



A simple method through which one may determine the temperament of a food is through the taste of the food. There are four basic tastes and each has its own temperament. They are:

Salty: These foods are generally hot and dry.

Sweet: These foods have some heat but are predominantly moist.

Sour: These foods are cold and dry.

Pungent (spicy): These foods are generally hot and dry.

Another simple method that we can use is the following:

Proteins: These have an overall quality of dryness with degrees of heat and cold.

Carbohydrates: Overall quality of moistness with degrees of heat and cold.

Fats: Overall quality of heat with degrees of moistness and least amount of dryness.

Water: Overall quality of cold and moist.

Mineral: Overall quality of cold and dry.

It should, however, be remembered that as far as proteins, minerals, etc are considered, it is only the natural minerals, proteins, fats etc, found in the product that are to be considered, not the synthetic ones added later.

Insha-Allah, we will next discuss the temperaments of different fruit and the seasons in which they are found.

Adapted and summarized from “Your Health” by Moulana Hakeem Jalil Muhammad Pandor (An Nasihah vol. 96)