



# Food Permissible and Forbidden in AlQuran

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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 إِنَّ كُنتُمْ لَإِيَّاهُ 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 وَلَحْمَ الْخِنْزِيرِ وَ مَا أَهْلٌ بِهِ لغيرِ اللَّهِ فَمَن اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَلَا إِثْمَ عَلَيْهِ إِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ

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 لَكُم بَهِيمَةُ الْأَنْعَامِ إِلَّا مَا يُتْلَىٰ عَلَيْكُمْ غَيْرَ مُحِلِّي الصَّيْدِ وَأَنتُمْ حُرْمٌ ۗ إِنَّ اللَّهَ يَحْكُمُ مَا 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,

حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ الْخِنْزِيرِ وَمَا أَهْلٌ لِّغَيْرِ اللَّهِ بِهِ وَ الْمُنْخَنِقَةُ وَ الْمُوقُودَةُ

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 Allslam as religion. So he who is forced by severe hunger, with no inclination to sin, then indeed, Allah is Oft Forgiving, Most Merciful.

وَالْمُتَرَدِّبَةُ وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمْ<sup>٦٦</sup> وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ<sup>٦٧</sup> ذَلِكُمْ فِسْقٌ<sup>٦٨</sup> الْيَوْمَ يَبْسُ الَّذِينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنِ<sup>٦٩</sup> الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ<sup>٧٠</sup> وَأَتَمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمْ الْإِسْلَامَ دِينًا<sup>٧١</sup> فَمَنْ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرٍ مُتَجَانِفٍ لِإِثْمٍ<sup>٧٢</sup> 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<sup>٧٣</sup> قُلْ أُحِلَّ لَكُمْ الطَّيِّبُ<sup>٧٤</sup> وَمَا عَلَّمْتُمْ مِنَ الْجَوَارِحِ مُكَلِّبِينَ<sup>٧٥</sup> تُعَلِّمُونَهُنَّ مِمَّا عَلَّمَكُمُ اللَّهُ<sup>٧٦</sup> فَكُلُوا مِمَّا أَمْسَكْنَ عَلَيْكُمْ<sup>٧٧</sup> وَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهِ<sup>٧٨</sup> وَاتَّقُوا اللَّهَ<sup>٧٩</sup> 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.

الْيَوْمَ أُحِلَّ لَكُمْ<sup>٨٠</sup> الطَّيِّبُ وَطَعَامُ الَّذِينَ أُوتُوا الْكِتَابَ حَلَلٌ<sup>٨١</sup> لَكُمْ<sup>٨٢</sup> وَطَعَامُكُمْ حَلَلٌ<sup>٨٣</sup> لَهُمْ<sup>٨٤</sup>

#### 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<sup>٨٥</sup> إِنْ كُنْتُمْ 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

وَمَا لَكُمْ<sup>٨٦</sup> إِلَّا تَأْكُلُوا<sup>٨٧</sup> مِمَّا ذُكِرَ اسْمُ اللَّهِ عَلَيْهِ<sup>٨٨</sup> وَ قَدْ فَصَّلَ لَكُمْ<sup>٨٩</sup> مَا حَرَّمَ عَلَيْكُمْ<sup>٩٠</sup> إِلَّا مَا اضْطُرِرْتُمْ

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.

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 لِيُوحِيَ 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, 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.

وَهُوَ الَّذِي أَنْشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرِ مَّعْرُوشَاتٍ وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أَكْلُهُ وَالزَّيْتُونَ وَالرُّمَّانَ مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَآتُوا 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 مِنْهَا مِمَّا رَزَقَكُمُ اللَّهُ وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُّبِينٌ

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

ثَمَانِيَةَ أَزْوَاجٍ مِّنَ 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 aayat - 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 آجِدُ فِي مَا أُوْحِيَ إِلَيَّ مُحَرَّمًا عَلَى طَاعِمٍ يَطْعَمُهُ إِلَّا أَنْ يَكُونَ مَيْتَةً أَوْ دَمًا مَسْفُوحًا أَوْ لَحْمَ خِنزِيرٍ فَإِنَّهُ رِجْسٌ أَوْ فِسْقًا أُهِلَّ لِغَيْبِ اللَّهِ بِهِ فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَإِنَّ رَبَّكَ غَفُورٌ رَحِيمٌ

**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 لِقَوْمٍ 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 أَنْ 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 ذُلَالًا ۗ يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ ۗ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ 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 وَاشْكُرُوا  
نِعْمَتَ اللَّهِ إِنَّ كُنْتُمْ لِرَبِّكُمْ 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.

إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَلَحْمَ الْخِنْزِيرِ وَمَا  
أُهْلِلَ لِغَيْرِ اللَّهِ بِهِ فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ  
فَرَغَ اللَّهُ عَنْهُ رَجِيمًا

116. And do not say, about what your own tongues put forth falsely. "This is lawful, and this is forbidden," so that you invent against Allah a lie. Indeed, those who invent against Allah a lie will not prosper.

وَلَا تَقُولُوا لِمَا تَصِفُ أَلْسِنَتُكُمُ الْكَذِبَ هَذَا حَلَلٌ  
وَهَذَا حَرَامٌ لِيَتَفَتَرُوا عَلَى اللَّهِ الْكَذِبَ إِنَّ الَّذِينَ  
يَفْتَرُونَ عَلَى اللَّهِ الْكَذِبَ لَا يُفْلِحُونَ

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  
وَأَوْ عَلَى كُلِّ فَرْسٍ يُآتِينَ مِنْ كُلِّ  
وَادٍ رَاحٍ يَأْتِيَنَّكَ مِنَ الْبُيُوتِ  
الْبَاطِنَةِ لِكَلِمَةِ اللَّهِ لَكَلِمَةٍ

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 مَّعْلُومَاتٍ عَلَىٰ مَا رَزَقَهُمْ مِنْ  
بَهِيمَةِ الْأَنْعَامِ فَاكُلُوا 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.

ذَلِكَ وَمَنْ يُعْظِمِ حُرْمَةَ اللَّهِ فَهُوَ خَيْرٌ  
لَّهُ عِنْدَ رَبِّهِ وَأُحِلَّتْ لَكُمُ  
الْأَنْعَامُ إِلَّا مَا يُتْلَىٰ عَلَيْكُمْ  
فَاجْتَنِبُوا الرِّجْسَ مِنَ الْأَوْثَانِ  
وَأَجْتَنِبُوا قَوْلَ الزُّورِ

34. And for every nation have We appointed a ritual, that they may

وَلِكُلِّ أُمَّةٍ جَعَلْنَا مَنْسَكًا لِيَذْكُرُوا اسْمَ اللَّهِ  
عَلَىٰ مَا رَزَقَهُمْ مِنْ خَلْقٍ  
كَاسٍ وَرِزْقٍ كَثِيرٍ وَلَا تَتْلُوا  
حُرْمَ اللَّهِ حَتَّىٰ يُخْرِجَ الْبَلَاءَ  
عَلَيْكُمْ وَأَنْتُمْ لَا تَعْلَمُونَ

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).

رَزَقَهُمْ مِّنْ بَهِيمَةِ الْأَنْعَامِ ۖ فَالْهُكْمُ لِلَّهِ وَالْوَاحِدُ فَلَهُ  
أَسْلِمُوا ۖ وَبَشِّرِ 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 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.

وَالْبُدْنَ جَعَلْنَاهَا لَكُمْ مِّنْ شَعَائِرِ اللَّهِ لَكُمْ فِيهَا خَيْرٌ ۗ فَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهَا صَوَافَّ ۗ فَإِذَا وَجَبَتْ جُنُوبُهَا فَكُلُوا مِنْهَا وَاطْعَمُوا الْقَانِعَ وَ  
الْمُعْتَرَّ ۗ كَذَلِكَ سَخَّرْنَاهَا لَكُمْ لَعَلَّكُمْ تَشْكُرُونَ

### 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 بِالذَّهْنِ وَصَبْغٍ  
لِّلْأَكْلِينَ

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 35:12 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 لِيَبْتَغُوا مِنْ فَضْلِهِ ۗ وَلَعَلَّكُمْ تَشْكُرُونَ