

The Daniel's Fast

The emphasis here is placed upon restriction of diet rather than complete abstinence.

- The idea... These men resolved not to defile themselves with the King's rich food or wine. (Daniel 1:8)
- The effect was to be tested for a period of Ten Days.
- The value of this fast is not confined by any means to the physical but the spiritual as well.
- The fast was to include - "pulse" (vegetables) and water (verse 12)

EAT THESE FOODS DURING THE FAST

Celery	Green Peppers	Cauliflower	Cucumbers
Carrots	Green Beans	B. Sprouts	Pumpkin
Lettuce	Fresh Peas	Broccoli	Squash
Spinach	Asparagus	Radishes	Turnips
Chard	Parsley	Kohlrabi	Okra
Egg Plant	Onions	Cabbage	Kale
All Greens	Beets	Endive	Sauerkraut

These are the non-starchy, alkalis-forming vegetables. Because of their high water content, you may eat all you want.

YOU MAY EAT

Bananas	Cherries	Fruit Juice	Currants
Lemons	Apricots	Black Berries	Grapes
Oranges	Apples	Strawberries	Dates
Grapefruit	Pears	Raspberries	Figs
Pineapples	Peaches	Gooseberries	Honey
All Melons	Tomatoes	Huckleberries	Raisins

The garden of Eden was not only a garden of herbs (Green Leaf Vegetables), but contained a fruit orchard.

THIS IS THE DIET OF PARADISE.

Do Not drink any coffee, tea or soda

DO NOT EAT - These Foods During The Fast

BUILDING FOODS	STARCHY FOODS	SWEET FOODS
Oysters	Grain Products	Beet Sugar
Fish	All Brands	Cane Sugar
Rowls	Pancakes	Maple Sugar
Eggs	Waffles	Molasses
Lean Meat	Pies & Cakes	Maple Syrup
All Meats	Doughnuts	Corn Syrup
Mfg. Cheese	Pastries	Preserves
Whole Milk	Crackers	Sweet Bread
Kidney Beans	Cookies	Sweet Drinks
Navy Beans	Noodles	Frostings &
Lima Beans	Macaroni	All Cakes
Soy Beans	Spaghetti	Jelly
Your Mamma's Beans	Cereals	Jam
Peanut Butter	Oatmeals	Candy
All Nuts	Corn Meal	FATTY FOODS
Lentils	Hominy	All Porks
Dried Peas	Corn Starch	Lard & Cream
	Tapoca	All Nuts
	Peanuts	Margarine & Butter
	Peanips	Chocolate & Cocoa
	Potatoes	Corn & Olive Oil
	Dried Beans	Cotton Seed Oil
	Dried Peas	Vegetable Oil
	White Rice	

Do Not eat or drink anything that has been sweetened with sugar, syrup, or molasses. You can however use honey to sweeten food during this fast.

The main purpose of this fast is to **TEAR DOWN**.
Burn Up, and Carry Away bacteria and waste matter from every part of your body.

The Bible says, "First natural then spiritual..." We must learn how to discipline the flesh before we can prosper in the Spirit. After this fast, we will get our personal ANGEL that will help us tear down, burn up, carry away every sinful way in every part of our lives.