

## THE BIBLE & NUTRITION

### THE IDEAL DIET

#### DIETARY PRINCIPLES FROM THE BIBLE

##### The Diet in Eden

After God created our first parents, He said,

"Behold, I have given you every herb bearing seed ... and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat (food)" (Genesis 1:29).

##### After the Fall of Man

Vegetables were added to man's diet. God cursed the ground and said,

Genesis 3:18 "Thorns also and thistles shall it bring forth unto thee; and thou shall eat the herb of the field"

##### Before the Flood

Great wickedness prevailed. "The inhabitants of the Old World were intemperate in eating and drinking. They would have flesh meats, although God had given them no permission to eat animal food."

Counsels on Diet and Foods, page 373.

##### After the Flood

Man was given permission to eat clean meat for the first time. Provision was made for meat eating as two of every unclean animal and seven of every clean animal entered the ark (Genesis 7:2). However, God forbade eating the blood of the clean animals.

Genesis 9:4 "But flesh with the life thereof, which is the blood thereof, shall ye not eat" Even the eating of clean, bloodless meat had serious consequences. The Bible records a marked decrease in the life span of the post flood patriarchs. After the flood God saw that the ways of man were still wicked.

"He (God) permitted that long lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years."

Counsels on Diet and Foods, page 373.

##### The Ideal Diet for Israel

The Israelites were permitted to eat the meat of clean animals (see Leviticus 11). However, they were instructed to eat neither the fat nor the blood.

Leviticus 3:17 "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood"

In the New Testament, the Gentiles were told to

Acts 15:20 "abstain from ... things strangled, and from blood"

God's ideal diet for Israel is given in Exodus, chapter 16.

Exodus 16:4, 35 "Then said the Lord unto Moses, Behold, I will rain bread from heaven for you....And the children of Israel did eat manna forty years"

"When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people .... He removed flesh food from them in a great measure...Had they been willing to deny appetite in obedience to His restrictions; feebleness and disease would have been unknown among them. Their descendants would have possessed physical and mental strength. They would have had clear understanding of truth and duty, keen discrimination, and sound judgment."

Counsels on Diet and Foods, pages 377, 378.

Daniel and his three friends stand out as Biblical examples of the benefits of a temperate, healthful flesh free diet.

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank."

Daniel requested that they be given pulse (beans) and water for ten days.

"At the end of ten days their countenances appeared fairer and fatter (better looking) in flesh than all the children which did eat the portion of the king's meat."

This simple diet provided not only physical benefits, but also mental advantages.

Daniel 1:8-20 "In all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm"

### IDEAL DIET FOR TODAY

What is the ideal diet for today?

As in the human race, disease in animals is increasing. Contaminated meat, dairy products, and eggs are common sources of food related illness.

"Disease in cattle is making meat eating a dangerous matter. Disease is contracted by the use of meat.... In a short time it will not be safe to use anything that comes from the animal creation."

Counsels on Diet and Foods, page 411.

### FOODS THAT FIGHT DISEASE

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing.

Counsels on Diet and Foods, page 313