202356 - Is it permissible to eat mushrooms?

the question

Is eating mushrooms permissible according to Islam?

Detailed answer

Praise be to Allah.

Firstly:

Mushrooms grow above ground. In some Arabic dialects they are known as “crows’ bread” because the most famous type resembles a round of pita bread, and crows used to feed on them, hence the name.

Mushrooms are a small living organism that is of economic significance. They are composed of a large number of microscopic cylindrical, thread-like structures that come together to form fungi of different shapes, that can become visible to the naked eye.

The types of mushrooms vary greatly with regard to whether they are fit to eat or deadly poisonous. Some types can cause vomiting or fainting, and others are beneficial to eat.

Types of poisonous mushrooms include the death cap mushroom, fly agaric mushroom, bioluminescent mushrooms and many others.

Useful types of mushrooms have many medicinal and health benefits, including the following:

1. They may be used as an effective remedy for acute anaemia, because they contain high levels of proteins and vitamins.
2. They do not contain any cholesterol.
3. They do not contain any fat such as that found in meat.

4. They may be regarded as a general nutritional supplement.
5. They are a vegetarian product that does not contain any chemicals or pesticides.
6. They contain a high level of protein, similar to that of meat.
7. As they contain a number of B vitamins, they protect the body against infections of the skin, mucous membranes and intestines that result from a lack of this vitamin in the body. The folic acid found in mushrooms protects the body against anaemia, and the choline that is found in them protects the body from accumulation of fatty substances, and prevents haemorrhage in the kidneys and enlargement of the spleen that results from lack of choline.
8. In a recent study it was found that eating foods that are rich in copper, such as mushrooms, helps to restore natural heart function in cases of enlargement of the heart (cardiomegaly). Analyses have proven that although mushrooms are a good and valuable source of protein, vitamins and salts, they are lacking in carbohydrates in comparison to other types of produce such as grains, potatoes and apples. See:

Secondly:

The basic principle regarding food and drink is that things are permissible, except that which is proven in the religious text to be prohibited, such as meat that has not been slaughtered in the prescribed manner ("dead meat"), blood, alcohol and pork, and that which is harmful.

Based on the above:

There is nothing wrong with eating types of mushrooms that are healthy and beneficial. In that regard, they are like everything else that is permissible to eat.

However, with regard to the types that are poisonous or harmful, it is not permissible to consume them, because of the general meaning of the Prophet's words: "There should be neither harming nor reciprocating harm." Narrated by Ibn Maajah (2340); classed as authentic by Ibn Majah in *Sahih Ibn Majah*.

As to determining whether such foods are permissible or not depends on whether they are beneficial or harmful, it is not appropriate to consume any of them except after finding out which

type it is, and ascertaining that it is free of harm and fit for human consumption.

Shaykh Ibn `Uthaymin (may Allah have mercy on him) said:

One of the basic principles of Islamic teaching is that it is not permissible for a person to consume anything that will harm him physically, because one of the aims of Islamic teachings is to protect physical well-being. Therefore it is not permissible for a person to consume anything that will harm him physically at all, even if he is willing to do that and says, I accept the harm.(*Al-Liqa' ash-Shahri* 33/5).

And Allah knows best.