

# GUIDELINES FOR THE DANIEL DIET

## Foods We May Eat

Whole Grains: Brown Rice, Oats, Barley, Corn, Whole Wheat, Amaranth, Quinoa, Spelt, Millet

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Chickpeas, Black Beans, Green Beans, Green Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, 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, Avocado, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Any Peppers, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc.

Seeds & Nuts: Seeds, Nuts, Sprouts, All Natural Seed Butters, All Natural Nut Butters, Extra Virgin Olive Oil, Walnut Oil

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

Sweeteners: (In extreme moderation) Molasses, Raw Honey Stevia, Agave, Sucanat, and Maple syrup

All Natural Fresh & Dried Herbs & Spices

## Foods to Avoid

*Basically, you want to avoid the King's food. By application, that means that we are avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat any kind of meat or processed foods, like the following items to avoid.*

White flour and all products using it

White rice, white bread, hominy and pasta

Fried foods

Caffeine

Carbonated beverages, including diet sodas

Wine or any other alcoholic drinks

Foods containing preservatives or additives

Refined sugar, and chemical sugar substitutes. You should avoid Splenda, aspartame, saccharin and all other artificial sweeteners.

High fructose corn syrup

Margarine, shortening, animal fat, high fat products