

?

<"xml encoding="UTF-8?">

?

(

(

)

(

مَنْ أَفْطَرَ عَلَى تَمْرَةٍ حَلَالٍ تُضَاعَفُ ثَوَابُ صَلَاتِهِ أَرْبَعُمِائَةِ مَرَّةٍ

(

(

”

)

(

()

)

(

«أَنَّ النَّبِيَّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) إِذَا كَانَ صَائِمًا يَفْطِرُ عَلَى الرُّطْبِ فِي زَمَانِهِ

)

(

”

”

....

.1

.2

3 - 5

(

(

)

(

.3

.4

.5

.6

(

)

.7

.8

.9

*

A, B, C, E

*

*

(.(

40%

(

(

(Histamine)

(Mucin)

(Gastrin)

(

(

7

(

(

(

(

100 Deglet Noor)

(

	82	2
03	75.	
35	63.	
	8	
	39	0.
	5	4.2
	53	0. 2
	10	
0%	6	
	75	
5%	052	1 0.
6%	066	2 0.
8%	274	3 1.
12%	589	5 0.
13%	165	6 0.
5%	9 19	
0%	4	0.
0%	05	0.
3%	7	2.
4%	39	
8%	02	1.
12%	43	
12%	262	0.

9% 62

14% 656

0% 2

3% 29 0.

: USDA Nutrient (

%

(database

: Thank for these sources

<https://www.beytoote.com/health/nutrition/date-option1-iftar.html>

<https://medthai.com/%E0%B8%AD%E0%B8%B4%E0%B8%99%E0%B8%97%E0%B8%9C%E0%B8%A5%E0%B8%B1%E0%B8%A1>

Risalah Sheikh Yasin Qomi