

# Sunnah Superfoods

*A Hayat & Co Series*



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# Barley

شعير

*"It comforts the heart of the sick."*

**Reference:** Sahīh al-Bukhārī 5689, Sahīh Muslim 2216



# Black Seed

# حبة سوداء

*"A cure for every illness except death."*

**Reference:** Sahīh al-Bukhārī 5687, Sahīh Muslim 2215



# Black Seed Oil

# زيت الحبة السوداء

*"Strength taken in drops."*  
A Sunnah of consistency.

**Reference:** Sahīh al-Bukhārī 5687, Sahīh Muslim 2215

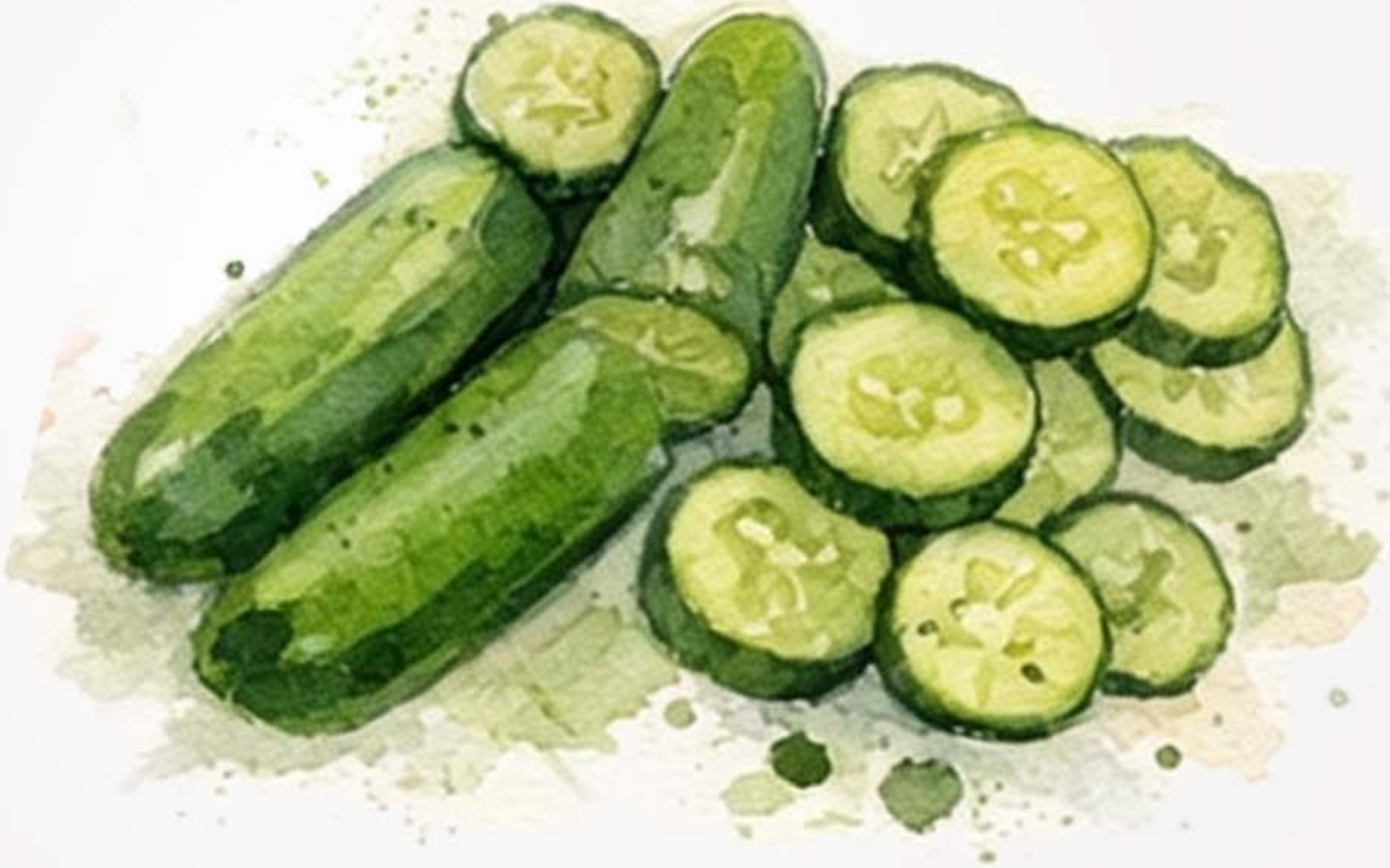


# Cucumber

خيار

*"A known food of simplicity."*

**Reference:** Qur'an 2:61



# Dates

تمر

*"The Sunnah way to break the fast."*  
The Prophet ﷺ began with dates or water.

**Reference:** Sunan Abī Dāwūd 2356 (hasan)



# Figs

تین

*"By the fig and the olive..."*

**Reference:** Qur'an 95:1



# Grapes

عنب

*"From it you take provision."*

**Reference:** Qur'an 16:11



# Honey

عسل

*"From it is healing for mankind."*  
A gift mentioned by Allah.

**Reference:** Qur'an 16:69



# Milk

# حليب

*"O Allah, bless us in it and increase us in it."*

**Reference:** Sunan Ibn Mājah 3322 (Sahīh)



# چٲنا

# زٲتون

*"From a tree of blessing."*  
A food of steadiness.

**Reference:** Qur'an 24:35



# Olīve Oil

# زیت زیتون

*"Eat it and anoint yourselves with it."*  
From a blessed tree.

**Reference:** Jāmi' at-Tirmidhī 1851 (hasan)



# Ḍömēgranatē

رمان

*"Fruits of Paradise."*

**Reference:** Qur'an 55:68



# Vinegar

خل

*"Vinegar is a good condiment."*

**Reference:** Sahīh Muslim 2052



# Watermelon

بطيخ

*"Hot is balanced by cool."*

**Reference:** Sunan Abī Dāwūd 3836 (hasan)



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Eat with remembrance.  
Choose with intention.  
And let nourishment support worship  
not distract from it.

Read more on [www.hayat-co.com](http://www.hayat-co.com)

