

Zakaat-ul-Fitr Estimates

The Prophet (salallahu ‘alayhi wa salam) commanded that we give one صاع (saa’) of staple food to the poor on behalf of oneself plus one on behalf of each dependent.

1 saa’ (صاع) is equal to 4 mudds,









1 mudd (مد) is equal to .75 L

4 mudds is equal to 3 L

[See: <http://www.bakkah.net/en/zakat-fitr-measurements-saa-three-litres-mudd.htm>]

So, 1 saa’ is equal to 3 L(liters) or approximately 13 cups

Approximate صاع (saa’) of Selected Food Items

Food	Approximate Amount	Example
Cheerios	14 oz box	
Oatmeal	42 oz (2 lbs 10 oz container)	
Cornflakes	18 oz (1 lb 2 oz) box	
Grits	80 oz (5 lbs) bag	
Pancake mix	64 oz (4 lbs)	
Macaroni (elbow)	64 oz (4 lbs)	
Beans	6 lbs (this is an overestimate to cover all bean types)	
Rice	5 lbs 4 oz	

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Note: The best staple food to give is the one that is most beneficial and preferable to the recipient.