

Dua Before Eating

Arabic, transliteration, English meaning and Hadith references

1. Dua Before Eating

بِسْمِ اللَّهِ

Transliteration: Bismillah

English meaning: In the name of Allah.

Sahih al-Bukhari 5376; Sahih Muslim 2022

2. If You Forget Bismillah

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

Transliteration: Bismillahi awwalahu wa akhirahu.

English meaning: In the name of Allah at its beginning and at its end.

Sunan Abi Dawud 3767

3. Longer General Supplication

اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا وَقِنَا عَذَابَ النَّارِ

Transliteration: Allahumma barik lana fima razaqtana wa qina 'adhaban-nar.

English meaning: O Allah, bless what You have provided us and protect us from the punishment of the Fire.

Note: Its narration as a specific meal dua has been graded weak; Bismillah is the established Sunnah.

4. Dua for Someone Who Provided Food

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَأَسْقِ مَنْ أَسْقَانِي

Transliteration: Allahumma at'im man at'amani wa asqi man asqani.

English meaning: O Allah, feed whoever has fed me and give drink to whoever has given me drink.

Sahih Muslim 2055a

5. Dua for a Host

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ وَصَلَّتْ عَلَيْكُمْ الْمَلَائِكَةُ

Transliteration: Aftara 'indakumus-sa'imun, wa akala ta'amakumul-abrar, wa sallat 'alaykumul-mala'ikah.

English meaning: May fasting people break their fast with you, may righteous people eat your food, and may the angels invoke blessings upon you.

Sunan Abi Dawud 3854

6. Supplication Associated with Iftar

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَتَبَّتْ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Transliteration: Dhahabaz-zama'u wabtallatil-'urooqu wa thabatal-ajru in sha Allah.

English meaning: The thirst has gone, the veins are moistened, and the reward is confirmed, if Allah wills.

Sunan Abi Dawud 2357

Note: The first two supplications directly address beginning a meal. The others are related supplications for blessings, hospitality or iftar. Detailed after-eating duas are reserved for a separate article.