

The Saheeh International Quran Translation

أَيَّامًا مَّعْدُودَاتٍ ۚ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۚ وَعَلَىٰ
الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ ۚ فَمَن تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَّهُ ۚ وَأَن تَصُومُوا خَيْرٌ لَّكُمْ
إِن كُنتُمْ تَعْلَمُونَ

[Fasting for] a limited number of days. So whoever among you is ill or
on a journey [during them] - then an equal number of days [are to be
made up]. And upon those who are able [to fast, but with hardship] - a
ransom [as substitute] of feeding a poor person [each day]. And
whoever volunteers excess - it is better for him. But to fast is best for
you, if you only knew.