

# The Daniel Fast: Foods We May Eat

As a rough guide, we **eat only non processed fruits, vegetables and other natural ingredients**. We **avoid all kinds of meat (fish excluded), wine and other processed food and chemicals**.

**Fish and Seafood** Fish only (*no shrimp, crab, lobster, scallops, etc.*)

**Whole Grains** brown rice, oats, barley

**Legumes** dried beans, pinto beans, split peas, lentils, black eyed peas

**Fruits** apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, oats, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**Vegetables** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini

**Seeds, Nuts & Sprouts**

**Liquids** spring water, distilled water, 100% all-natural fruit juices, 100% all natural vegetable juices

**Foods We May NOT Eat** (Do not treat them as laws, if you have consumed them by accident, do not feel condemned, or you will not benefit from the fast)

- meat (*no beef, veal, lamb, pork, chicken or turkey*)
- white rice
- fried foods (*including no fried fish or fried seafood*)
- caffeine (*no food or beverages containing caffeine*)
- carbonated beverages (*including no carbonated water*)
- foods containing preservatives or additives
- refined sugar
- sugar substitutes
- white flour and all products using it
- margarine, shortening, high fat products
- dairy products

**Special Note:** Since this fast is so restrictive in diet, you may eat at your discretion whenever you are hungry. It is more important in this fast to observe the diet. For our brothers and sisters who may have special dietary needs for health reasons, we simply ask that you give up what you can — certain foods, T.V, going out to restaurants