Clean Foods of the Bible - How God's

Design for Eating Leads to Strength, Stewardship, and Long Life

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"So whether you eat or drink or whatever you do, do it all for the glory of God." —1 Corinthians 10:31

Welcome to this guide, created to help believers and truth seekers rediscover the original design God gave us for nourishment, strength, and long life. In a world of processed foods, dietary confusion, and rising illness, God's Word offers a clear standard — both spiritual and practical — on what is clean, nourishing, and life-giving.

This guide is not just about food. It's about restoring health, honoring God with our bodies, and returning to divine wisdom that has always been available through Scripture. As God's co-creators and stewards, we are called to govern creation wisely and that includes the food we prepare and consume.

How to Transition to Clean Eating (Step-by-Step)

Step 1: Understand God's Food Laws

Start with Leviticus 11 and Deuteronomy 14. Learn which animals are clean.

Step 2: Audit Your Pantry & Fridge

Check if you have unclean items (e.g., pork, shellfish). Replace gradually.

Step 3: Stock Up on Clean Alternatives

Buy clean meats (chicken, beef, fish with fins/scales), grains, fruits, vegetables.

Step 4: Eat with Awareness and Gratitude

Bless your food. Chew slowly. Avoid overindulgence.

Clean Replacement

Step 5: Plan Simple Meals Around Clean Foods

Build meals from whole, biblical ingredients: e.g., grilled fish + leafy greens + olive oil.

Sample Food Swaps

Unclean Item

Bacon (pork)	Beef bacon, turkey bacon
Shrimp/crab	Salmon, sardines
Processed meats	Grass-fed beef, roasted chicken

Shellfish broth Bone broth from clean meats

Spiritual Symbolism

• Clean vs. Unclean = Obedience vs. Defilement

(Leviticus 11:44 — "Be holy, for I am holy.")

• Ruminating Animals Symbolize Meditation & Reflection

Chewing the cud = processing God's Word deeply.

• Fish with Fins and Scales = Forward Motion + Protection

Fins = direction. Scales = spiritual armor.

• Body as a Temple

"Do you not know your body is the temple of the Holy Spirit?" (1 Cor. 6:19)

FAQs & Common Objections

Q: Didn't Jesus declare all foods clean?

A: Mark 7:19 is about ceremonial hand washing, not dietary law. Acts 10's vision was symbolic of accepting Gentiles (Acts 10:28).

Q: Isn't this legalism?

A: This guide is not about salvation by food, but wisdom and obedience. Grace and discipline work together.

Q: What if I can't afford all clean food?

A: Do what you can with faith. God honors obedience from the heart.

Benefits of Clean Foods vs. Dangers of Unclean Foods

Category	Benefits of Clean Foods	X Dangers of Unclean Foods
Land Animals	 Generally herbivorous, lean meats Lower risk of parasites and diseases Rich in essential nutrients like iron, B vitamins, and quality protein Easier to digest due to ruminant digestion (e.g., cows, sheep) 	- Higher risk of parasites (e.g., trichinella in pork) - Scavenger or omnivore diets increase toxin buildup - Can carry harmful bacteria (salmonella, E. coli) - Linked to certain chronic diseases if improperly cooked
Birds & Poultry	- Typically grain-fed, non-predatory, lower toxin accumulation - Good source of lean protein and healthy fats	- Predatory or scavenger birds accumulate toxins - Potential exposure to avian-borne diseases - Higher mercury or contaminant levels in some wild birds
Insects	- High in protein, iron, B12 - Environmentally sustainable - Low allergenic potential when clean	- Unclean insects may carry diseases, toxins, or venom - Can trigger allergic reactions or food poisoning
Seafood	 Rich in omega-3 fatty acids (heart and brain health) Generally lower in saturated fat Scaled fish less prone to toxin accumulation 	- Shellfish and bottom feeders accumulate heavy metals and pollutants - Higher risk of foodborne illnesses (Vibrio bacteria) - Some species contain mercury or other neurotoxins
General Spiritual/Health Reasoning	- Clean foods support bodily health and spiritual purity (1 Corinthians 6:19-20) - Obedience to God's law promotes discipline and wellness	- Unclean foods symbolically represent defilement and moral compromise - Consumption can lead to physical and spiritual harm

Jesus' Diet and Eating Habits

What Jesus Ate:

Food	Notes
Bread (unleavened, barley, wheat)	Common staple; symbolic (John 6:35 "I am the Bread of Life")
Fish (e.g. tilapia)	Multiplied fish (Matthew 14:13–21), grilled it (John 21:9–13)
Olive oil	Used in cooking, lamps, healing (Luke 10:34), symbol of anointing

Figs, dates Natural sugars and fiber; fig tree mentioned in His

parables

Honey Natural sweetener, used with curds (Isaiah 7:15)

Lamb Passover meals included lamb (Luke 22:7–8)

Grapes / Wine Consumed as drink; symbolic in New Covenant

Herbs (bitter herbs) Used during Passover; digestion and cleansing

How Jesus Approached Eating:

- Gave thanks before meals (Matthew 15:36).
- **Ate in community** emphasized fellowship (Luke 5:29-32).
- Used meals as teaching moments (Last Supper, Zacchaeus' house).
- Fasted for spiritual power (40 days in wilderness).

Scientific Alignment with Jesus' Eating

- Simple Mediterranean-style diet: high in healthy fats, fibers, clean proteins.
- Supported by modern longevity studies.

• Emphasis on mindful, grateful eating—shown to improve digestion and reduce stress.

Timeline Chart: Biblical Lifespan & Dietary Patterns

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Era	Lifespan	Diet Type	Notes
Garden of Eden (Adam, Eve)	Eternal	Plant-based only (fruits, seeds, herbs)	Genesis 1:29 - Original diet No death before sin
Pre-Flood (Adam to Noah)	900+ years	Plant-based	Clean environment, long life
Post-Flood	600-200 yrs	Clean animals + plants	Genesis 9:3 - Meat allowed
(Noah, Shem)		(no blood, clean animals)	Leviticus 11 distinction
Patriarchs	180-120 yrs	Clean meats, dairy, grains	Abraham, Isaac, Jacob
(Abraham-Moses)		+ plants	Hospitality meals, bread
Wilderness	120 yrs	Manna + Quail	Moses, Israelites
(Moses-Joshua)		Water, simple bread	Divine food provision
Exile	100+ yrs	Vegetables, legumes	Daniel's diet in Babylon
(Daniel)		+ water	Better health outcome
Messiah Era	~33 yrs	Clean meats, fish, bread,	Jesus ate simply, blessed
(Jesus)		figs, dates, honey, olive	meals, emphasized meaning

Health Science Insights: Biblical Diet & Longevity

> Plant-Based Nutrition & Longevity

- Modern studies confirm that diets rich in fruits, vegetables, legumes, grains, and nuts:
 - Lower the risk of heart disease, cancer, diabetes.
 - Improve gut health and reduce inflammation.
- Blue Zones (places with highest human longevity like Okinawa, Sardinia) share common traits:
 - Predominantly plant-based diets.
 - Low red meat intake.
 - Moderate dairy (goat/sheep milk).
 - Beans, whole grains, olive oil, and community meals.
- Reflects Edenic and Daniel-like diets.

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- Ruminant animals like cows, sheep, goats:
 - Produce cleaner protein.
 - Higher in omega-3s, conjugated linoleic acid (CLA), vitamin B12, and iron when pasture-raised.
 - Caution: modern industrial farming adds toxins—this distorts original benefits.

Clean Fish with Fins and Scales

- Examples: salmon, sardines, cod, mackerel.
 - High in **omega-3 fatty acids**, essential for brain and heart.
 - Support mood, reduce inflammation, improve longevity.
- Contrast: Unclean seafood (e.g., shellfish) are filter feeders and accumulate toxins and parasites.

Edible Insects (Locusts, Crickets)

- Nutritionally rich: protein, fiber, minerals, low fat.
- Eco-sustainable and historically clean (Leviticus 11:22).
- Now resurging in the health and food tech industries.

Table: Long Lifespans in the Bible & Their Typical Diets

Name	Age	Era	Diet Based on Biblical Clues	Notes
Adam	930	Pre-Flood	Plant-based: fruits, seeds, grains (Genesis 1:29)	Meat not yet given; Garden of Eden provision

Seth	912	Pre-Flood	Same as Adam: fruits, grains, nuts	Life expectancy still high
Enosh	905	Pre-Flood	Plant-based, clean environment	Early generations kept original dietary laws
Methuselah	969	Pre-Flood	Mostly plant-based; lived before the Flood	Oldest recorded man in the Bible
Noah	950	Pre/Post-Fl ood	Pre-Flood: Plant-based; Post-Flood: meat permitted (Genesis 9:3–4)	God introduces clean vs. unclean animal distinctions (Genesis 7:2, Leviticus 11)
Shem	600	Post-Flood	Clean meats and plants	Post-Flood diet includes meat; likely adhered to clean animals
Abraham	175	Patriarchal	Clean meats (Genesis 18:7–8), milk, honey, grains	Practiced hospitality with roasted meat, milk, bread
Moses	120	Wilderness Era	Manna (Exodus 16), quail, water, unleavened bread	Led Israel during divine food provisions

Joshua	110	Canaan conquest	Manna until entrance to Canaan; then grains, fruits, livestock	Consumed fruits of the Promised Land (Joshua 5:12)
Daniel (and friends)	Unknown (young adult)	Babylonian exile	Vegetables, legumes, water (Daniel 1:12, 16)	Superior health from rejecting royal meat and wine

Insights:

- **Pre-Flood longevity** is tied to:
 - Pure plant-based diet (Genesis 1:29).
 - Clean environment (no pollution, no synthetic food, low corruption).
- After the Flood, God allows meat (Genesis 9:3), but emphasizes clean vs unclean (Genesis 7:2).
- Daniel's diet in exile (vegetables + water) resulted in visibly better health (Daniel 1:15), suggesting plant-based food maintains purity and longevity.
- Biblical figures often lived long when their diets were clean, simple, and
 God-honoring, reflecting both physical and spiritual discipline.

Scripture Highlights:

• **Genesis 1:29** — "I have given you every herb... every tree... for food."

- **Genesis 7:2** Noah instructed to bring clean and unclean animals separately.
- **Genesis 9:3-4** "Every moving thing... shall be food for you... but not with its blood."
- **Daniel 1:12-15** Daniel eats vegetables and looks healthier than others.

TAND ANIMALS

Scripture: Leviticus 11:1–8; Deuteronomy 14:3–8

Clean Land Animals & Common Cooking Methods

Animal Common Cooking Methods & Dishes

Cow / Ox Grilled steaks, roasts, stews, ground beef for burgers, slow-cooked brisket, stir-fry strips, beef jerky, corned beef, beef stew (e.g., pot roast)

Sheep Roasted leg of lamb, lamb chops grilled or pan-fried, lamb stew, kebabs, slow-cooked shanks, lamb curry, shepherd's pie (using ground lamb), lamb roast with herbs

Goat Slow-cooked goat curry or stew, grilled goat meat, braised goat shanks, barbecued goat, goat birria (Mexican stew), roasted goat with spices

Deer Venison steaks (grilled or pan-fried), slow-cooked venison roast, venison stew, smoked venison, venison sausages, jerky, venison chili

Gazelle Typically prepared like venison—grilled or roasted steaks, slow-cooked stews, or

ground meat dishes (less common commercially but similar to venison)

Antelope Prepared similarly to deer or gazelle—grilled steaks, slow-cooked roasts, stews,

or ground meat for sausages or burgers (common in specialty or game meat

markets)

Spiritual Meaning:

- Split hoof = separation from worldly defilement.
- Chewing cud = meditation and discernment (Joshua 1:8).

Scientific Support:

- These are herbivorous ruminants with multi-chambered stomachs, leading to cleaner digestion and lower toxin buildup.
- Their plant-based diets reduce disease transmission risk compared to carnivores or scavengers.

X Unclean Land Animals

Lacks either a split hoof or cud-chewing trait—or both.

- Pig (has split hoof, doesn't chew cud)
- Camel (chews cud, no split hoof)
- Rabbit / Hare (chews cud, no split hoof)
- Horse, Dog, Cat

- Rodents (rat, mouse, squirrel)
- Lion, Wolf, Fox

Spiritual Warning: Partial obedience = impurity (James 2:10). **Scientific Caution:**

- Many are scavengers, carnivores, or disease vectors (e.g., pigs can carry trichinella parasites).
- Higher risk of **zoonotic diseases**, including viruses and tapeworms.



BIRDS AND FLYING CREATURES

Scripture: Leviticus 11:13-23; Deuteronomy 14:11-20

Clean Birds & Common Cooking Methods

Bird **Common Cooking Methods & Dishes**

Dove Roasted whole, grilled, stewed, slow-cooked in sauces or casseroles; often

prepared as game bird with herbs and wine

Pigeon Roasted or grilled (often called squab when young), braised, used in pâtés,

stews, or slow-cooked dishes

Grilled or pan-fried whole, roasted with herbs and butter, stuffed, used in salads Quail

or appetizers

Chicken Versatile: roasted, grilled, fried, baked, boiled (soups), stewed, grilled skewers (kebabs), slow cooker dishes, BBQ

Turkey Roasted whole (popular at holidays), grilled breast, smoked, slow-cooked in stews or soups, turkey burgers or ground meat dishes

Spiritual Role:

- Doves and pigeons were used for **peace offerings** (Leviticus 1:14).
- These birds are **gentle**, **grain-eating**, and live in **communities**—symbolizing purity and peace.

Scientific Notes:

- Non-predatory birds are generally **safer**, with lower toxin accumulation.
- Domesticated fowl like chicken and turkey provide **lean protein** and fewer parasites than scavengers.

X Unclean Birds (Scavengers and predators)

- Eagle, Hawk, Falcon
- Owl, Vulture, Raven
- Stork, Heron
- Bat (flying mammal)

Spiritual Warning:

• Feed on death and blood — a symbol of spiritual danger (Proverbs 30:17).

Scientific Caution:

- High mercury levels and pathogen exposure (e.g., avian influenza)
- Bats are known reservoirs for zoonotic viruses like SARS and Ebola.



Scripture: Leviticus 11:21–23

✓ Clean Insects (Only four types permitted)

Insect	Common Preparation & Consumption Methods
Locust	Roasted or toasted whole, ground into flour for protein bars or snacks, fried with spices, used as crunchy salad toppings or in savory dishes
Grasshopper	Fried or roasted with seasonings, ground into powder for baking or smoothies, mixed into protein snacks or energy bars
Cricket	Roasted, seasoned, or flavored as snacks, ground into cricket flour for baking breads, protein shakes, or pasta, incorporated into energy bars and chips

Katydid

Less common but prepared similarly by roasting or frying; can be ground for protein powder or used in local traditional dishes

"John wore clothing made of camel's hair... and his food was locusts and wild honey." - Matthew 3:4

Scientific Insight:

- High in protein, B12, and iron
- Environmentally sustainable source of nutrition
- Herbivorous, with simple, clean diets

X Unclean Insects

- Fly, Mosquito
- Beetle (non-jumping)
- Ant
- Wasp
- Cockroach

Reason:

- Many are disease carriers (flies, mosquitoes), venomous, or scavengers
- Linked with decay and disorder spiritually and ecologically

SEA CREATURES

Scripture: Leviticus 11:9–12; Deuteronomy 14:9–10

☑ Clean Sea Creatures & Common Cooking Methods

Must have both fins and scales

Sea Creature	Common Cooking Methods & Dishes
Salmon	Grilled, baked, smoked, pan-seared, poached, sashimi (raw, if fresh), in salads or sushi bowls, salmon patties or burgers
Trout	Pan-fried, baked whole, grilled, smoked, used in fish stews or chowders, trout almondine (with almonds and butter)
Herring	Pickled or smoked (popular in Scandinavian cuisine), grilled, pan-fried, used in salads or as appetizers
Mackerel	Grilled, smoked, baked, pan-fried, used in fish cakes, stews, or curries
Sardines	Grilled whole, canned in olive oil or tomato sauce, added to salads, pasta dishes, or eaten as snacks on bread or crackers
Cod	Baked, fried (classic fish and chips), poached, used in stews, grilled, or in fish cakes and chowders

Spiritual Symbolism:

• Represent righteousness, clarity, and purpose (Matthew 4:19 – "fishers of men")

Scientific Support:

- Scaled fish are generally safer and less toxic
- Rich in omega-3 fatty acids, support heart and brain health
- Not bottom-feeders, so lower risk of heavy metals or parasites

X Unclean Sea Creatures

Lack fins and/or scales

- Shrimp, Lobster, Crab
- Clams, Oysters
- Eel, Catfish
- Octopus, Squid
- Shark, Dolphin, Whale, Seal

Spiritual Concern:

Associated with compromise or hidden danger (Ecclesiastes 9:12)

Scientific Caution:

- Many are filter feeders or bottom dwellers, absorbing toxins, heavy metals, or pollutants
- Higher mercury levels in species like shark or whale

• Shellfish often cause allergic reactions and carry bacteria like Vibrio

☑ Biblical Superfoods – Preparation & Use Guide

Superfood	Scripture Reference	Health Benefits	Common Ways to Prepare or Eat
Olive Oil	Deuteronomy 8:8	Rich in healthy fats, anti-inflammatory, supports heart and brain health	Used in cooking (sautéing, roasting), salad dressings, dips (e.g. hummus), anointing oil
Honey	Proverbs 24:13	Natural antibacterial, energy booster, soothes coughs and sore throats	Eaten raw, used as sweetener in tea, drizzled on fruits, baked goods, or bread
Figs	2 Kings 20:7	High in fiber, aids digestion, supports blood sugar regulation	Eaten fresh or dried, added to salads, baked into desserts, or boiled into syrups
Grapes / Raisins	Numbers 6:3	Loaded with antioxidants, supports heart health	Grapes eaten raw, juiced, made into wine; raisins used in cereals, baked goods, or snacks

Pomegranate	Exodus 28:33–34	Vitamin-rich, anti-inflammatory, symbol of fruitfulness and blessing	Eaten fresh (arils), juiced, added to salads, smoothies, or made into sauces and syrups
Dates	2 Samuel 6:19 (implied)	High energy, rich in potassium and fiber	Eaten raw, used in desserts, stuffed with nuts, blended into smoothies or date syrup
Wheat (unprocessed)	Psalm 81:16	Staple grain, provides energy, B vitamins, and fiber	Ground into flour for bread, pasta, or porridge; soaked and boiled whole (e.g. bulgur)
Barley	John 6:9	Low glycemic index, supports blood sugar balance, used in Jesus' feeding miracle	Cooked in soups, stews, porridges, or used in breads and as a rice alternative
Lentils	Genesis 25:34	High in protein and fiber, supports muscle and digestive health	Boiled in soups, stews, curries, or formed into patties or lentil loaves
Nuts (e.g. almonds)	Genesis 43:11	Rich in healthy fats, protein, vitamin E, supports brain and heart health	Eaten raw or roasted, added to granola, baked goods, smoothies, or used as nut butter

Herbs (e.g. mint, Genesis 1:29 coriander)

Antioxidant, antimicrobial, supports digestion and detox

Used fresh or dried for seasoning, in teas, soups, stews, and natural remedies



WHY GOD GAVE THESE LAWS

"For I am the LORD your God. Consecrate yourselves therefore, and be holy, for I am holy." – Leviticus 11:44

1. Spiritual Symbolism

• To train the heart in discernment between holy and profane (Ezekiel 44:23)

2. Physical Protection

• Prevent disease (many "unclean" animals carry parasites, bacteria, or spoil quickly)

3. Moral Discipline

• Teaches **obedience before understanding** (Hebrews 5:14 – trained by constant practice)

4. Ecosystem Wisdom

• Preserves clean food chains, biodiversity, and healthful agriculture

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[ GOD - The Creator ]
                    (Genesis 1:1 | Leviticus 11 | Genesis 1:29)
[ Defines Clean & Unclean Foods ]
                                                           [ Provides Superfoods ]
(Leviticus 11 | Deuteronomy 14)
                                                      (Deuteronomy 8:8 | Genesis 1:29)
[ Calls Humans to Discernment ]
                                                        [ Calls Humans to Stewardship ]
  (Leviticus 11:44-45)
                                                             (Genesis 2:15)
[ Choose Clean Land, Air & Sea Foods ]
                                                    [ Cultivate & Preserve Superfoods ]
    (Cattle, Fish w/ Fins & Scales, etc.) (Honey, Figs, Grapes, Wheat, etc.)
                [ Humans as Co-Creators with God ]
                  (1 Corinthians 3:9 | Romans 8:19)
[ Innovate & Prepare Clean Meals ]
                                                   [ Educate & Share Knowledge ]
(Farming, Cooking, Teaching, etc.)
                                                (Family, Church, Community)
               [ Result: Whole-Body Wellness & Community Health ]
              (Obedience to God → Strong Bodies, Minds, Families)
             [ Glorify God Through Creation, Care, and Obedience ]
                        (1 Corinthians 10:31)
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■ Biblically Clean and Unclean Foods – Common 2025 Reference Table

Based on Leviticus 11 & Deuteronomy 14

Lamb / Mutton (sheep) Goat Venison (deer) POULTRY & BIRDS (AIR) Chicken Turkey Duck (debated, but generally considered clean) Quail Quail Locust Grasshopper Cricket (used in protein bars, powders) Lamb / Mutton (sheep) Rabbit Horse Dog Cat Rat / Mouse / Rodents Duck (if scavenger-fed) Goose (often scavenger-fed) Eagle Owl Vulture Raven Bat All others: Housefly Mosquito Cockroach Beetle (non-jumping) Ant Wasp	Category	Clean Foods (Allowed)	X Unclean Foods (Forbidden)
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Tilapia (scaled species) Eel Squid Octopus Catfish		Cod	Mussels
Squid Octopus Catfish		Herring	Oysters
Octopus Catfish		Tilapia (scaled species)	Eel
Catfish			Squid
			Octopus
Shark			Catfish
			Shark

> Key Notes for Modern Context

• Pork, shellfish, and catfish are the most widely eaten unclean foods today. These are prohibited despite their popularity.

- Chicken, beef, lamb, and salmon are common clean choices—healthier and biblically approved.
- **Duck** and **goose** depend on diet; if raised scavenger-style, they may be unclean.
- Insects like crickets and locusts are now found in high-protein health foods and are biblically acceptable.
- Sushi caution: Many types of sushi contain unclean seafood (e.g., eel, octopus, shrimp).

Types of Restaurants That Often Serve Biblically Clean Foods

Туре	Why It Fits
Mediterranean / Middle Eastern	Often feature lamb, fish with fins and scales, olive oil, grains, lentils, herbs, figs, and dates.
Farm-to-Table	Focus on clean, seasonal, whole foods — you can ask about sourcing and prep.
Health-Focused Cafés	Serve plant-based dishes, clean meats, and avoid processed or unclean ingredients.
Kosher Restaurants	Avoid unclean animals like pork and shellfish; align closely with Leviticus 11 laws.
Pescatarian Spots	Serve only fish (ask for ones with fins and scales like salmon or cod).
Vegan/Vegetarian Restaurants	While not complete (no clean meat), these align with Edenic and Daniel-style diets.

Begin Today

Start with one meal. One clean decision. Invite the Holy Spirit into your kitchen and your choices.

Share the Truth

This guide is free to share. Encourage others to walk in God's wisdom for health and life.