

FOODS TO EAT ON THE DANIEL FAST

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

- Unleavened bread (whole grain bread made without yeast, sugars, or preservatives)
- All herbs, spices, and seasonings are allowed, including salt and pepper.
- Soy products (such as edamame and soy nuts) and tofu are acceptable.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).

FOODS TO AVOID ON THE DANIEL FAST

Animal products

- Meat (bacon, beef, bison, chicken, lamb, pork, and turkey).
- Dairy (butter, cheese, cream, milk, and yogurt)
- Fish
- Eggs

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast and, therefore, leavened bread isn't part of the Daniel Fast. (For an explanation on why it's excluded, see below)

1. Why isn't yeast allowed on the Daniel Fast?

In the Bible, yeast is often a symbol for sin, and God often required the Israelites to give up leavened bread (contains yeast) during certain times as a way of setting them apart from neighboring peoples. By not having yeast, we're making a statement against sin and that's in keeping with Jewish tradition by refusing to eat leavened bread as we seek the Lord.

2. What about nutritional yeast since it's deactivated and not a leavening agent?

Whether or not to use nutritional yeast, which is an inactive form of yeast, is really matter of personal conviction. Some people may choose to have it, while others do not. Personally, I don't use any type of yeast in my recipes.

Refined grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening.

Chocolate

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Some people use carob powder as a substitute for unsweetened cocoa. It has a chocolate-like flavor but without the caffeine.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated tea, and energy drinks.

Other

- Vinegar
- Soy Sauce
- Anything fermented

"The idea of the fast is to deny yourself as an act of worship to the Lord. We don't want to be so legalistic about every single thing that we put into our mouths that we miss the whole point of the Daniel Fast, so I would encourage you to seek the Lord for direction." -Kristen Feola

If you have any questions, you can feel free to reference the site listed below:

<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/faq/>