

Food List

GUIDELINES FOR DANIEL FAST

(Foods We May Eat)

Whole Grains: Brown Rice, Oats, Barley

, Legumes: Dried Beans, Pinto Beans, Green 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, , Oranges, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon -- (Basically ANY type of fruit with no added sweeteners or chemicals)

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels 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

-- (Basically ANY type of vegetable with no added sweeteners or chemicals)

Seeds (all kinds), Nuts (all kinds), Sprouts

Spices are acceptable (salt, garlic, pepper, etc)

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices,

Soy milk or coconut milk (for cooking purposes only) is also acceptable, because it is from a plant

(Foods to Avoid)

Meat,

White Rice, Fried Foods,

Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Honey, Sugar substitutes, any type of sweeteners, White Flour and All Products Using It, Margarine, Shortening, High Fat Products

PLEASE USE YOUR BEST JUDGMENT IN OBSERVANCE OF THIS FAST. TAKE PROPER CONSIDERATION OF YOUR INDIVIDUAL HEALTH CONCERNS IN DETERMINING WHETHER OR NOT YOU WILL PARTICIPATE AND TO WHAT DEGREE. CONSULT YOUR PHYSICIAN IF YOU HAVE ANY QUESTIONS ABOUT THIS FAST AND ITS EFFECTS CONCERNING YOUR HEALTH.