112142 - Is it sufficient to drink water for sahoor?

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).