



## 112142 - Is it sufficient to drink water for sahoor?

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### the question

Can we call it sahoor if one limits oneself to drinking water only?.

### Detailed answer

Praise be to Allah.

It seems that it can be called sahoor, if one cannot find food, because of the hadith: "When one of you breaks the fast, let him break it with fresh dates, and if he cannot find any then with dry dates, and if he cannot, then with a few sips of water." If a person does not have any food available, or he has food but he does not want to eat it so he drinks water, then I hope that this will count as following the Sunnah. End quote.

Shaykh Muhammad ibn 'Uthaymeen (may Allah have mercy on him).