهُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ

20. And a tree that springs forth from Mount Sinai, that grows oil and relish for those who eat.

وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِاللَّهُنِّ وَصَبِغٍ
لِّلْأَكْلِيْنَ

21. And indeed, in the cattle there is surely a lesson for you. We give you to drink (milk) of what is in their bellies. And for you in them there are many benefits, and of them you eat.

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً نُّسْقِيكُم مِّمَّا فِي بُطُونِهَا
وَلَكُمْ فِيهَا مَنَافِعُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ

Faatir 35

Faatir 35:12 Meat (fish) from oceans is permissible to eat

12. And the two seas are not alike. This sweet, fresh, good to drink, and this (other) salty, bitter. And from each you eat fresh meat, and extract the ornament that you wear. And you see the ship cleaving them (as they sail), that you may seek of His bounty, and that you may give thanks.

وَمَا يَسْتَوِي الْبَحْرَانِ هَذَا عَذْبٌ فُرَاتٌ سَائِغٌ شَرَابُهُ
وَ هَذَا مِلْحٌ أُجَاجٌ وَمِنْ كُلِّ تَأْكُلُونَ لَحْمًا طَرِيًّا
وَتَسْتَخْرِجُونَ حِلْيَةً تَلْبَسُونَهَا وَتَرَى الْفُلْكَ فِيهِ
مَوَاجِرَ لِيَبْتَلِيَهُمْ مِنْ فَضْلِهِ وَ لَعَلَّكُمْ تَشْكُرُونَ

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