

AHMADJIBRIL.ORG

# THE RULING ON TASTING FOOD WHILE FASTING



# The Ruling on Tasting Food While Fasting

Ash-Shaykh Al-Imām Ahmad Mūsā Jibrīl (حفظه الله)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



## Question: Can I taste food during Ramadān while I'm fasting?

---

That's an important and common question for those who cook in Ramadān. They may need to taste whether the food is sweet enough or whether it's salty enough. And back in the day, they would test food by tasting it to make sure it was good, like when they purchased honey. Some of the Ulamā', like the Shāfi'īyyah and Hanābilah, disliked tasting food while one is fasting, but they did not consider it something that breaks one fast. Some Ulamā' disliked it if it's not needed. The bottom line is that it's permissible for one to taste the food while he or she is fasting if one does not deliberately swallow any of it.

And something that must be kept in mind pertaining to this is the definition of 'tasting'. Tasting is not swallowing. It's putting what you want to taste in the mouth without letting it reach the throat and *without* swallowing it. You taste with the tongue, and you spit it out. There's a difference between tasting and swallowing. In Musannaf Ibn Abi Shaybah, and Al-Bayhaqi also related it, that Ibn 'Abbās رضي الله عنه said its permissible to taste the food while one is fasting so long as it doesn't reach the throat. He even said that a mother can chew the food for her infant if it's needed so that her infant can eat. Ibn Taymiyyah رحمه الله تعالى was among those who disliked tasting the food if there's no need, but he said it does not break one's fast. So, you can infer from his opinion that *if* it's needed, it's not disliked.