



Ask Our Imam

Connecting The Creation To The Creator



When is the best time to drink water while eating - before, after, or during a meal?

QUESTION:

When is it the best time to drink water while you're eating. Is it before eating or after eating or during a meal as I have heard it is makruh to drink water before/after a meal?

ANSWER:

In the Name of Allah, the Most Gracious, the Most Merciful.
As-salāmu ‘alaykum wa-rahmatullāhi wa-barakātuh.

From an Islamic standpoint, it is permissible to drink water before, during or after eating.

Nonetheless, from a medical perspective, some have argued that the optimal time to consume water is during a meal, while cautioning against drinking immediately before and after eating, as it may have adverse effects on health.

And Allah Ta'ālā Knows Best
Zayd Imran

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