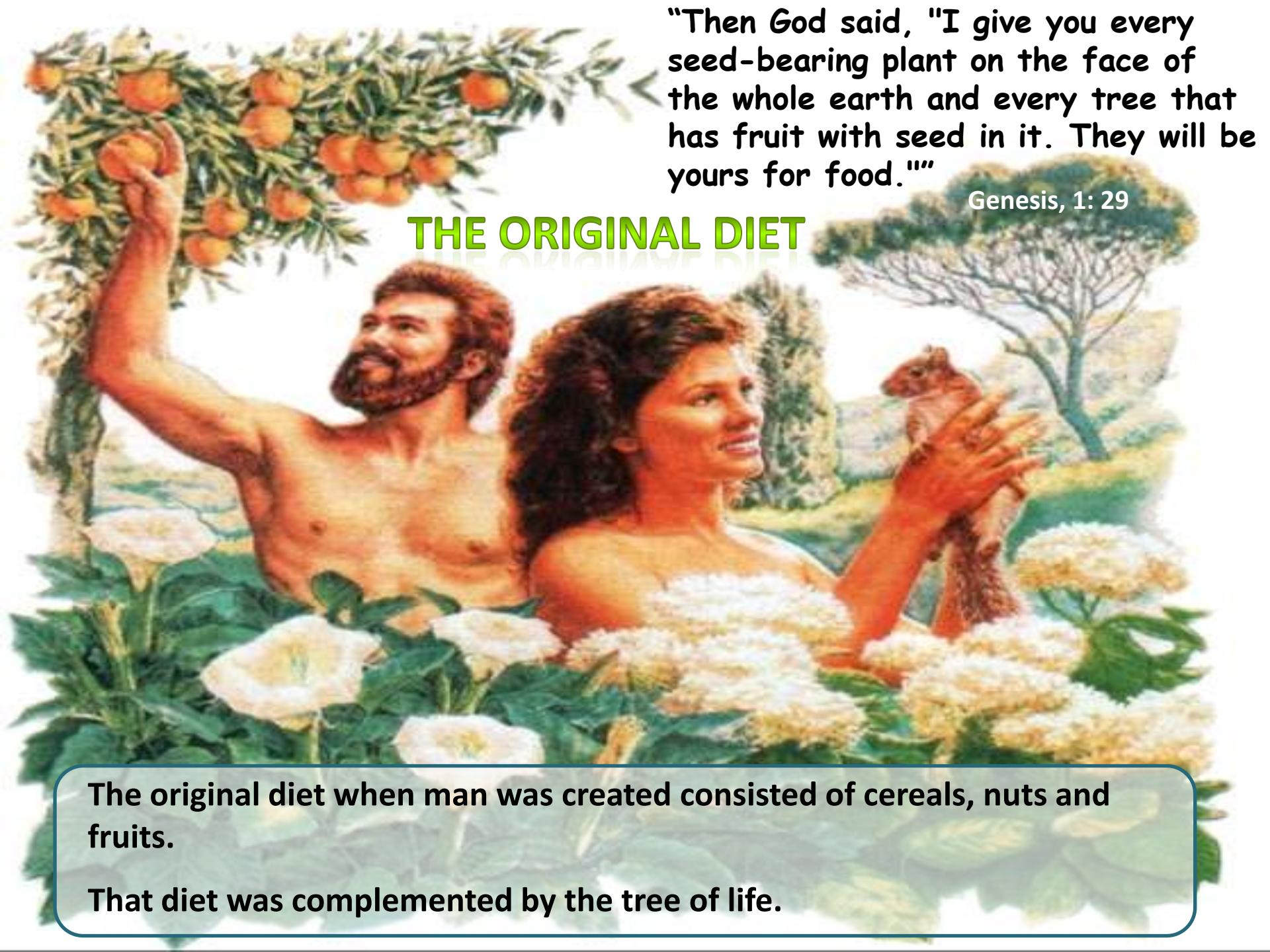


NUTRITION IN THE BIBLE





"Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ""

Genesis, 1: 29

THE ORIGINAL DIET

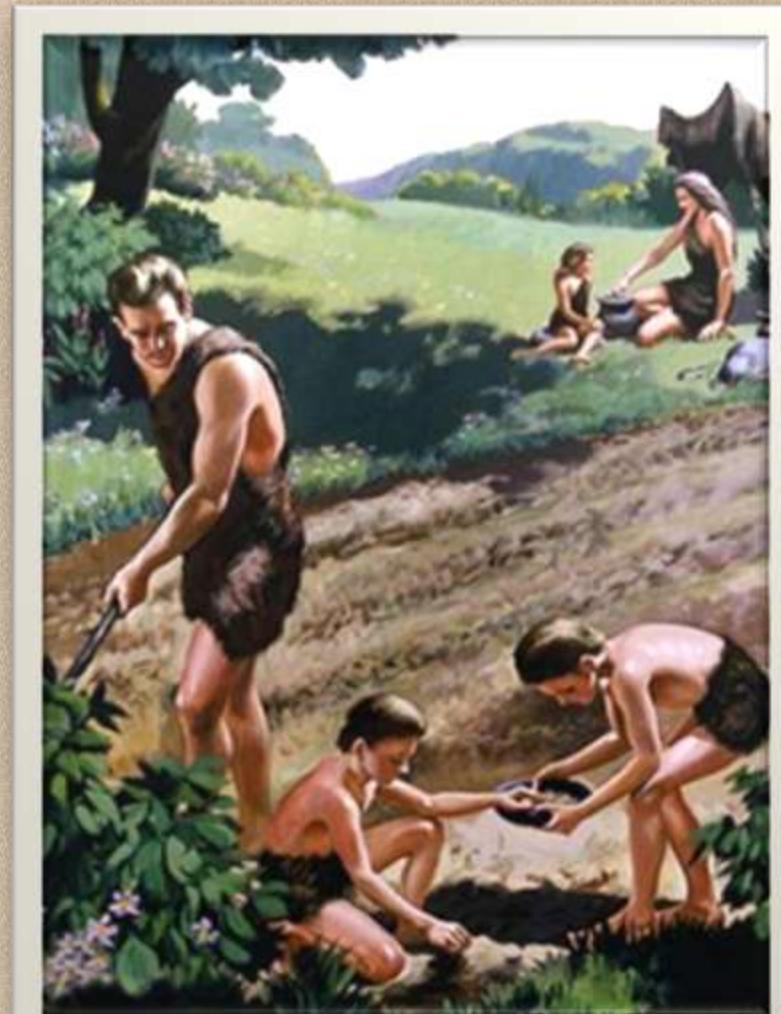
The original diet when man was created consisted of cereals, nuts and fruits.

That diet was complemented by the tree of life.

THE DIET AFTER SIN

"To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, `You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you, and **you will eat the plants of the field**" Genesis, 3: 17-18

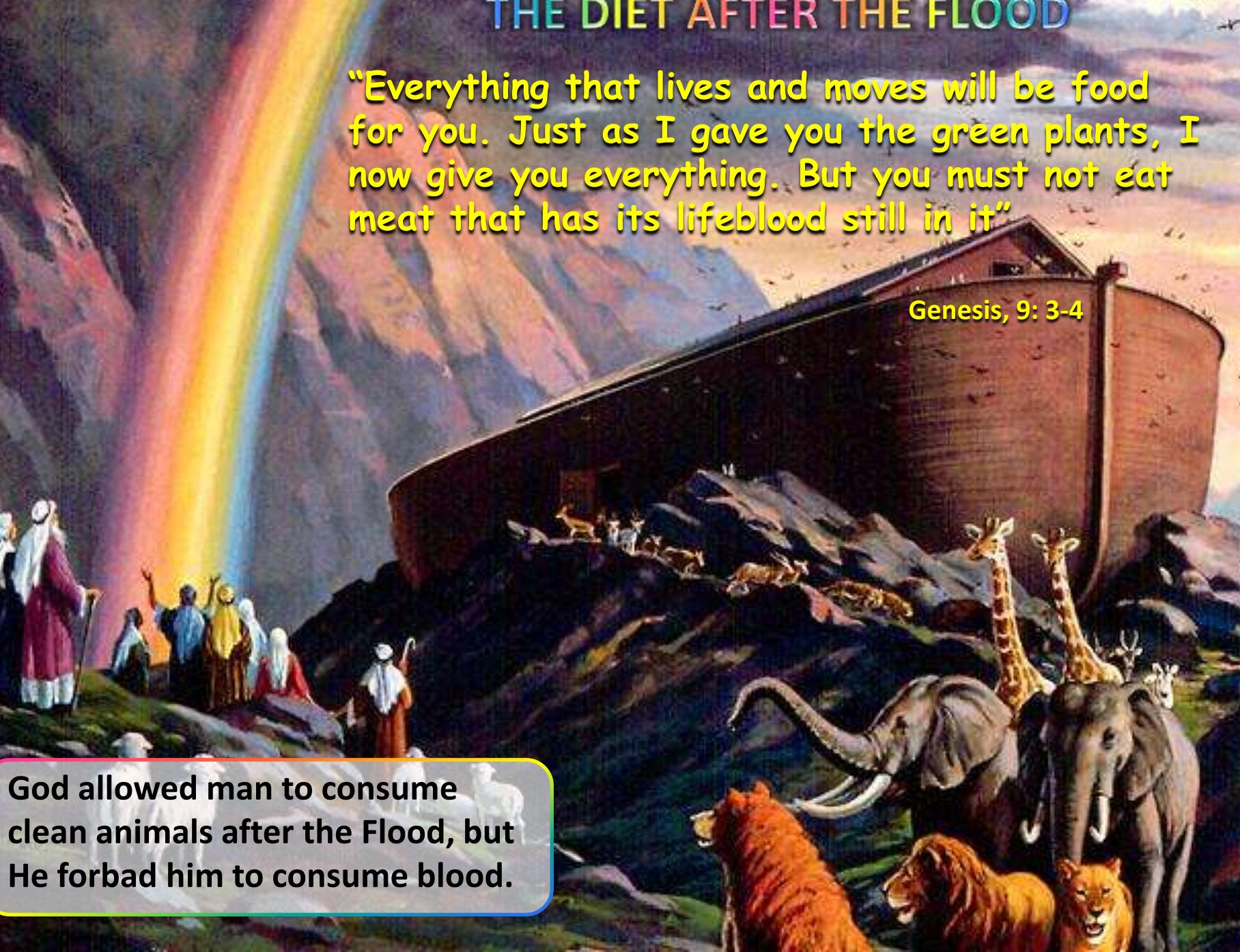
"The divine punishment involved a partial change in diet. We can deduce that cereals, fruits and oilseeds were reduced in quantity and quality because of sin, so man was obliged to eat vegetables for his maintenance. That change on the diet could be caused by the loss of certain elements from the tree of life, a climate change or the sentence of hard working to support oneself" (SDA Bible Commentary, on Genesis, 3: 18)



THE DIET AFTER THE FLOOD

"Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything. But you must not eat meat that has its lifeblood still in it"

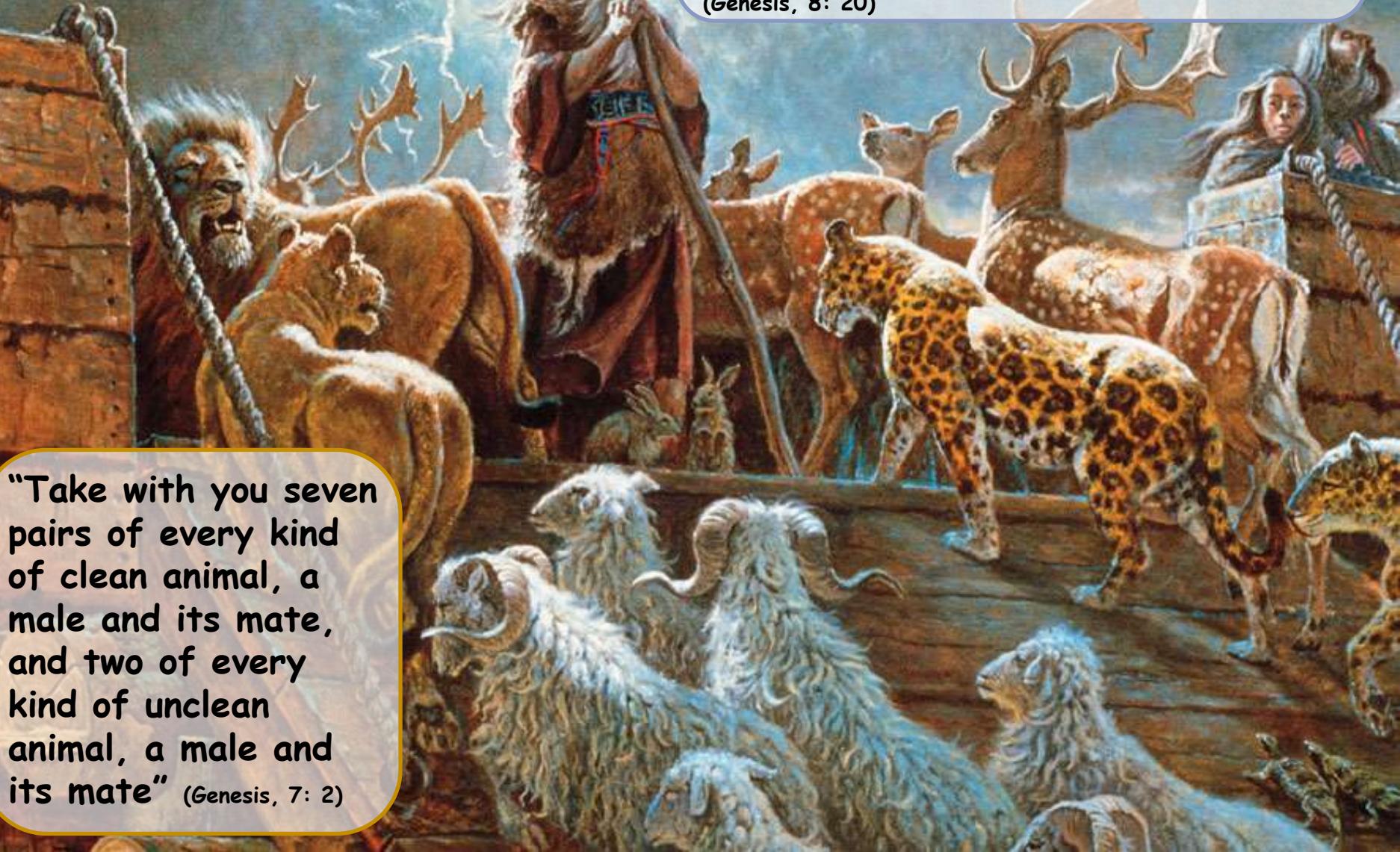
Genesis, 9: 3-4



God allowed man to consume clean animals after the Flood, but He forbade him to consume blood.

Noah already knew the difference between clean and unclean animals.

"Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it"
(Genesis, 8: 20)



"Take with you seven pairs of every kind of clean animal, a male and its mate, and two of every kind of unclean animal, a male and its mate" (Genesis, 7: 2)

THE DIET IN THE NEW TESTAMENT

There are some references to food in the New Testament, but there's no change in the diet of the Old Testament.

THE DIET IN THE NEW TESTAMENT

PETER'S VISION

Peter saw a large sheet with unclean animals on it. He was invited to kill them and eat them; "Do not call anything impure that God has made clean" (Acts, 10: 15)

Peter interpreted that vision correctly: he couldn't call anyone impure, since the Gospel was given for the gentile, too.



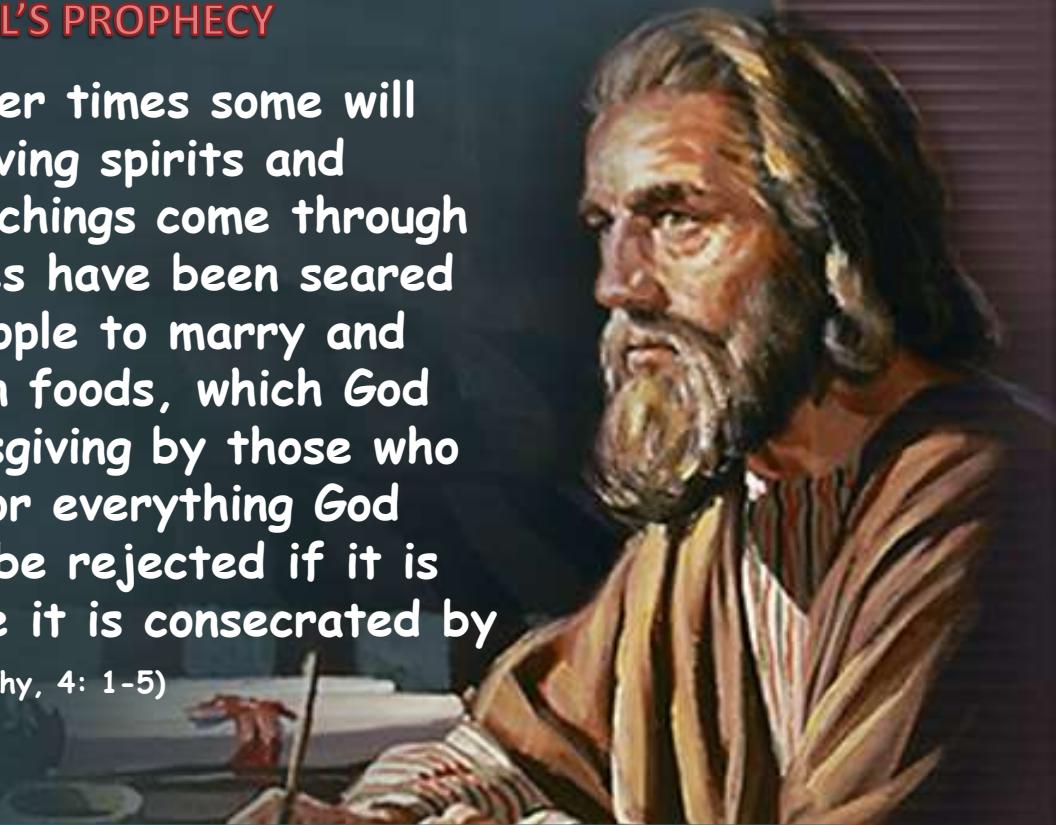
"He said to them: "You are well aware that it is against our law for a Jew to associate with a Gentile or visit him. But God has shown me that I should not call any man impure or unclean.""

(Acts, 10: 28)

THE DIET IN THE NEW TESTAMENT

PAUL'S PROPHECY

"The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer" (1 Timothy, 4: 1-5)



This prophecy is about a heresy that would spread later. That heresy was about celibacy and refraining from eating clean foods because of religious reasons on some specific days.

It's because that heresy that Paul wanted to clarify that we shouldn't ban foods that God created for human consumption. Paul understood that blood and unclean meats aren't for human consumption.

THE DIET IN THE NEW TESTAMENT

FOOD SACRIFICED TO IDOLS

"But not everyone knows this. Some people are still so accustomed to idols that when they eat such food they think of it as having been sacrificed to an idol, and since their conscience is weak, it is defiled. But food does not bring us near to God; we are no worse if we do not eat, and no better if we do. Be careful, however, that the exercise of your freedom does not become a stumbling-block to the weak"

(1 Corinthians, 8: 7-9)

There are some Paul quotations that must be understood in their context (for example, "eat anything sold in the meat market"). There was a discussion about if it was right or not to eat clean meats that were sacrificed to idols

THE PRESENT DIET

“We do not mark out any precise line to be followed in diet; but we do say that in countries where there are fruits, grains, and nuts in abundance, flesh food is not the right food for God's people. I have been instructed that flesh food has a tendency to animalize the nature, to rob men and women of that love and sympathy which they should feel for everyone, and to give the lower passions control over the higher powers of the being. If meat eating was ever healthful, it is not safe now”

Ellen G. White (Testimonies for the Church, vol. 9, p. 159)



The original diet

- Cereals
- Nuts
- Fruits

After sin

- The original diet
- Vegetables

After the Flood

- The original diet
- Vegetables
- Clean meats

At the End Time

- Vegetarian diet preferably

THE BALANCED DIET

The food pyramid

Group 3: Eaten in small quantities

- Fats
- Sugar and sweets

Group 2: Eaten in moderation

- Legumes
- Nuts
- Eggs
- Milk and dairy products

Group 1: Eaten in large quantities

- Fruits
- Cereals
- Vegetables

Your diet must be well-balanced.

THE BALANCED DIET

- Don't consume too much fats, salt or sugar.
- Don't eat to excess.
- Don't eat less food than needed.
- Be sure of consuming enough vitamin B₁₂; your body needs it!
- If there's any food that disagrees with you, don't eat it, even if it's a healthy food.
- ...



“The human organism is the handiwork of God. The organs employed in all the different functions of the body were made by Him. The Lord gives us food and drink, that the wants of the body may be supplied. He has given the earth different properties adapted to the growth of food for His children. He gives the sunshine and the showers, the early and the latter rain. He forms the clouds and sends the dew. All are His gifts. But all these blessings will not restore in us His moral image unless we cooperate with Him, making painstaking effort to know ourselves, to understand how to care for the delicate human machinery. Man must diligently help to keep himself in harmony with nature's laws. He who cooperates with God in the work of keeping this wonderful machinery in order, who consecrates all his powers to God, seeking intelligently to obey the laws of nature, stands in his God-given manhood, and is recorded in the books of heaven as a man.”

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DISCOVER truth – What does the Bible say about this truth?

APPLY truth – How can this truth affect my life today?

PLAN using the truth – How can I use this truth today?

TRANSFER truth to life – What changes do I need in my life?



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