

A vibrant collage of sliced fruits including watermelon, kiwi, and mango. The watermelon slices are bright red with green rinds. The kiwi slices are green with black seeds. The mango slices are yellow-orange. The background is a mix of these colors, creating a fresh and healthy aesthetic.

God

&

Ivly Diet



# Items

1. God's Stand On Our Diet And Health
2. Why Animal Free Diet?- For Health Or For Holiness
3. Why Adventists' Should Aim Vegetarianism
4. Special Health Tit-bits





# Lets Pray



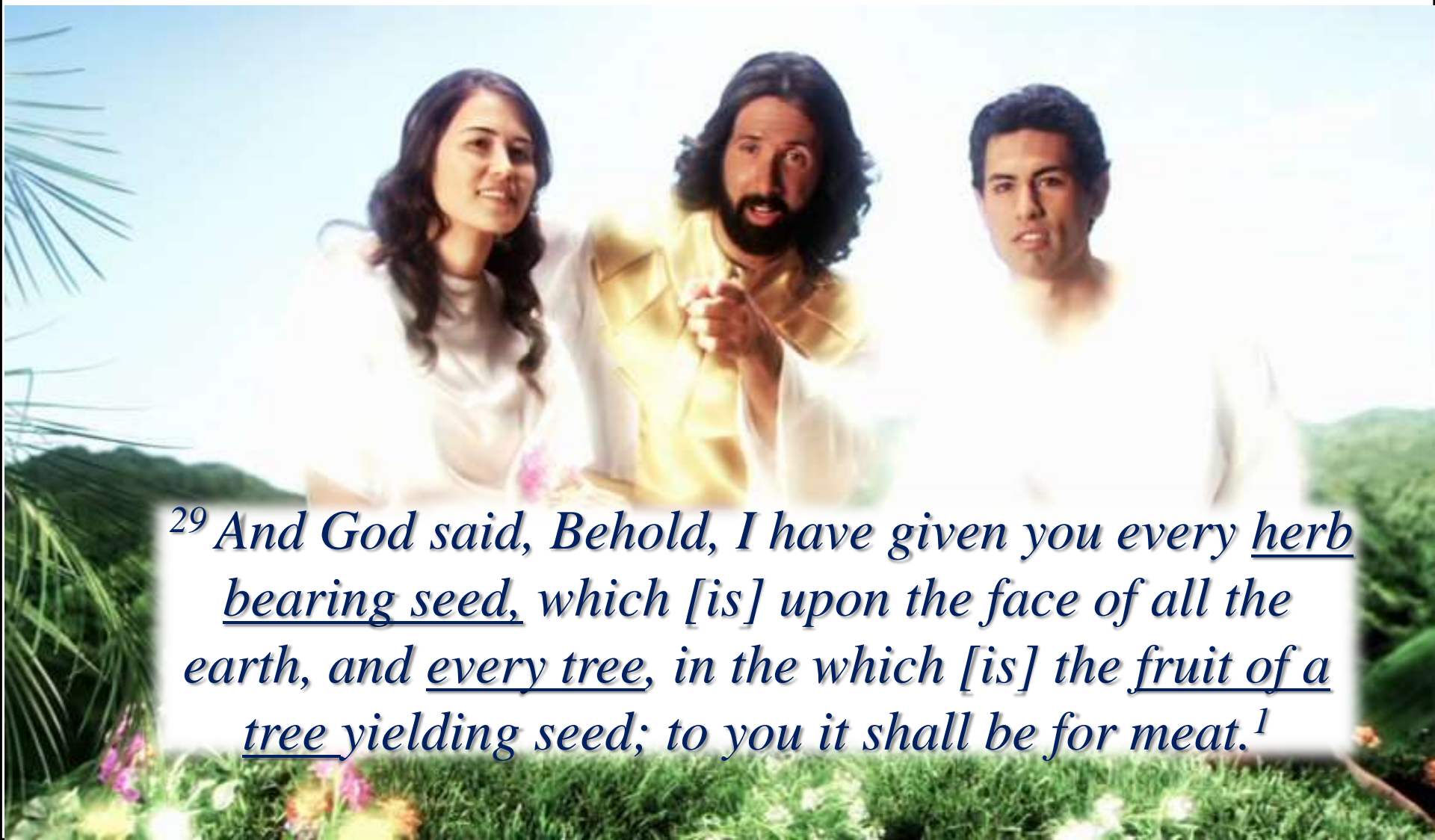
**Does God Has  
A Stand On  
Our Diet?**





# Diet Through The Bible

## 1.Man's Original Diet- Genesis 1:29

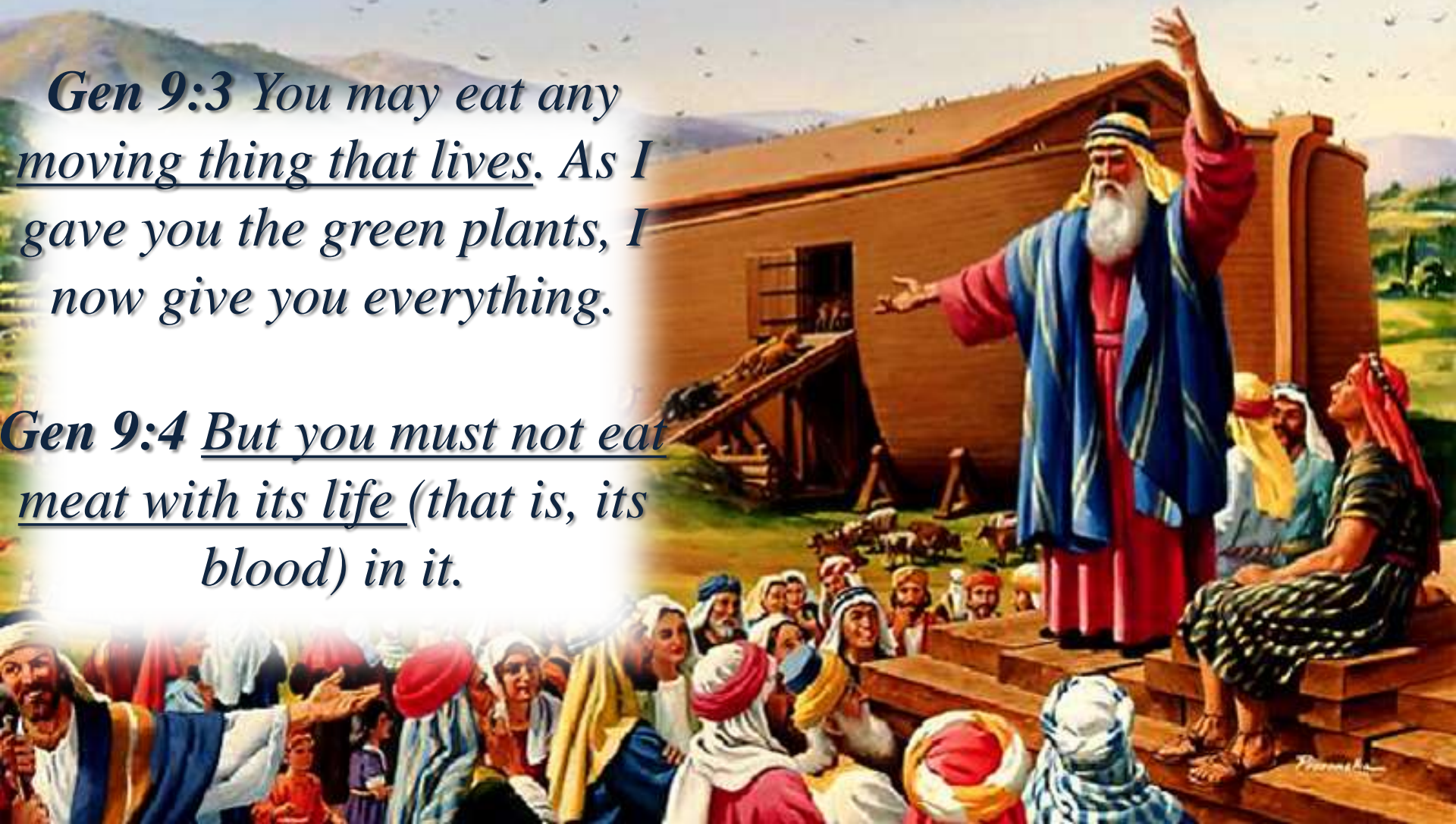


*<sup>29</sup> And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat.<sup>1</sup>*

# 1. Dietary changes after flood – Genesis 7-9

*Gen 9:3 You may eat any moving thing that lives. As I gave you the green plants, I now give you everything.*

*Gen 9:4 But you must not eat meat with its life (that is, its blood) in it.*





### 3. The Major Law of the Clean and Unclean Animals Lev 11 & Deut 14

## QUADRUPED LAND ANIMALS

Ruminant with cloven hooves  
(Deut 14:6).

*egs: the ox, sheep, goat, deer, gazelle, roebuck, wild goat, the pair, antelope, and mountain sheep (Deut 14:4-5).*



### 3. The Major Law of the Clean and Unclean Animals Lev 11 & Deut 14

## BIRDS.

Leviticus 11:13-19 lists 20 unclean birds while Deuteronomy 14:12-18 enumerates 21. All birds of prey are forbidden. The Bible does not list any clean bird.

*Later Jewish law identified the characteristics necessary for a clean bird to be:*  
(1) *a crop*, (2) a *gizzard* which can easily be peeled away, and (3) *an extra talon*. In Jewish practice, the eggs of unclean birds are considered unclean.

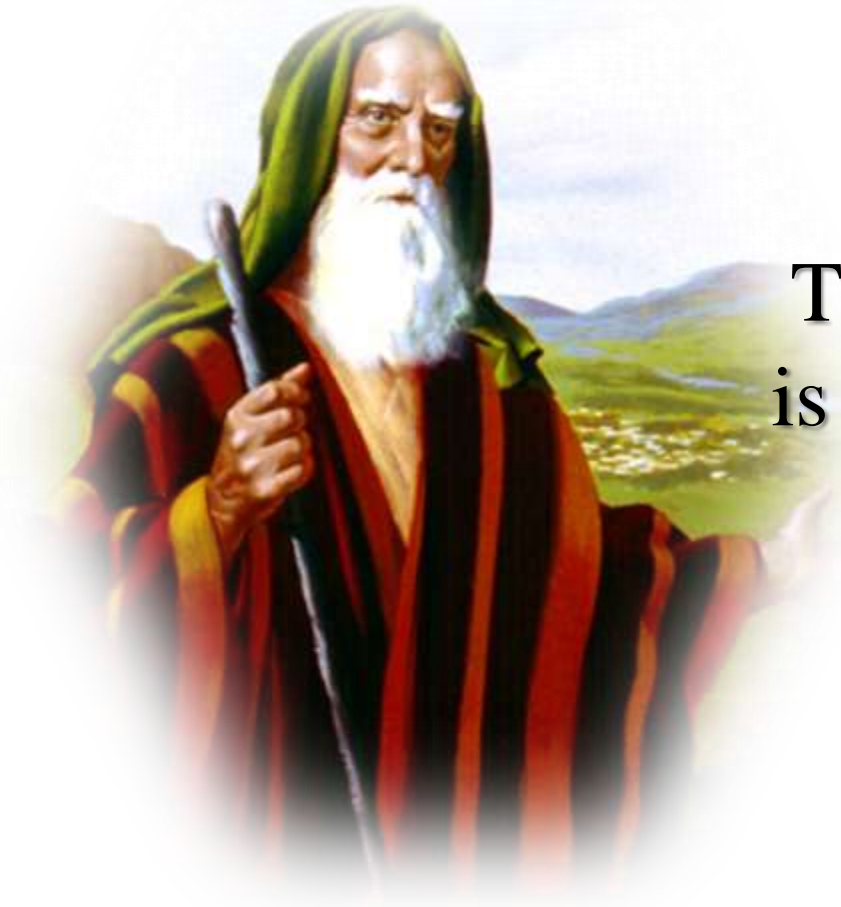
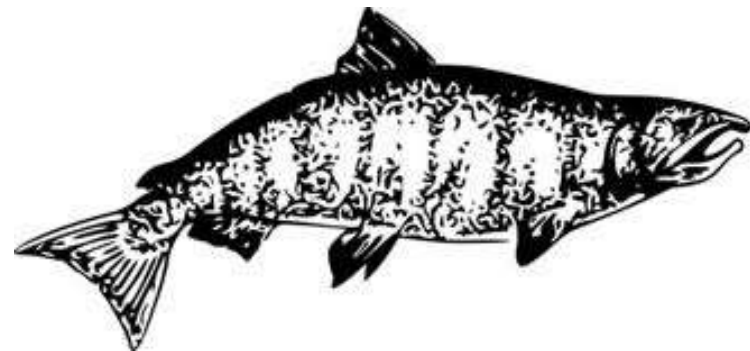




### 3. The Major Law of the Clean and Unclean Animals Lev 11 & Deut 14

## FISHES

The qualification for clean fish is twofold: *fins and scales*.



### 3. The Major Law of the Clean and Unclean Animals Lev 11 & Deut 14

## INSECTS

Leviticus 11:21-22 permits the eating of four types of locusts as clean while all other insects are by and large considered unclean. (Lev 11:23).

*Given the difficulty in identifying the approved of classes of locusts, they generally are not eaten in practicing Jewish communities today.*





# THREE KINDS OF FOOD IN SCRIPTURE



*1. Unclean Foods*



*2. Clean foods*

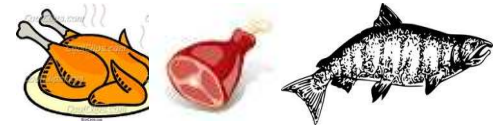


*3. The original  
Food  
( Best)*

# AGE OF GOD'S ORIGINAL DIET



# FLESH PERMITTED



# AFTER NOAH TO NOW

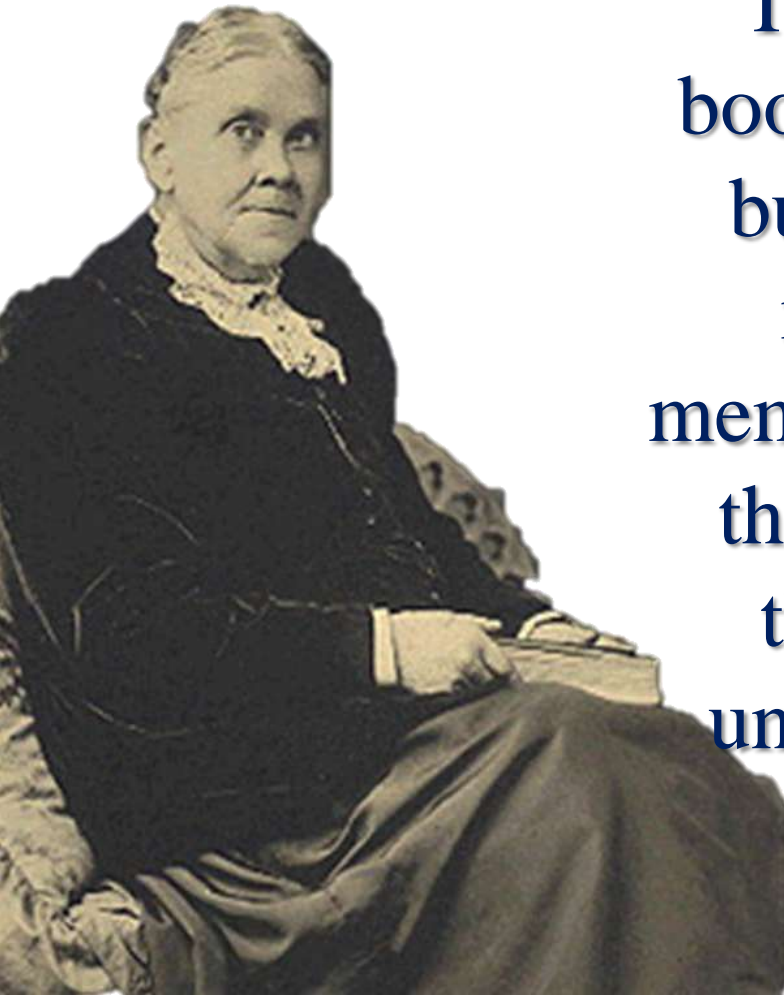
# ANTE-DILUVIANS



ADAM	SETH	ENOS	CAINAN	JARED	METHUSELAH	LAMECH	NOAH
930	912	955	910	962	969	777	950



# Amazing Mind & Body Power of the antediluvians

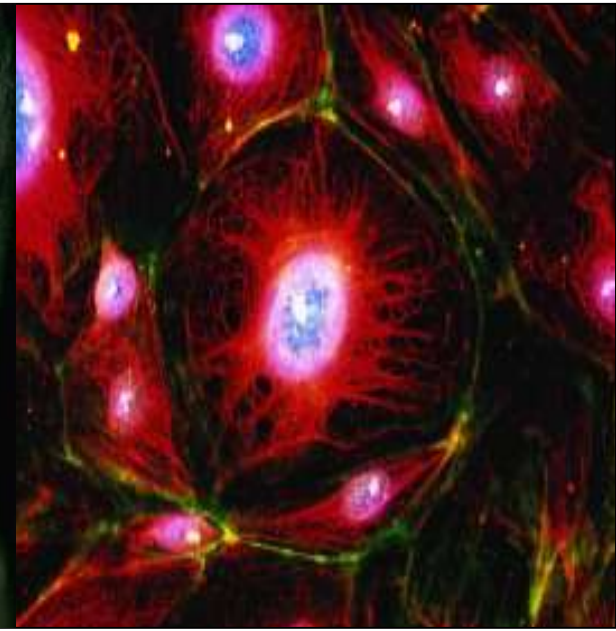


The antediluvians were without books, they had no written records; but with their great physical and mental vigor, they had strong memories, able to grasp and to retain that which was communicated to them, and in turn to transmit it unimpaired to their posterity. {PP 83.1}



**Closer Look  
At  
Excessive  
Flesh  
Eating**





# Cancers & TUMORS



*From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh.*

**COUNSEL ON DIET 388 2**



# TRICHINOSIS

*(Blood poisoning)*

## MOSTLY FROM PORK

It (pork) would fill the system with scrofula, and especially in that warm climate produced leprosy, and disease of various kinds It is made agreeable to the appetite by high seasoning, which makes a very bad thing worse. Swine's flesh above all other flesh meats, produces a bad state of the blood. Those who eat freely of pork can but be diseased.

*{Counsel on Diet 392.3*



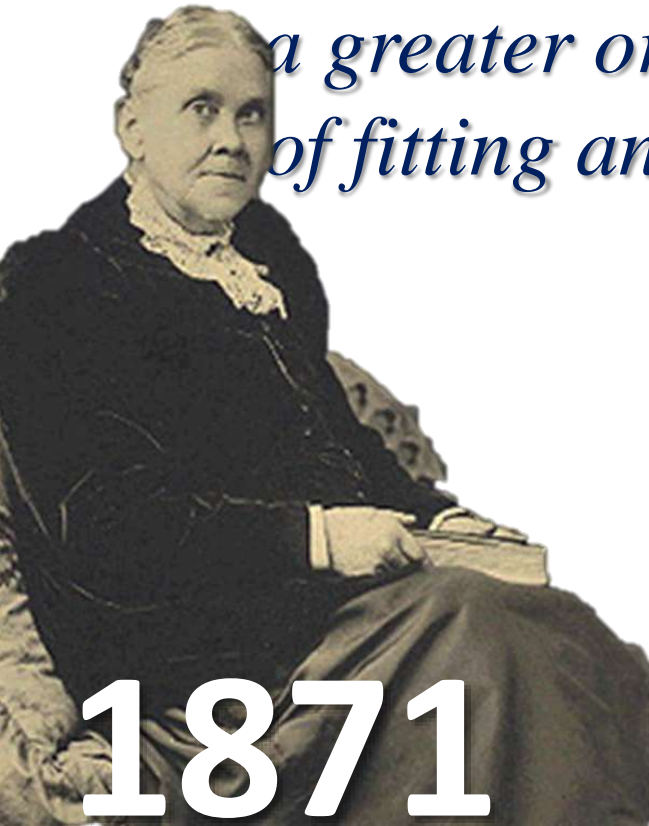
1865



# Diseases Mostly From Preparation For Market

*Those who subsist largely upon flesh cannot avoid eating the meat of animals which are to a greater or less degree diseased. The process of fitting animals for market produces in them disease;*

*2 Testimonies 63.3*





**Welcome to Bawa's Fresh Khebab**





The liability to take disease is **increased tenfold by meat-eating**. The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh-meats. Meat-eating deranges the system, beclouds the intellect, and blunts the moral sensibilities.

*2 Testimonies 63.3*

1871

*... pulmonary diseases are  
largely caused by meat eating.*

**COUNSEL ON DIET 383.4**



**HYPERTENTION**

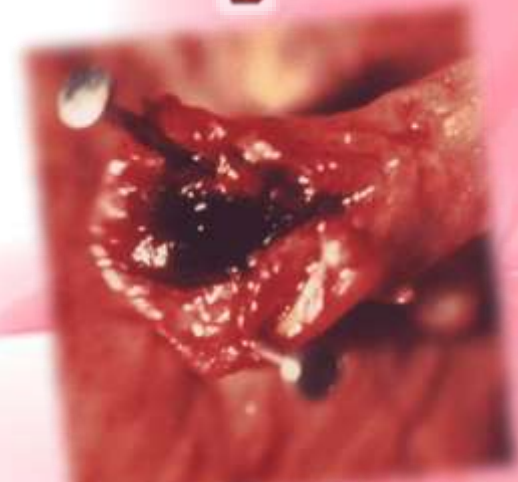
**BLOOD PRESSURE**

**HEART ATTACK**

**CARDIAC ARREST**

**OBESITY**

**STROKE**





The disease upon  
animals is  
becoming more  
and more common,  
and our only safety  
now is in leaving  
meat entirely  
alone.



Photo © iStockphoto.com

*Counsel on Diets 412.1*



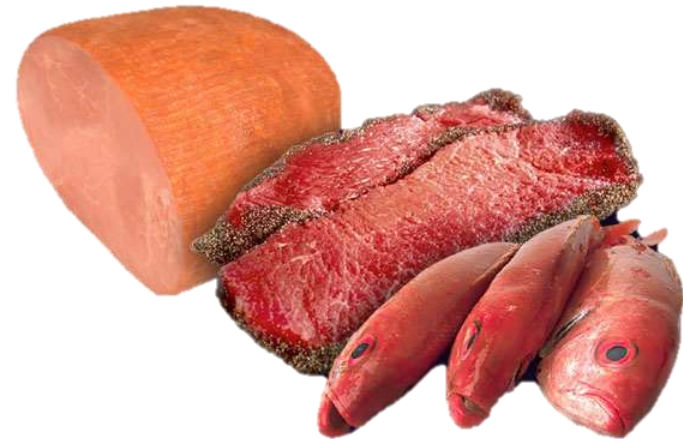


**The simple grains, fruits of the trees,  
vegetables, have all the nutritive  
properties necessary to make good  
blood. This a flesh diet cannot do.**

**{COUNSEL ON DIET 322.3}**



**Vrs**





# Why Flesh- Free Diet

*For Health Or For Holiness*





*Beloved, I wish above all things that  
thou mayest prosper and be in health,  
even as thy soul prospereth.*

*KJV*

*3 John 2*



# Religious Life Is Related To Physical Habits

*The whole body is the property of God, and we must give strict attention to our physical well-being, for the religious life is closely related to physical habits and practices.*

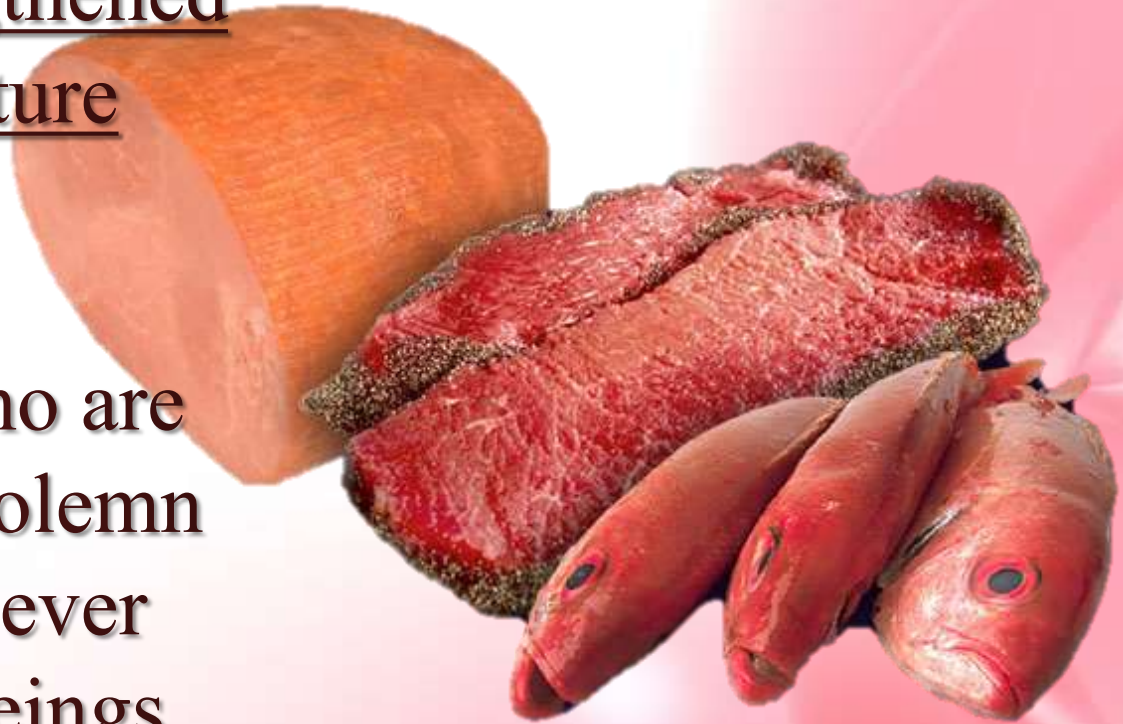
*--Letter 69, 1896.*



By the use of flesh meat the animal nature is strengthened and the spiritual nature weakened.

Such men as you, who are engaged in the most solemn and important work ever entrusted to human beings, need to give special heed to what they eat.

*Evangelism 663.2*





A diet of flesh meat tends to  
develop animalism. A  
development of animalism  
lessens spirituality, rendering  
the mind incapable of  
understanding truth.

*{Counsel on Diet 382.3}*





# Why Adventists' Should Aim Vegetarianism





# Time To Appreciate And Discern Spiritual Things

**THIS is the time when we as a  
people of the remnant  
Need to discern and to value  
the atonement made for our sins  
in Christ Jesus.**

**It is interesting to note that  
vegetarian diet puts the brain in  
a right frame of mind to  
appreciate and be receptive to  
spiritual things**

**PR A.A. Boateng**  
*Its possible to be a vegetarian, page 2*



## *1 Corinthians 2:14-16*

**But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. But he that is spiritual judgeth all things, yet he himself is judged of no man. For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.**



# Daniel & Three Friends



## Daniel 1:12

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

KJV

# Daniel & Three Friends

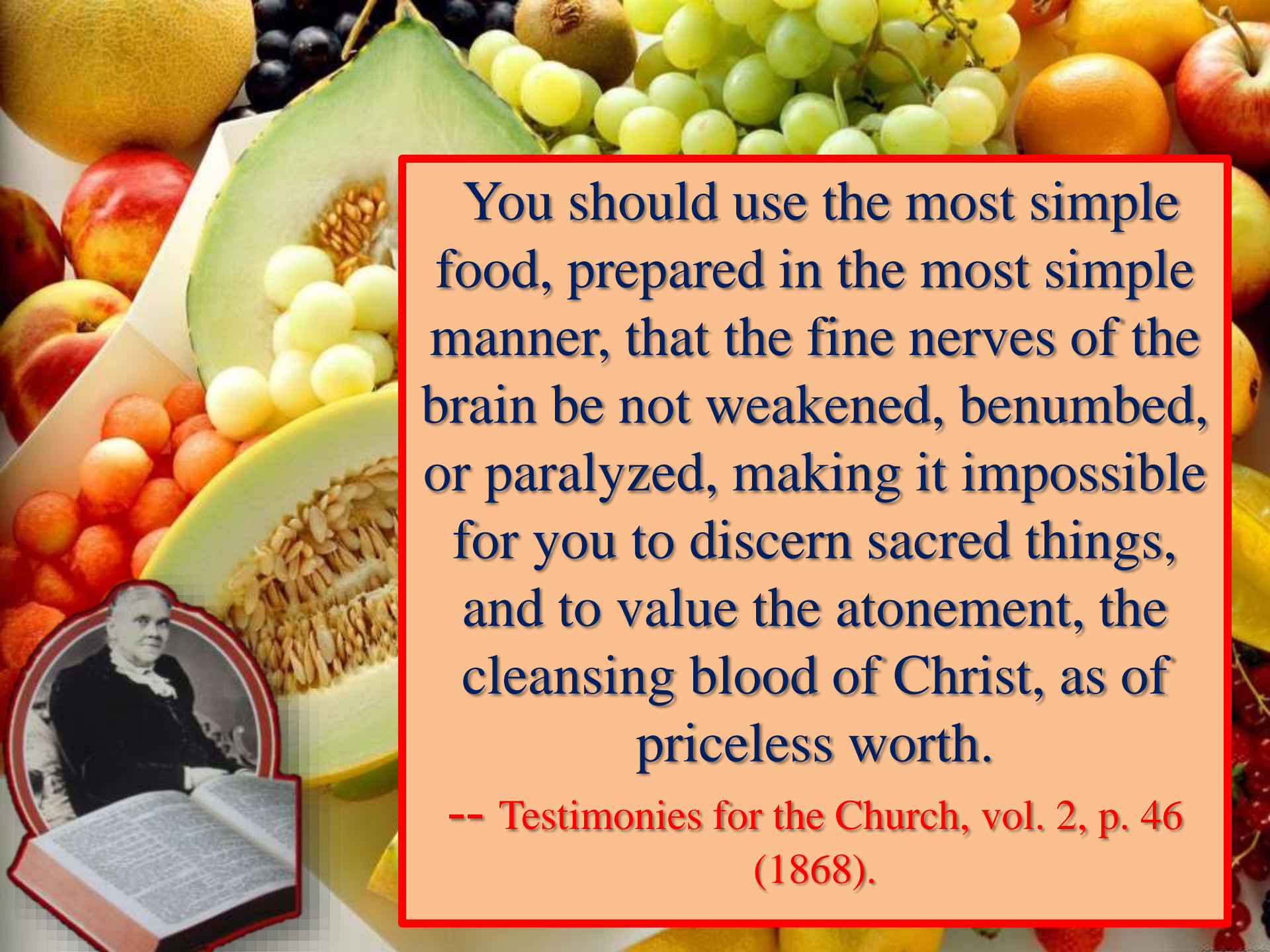


## Daniel 1:20

And in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

**KJV**





You should use the most simple food, prepared in the most simple manner, that the fine nerves of the brain be not weakened, benumbed, or paralyzed, making it impossible for you to discern sacred things, and to value the atonement, the cleansing blood of Christ, as of priceless worth.

-- Testimonies for the Church, vol. 2, p. 46  
(1868).



Among those who are waiting  
for the coming of the Lord, meat  
eating will eventually be done  
away; flesh will cease to form a  
part of their diet. We should  
ever keep this end in view, and  
endeavor to work steadily  
toward it.

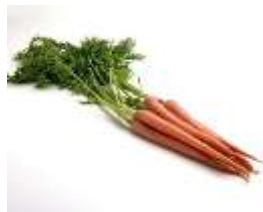
COUNSEL TO THE CHURCH 231.7







**It Is Possible To  
Leave Meat  
Alone**





## Medical Ministry 267



If we will come to the  
Lord in simplicity of  
mind, He will teach us  
how to prepare  
wholesome food free  
from the taint of flesh-  
meat.





# Guidelines To Successful Vegetarianism

God Will Grant Your Prayer Request  
To Be A Vegetarian



Be ready to learn And love cooking



The Transition Should Be Progressive



Be Objective And Positive



Begin Reading On Effective Nutrition



# The Problem

*More harm than good*

Many lack knowledge of the food groups and they forget that .....  
“When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits that will be both nourishing and appetizing.”  
Ministry Of Healing P 316





# KNOW YOUR FOOD CLASSIFICATIONS

- **CARBOHYDRATES-**  
energy and warmth
- **PROTEINS-**  
build and repair tissues
- **VITAMINES & MINERALS**  
Protective
- **FATS & OIL**  
Heat



# Proteins

Common in Ghana



**WHITE BEANS**



**BROWN BEANS**



**PINTO BEANS**



**AGUSHI  
(AKATOA)**



**NERI  
(WEREWERE)**



**LENTIL**



**GROUND NUTS**



**PEANUTS  
& CASHEW NUTS**



**PEAS**



# carbohydrates

Common in Ghana



**PLANTAIN**



**COCOYAM**



**CASSAVA**



**YAM**



- **RICE**
- **WHEAT**
- **GUINEA CORN**



**MAIZE**



**POTATO**



**MILLET**



# VITAMINS

Common in Ghana



**PEAR**



**GUAVA**



**BANANA**



**GRAPES**

**PINEAPPLE**



**ORANGE**



**WATERMELON**



**PAWPAW**

**CASHEW FRUIT**



**APPLE**





# minerals

Common in Ghana





# minerals

Common in Ghana





# Fats & oils

Common in Ghana





Omega-3 Fatty Acids, Vitamin D and Vitamin B12  
Essential!

Vitamin D can be obtained from sunlight or a supplement.  
A vitamin B12 supplement is highly recommended.  
Good sources of omega-3 fatty acids include ground flax seeds and walnuts.

### Protein-rich Foods

2-3 Servings

Good sources of protein include legumes like lentils and beans, soy products, vegan burgers, nuts and seeds and products made with vital wheat gluten (like seitan).



### Calcium-rich Foods

4-6 Servings

Good sources of calcium include collard greens, spinach, turnip greens, sesame seeds, tahini, soy products and calcium fortified orange juice.



### Fruits and Vegetables

3-5+ Servings

Fruits and vegetables are a great source of many nutrients and will lower your risk of certain illnesses. If possible, try to buy them organic.



### Whole Grains

6-11 Servings

Whole grains like brown rice, whole wheat bread, pasta, oatmeal, cereals, quinoa and amaranth are a source of energy and contain fiber and many nutrients.



six

Health Tit

Bits



1

# Benefits of Raw Foods

More Energy

Better Digestion

Healthy Weight Loss

Clear Skin

Clear Eyes

Balanced Mood

Detox & Cleanse

Boost Immune System

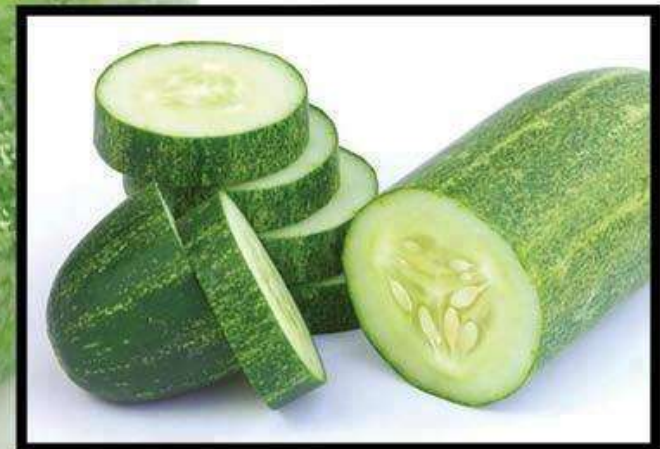




# USES FOR CUCUMBERS

Because cucumbers are 95% water, they keep the body hydrated and help the body flush out toxins.

- High water content
- Rich in vitamins A, B and C and minerals like magnesium, potassium, manganese, and silicon
- Swelling around the eyes.
- Digestive problems
- Constipation
- joint health
- Blood pressure
- Tapeworm
- sore teeth and gums
- Diabetes
- Beautiful hair and bone health



2



# BENEFITS OF COCONUT DURING PREGNANCY

3



- Strengthens immune system
- Rich in anti-bacterial, anti-fungal and anti-viral properties
- Can help in the prevention of HIV, herpes, flu etc. during pregnancy
- Can help pregnant women in keeping away from constipation and heartburn
- Natural diuretic
- Coconut water allows the body for easy digestion is free of chemicals and contains high amounts of electrolytes.





4



#### **FOOD FOR THOUGHT**

**Instant noodles contain wax coating which is also used in styrofoam containers. That is why instant noodles dont stick to each other when cooking. Our body needs up to two days to clean the wax. Make sure you stop eating a pack of noodles for at least 3 days after a session of noodles. This wax can cause CANCER. SHARE if you care**

5

# Cauliflower

Rich in Vitamin-C.

Anti-inflammatory.

Improves heart health.

Rich in fiber.

Reduces the risk of strokes.

Strengthens the immune system.

Helps unborn babies develop properly.

Natural detoxifier.

Fat free.

Anti-oxidant.

Prevents cancer.

Low calorie.





6



**The more you chop (mince, grate, or apply stress) carrots to smaller bits, the more anthocyanin it produces. Anthocyanin is a phytochemical that helps fight cancer, aging and neurological diseases, inflammation, diabetes, bacterial infections, and fibrocystic diseases.**

# The 2 battles

In making a change in diet it is most likely you will have two special battles to fight

**1. TASTE**

**2. INFLUENCE OF FAMILY & FRIENDS**





# The Taste

Persons who have accustomed themselves to a rich, highly stimulating diet have an unnatural taste, and they cannot at once relish food that is plain and simple. It will take time for the taste to become natural and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable

**Ministry Of Healing P 298.3**



# Family & Friends

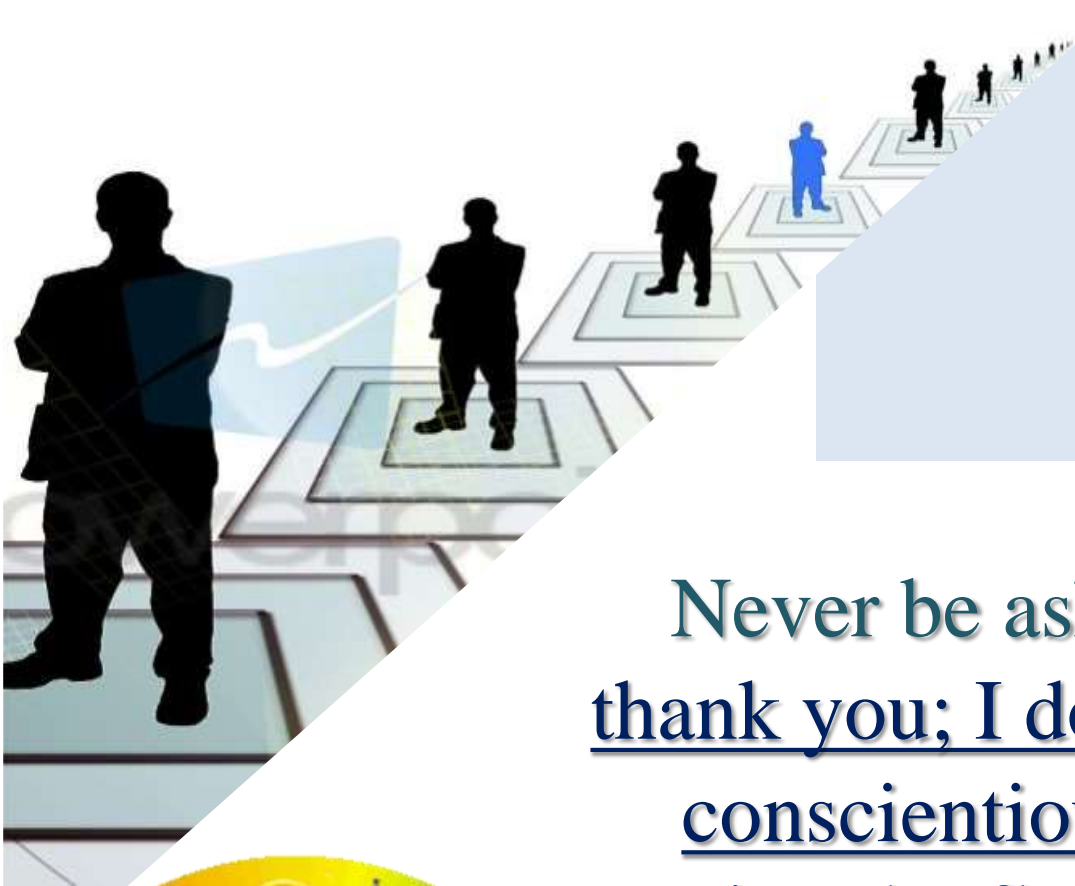
The second battle is very strong  
You will be the marked man among  
your associates. at other times you  
will be the only invitee to a dinner  
where flesh has been served and  
you may be odd. **WHAT WILL  
YOU DO?**





# Family & Friends

Never be ashamed to say, "No, thank you; I do not eat meat. I have conscientious scruples against eating the flesh of dead animals."  
{Counsel on diet 402.2}



# Summary

“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.”



**Counsel on diet  
and food 95.4**



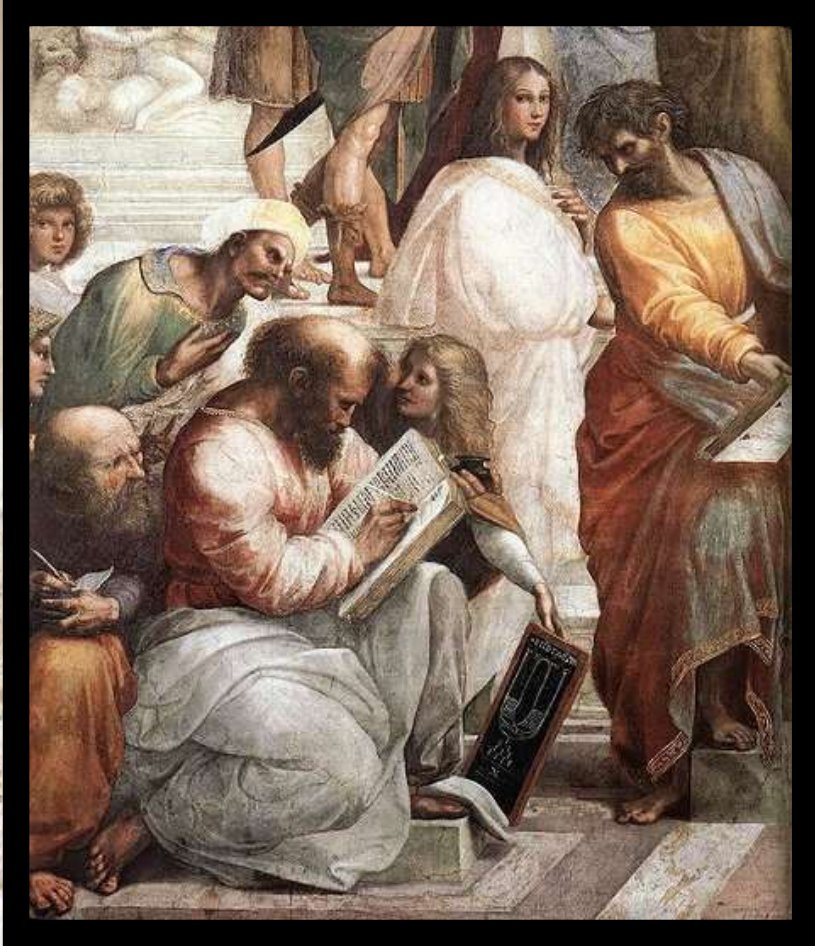


# Famous Vegetarians In History

ADVOCACY AND TESTIMONIES.



# Pythagoras

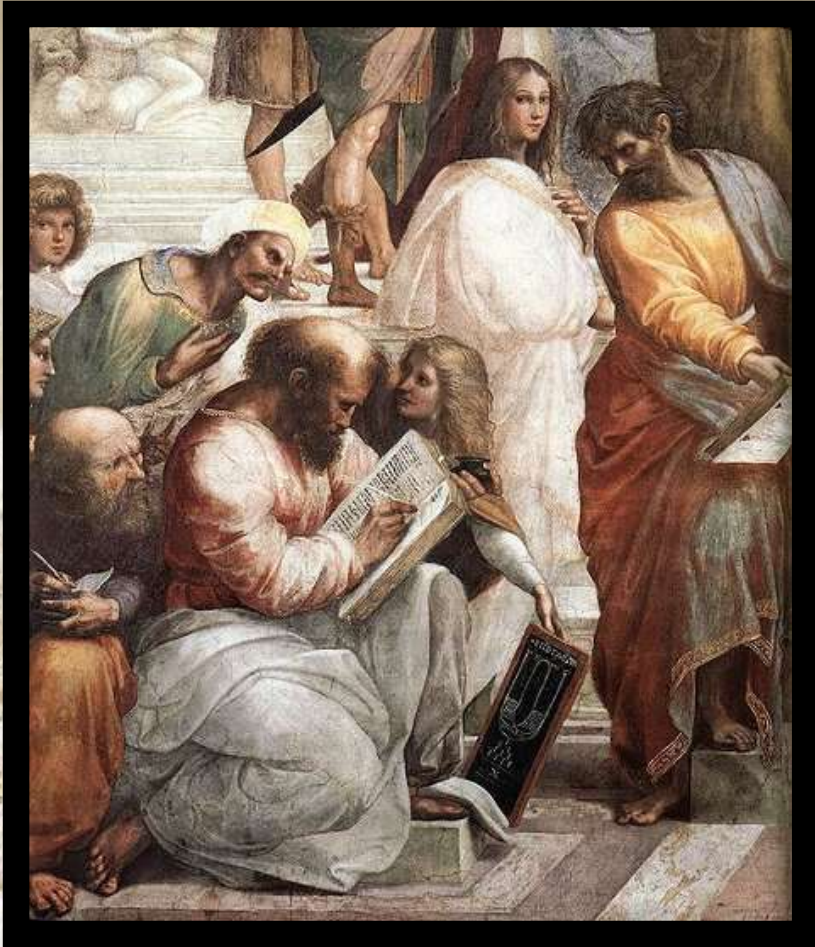


As long as man  
massacre animals  
they will kill  
themselves

*Mathematician ---Pythagoras Theorem*



# Pythagoras



Animals share with us the privilege of having a soul

*Mathematician --- Pythagoras Theorem*



# Leonardo Da Vinci



“If man wants freedom why keep birds and animals in cages....I have since an early age abjured the use of meat”

*Philosopher, Physicist & Artist*



# Socrates & Plato



“The gods created certain kinds of beings to replenish our bodies...they are the trees and the plants and the seeds”

One Of The Greatest Greek Philosophers

PLATO



# Plato



As the society  
begins to eat more  
meat it certainly  
requires more  
doctors

*One Of The Greatest Greek Philosophers*



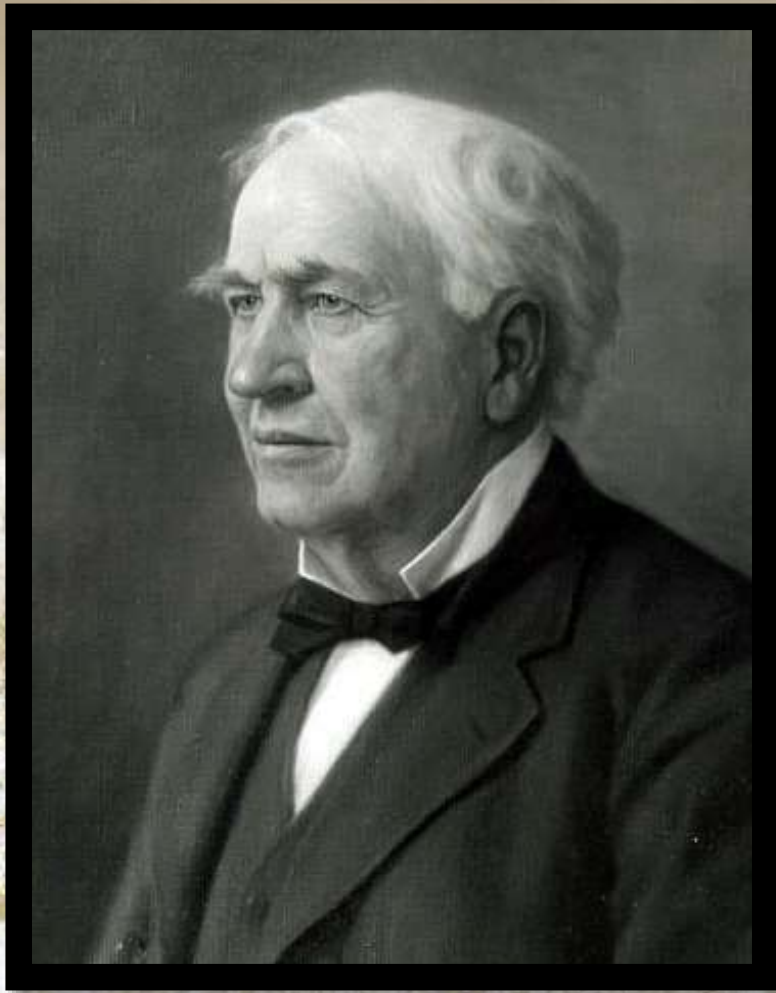
# Gautama Buddha



“The eating of meat extinguishes the seed of great compassion”

*Founder of Buddhism*

# Thomas Alva Edison

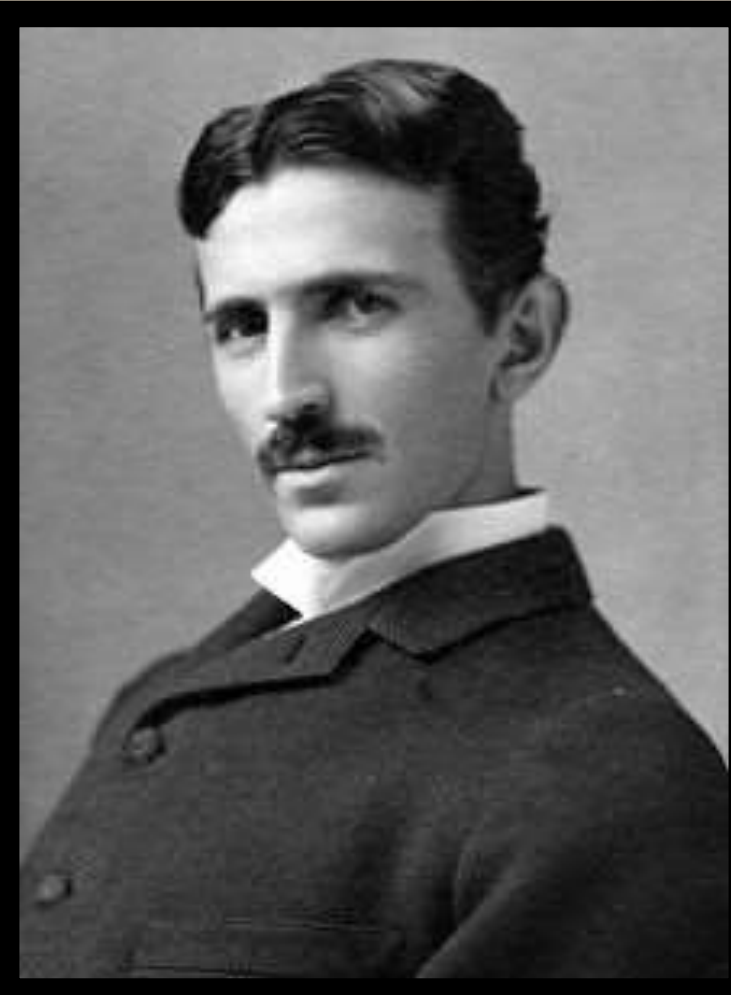


**Vegetarianism has a powerful influence on the mind and its actions as well as upon the health and vigor of the body. Until we stop harming all other living beings we are still**

*Scientist, Inventor, Businessman, **savages.** Electric Bulb*



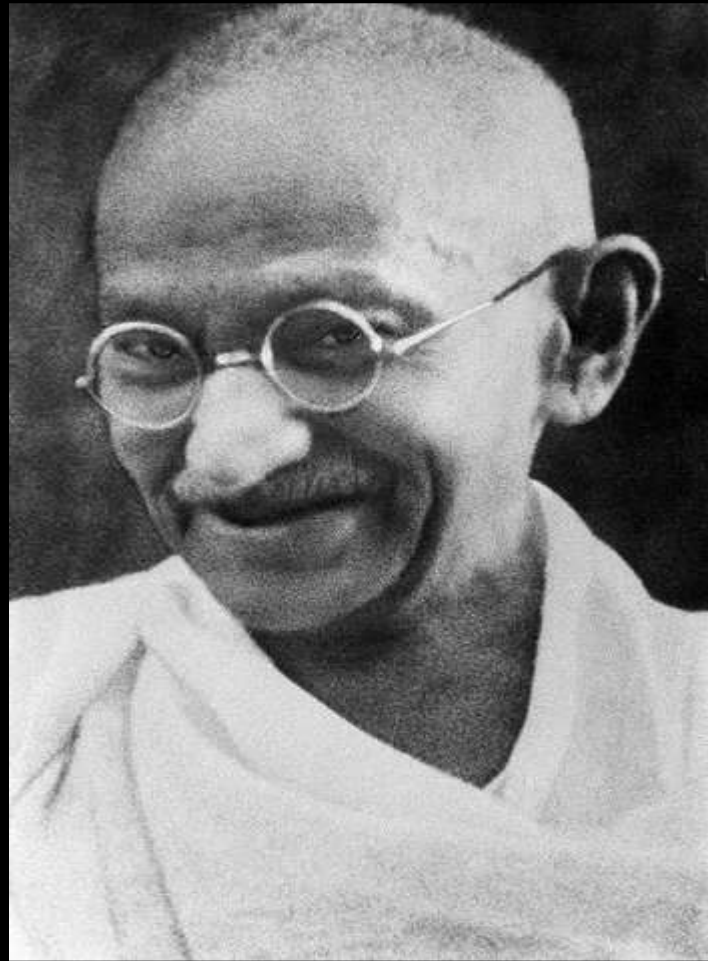
# Nickola Tesla



There is no doubt that  
some plant food such as  
oatmeal is more  
economical than meat  
and superior to it in  
regard to both  
mechanical and mental  
performance

*Scientist And Inventor, Electromagnetic Induction*

# Mahatma Gandhi

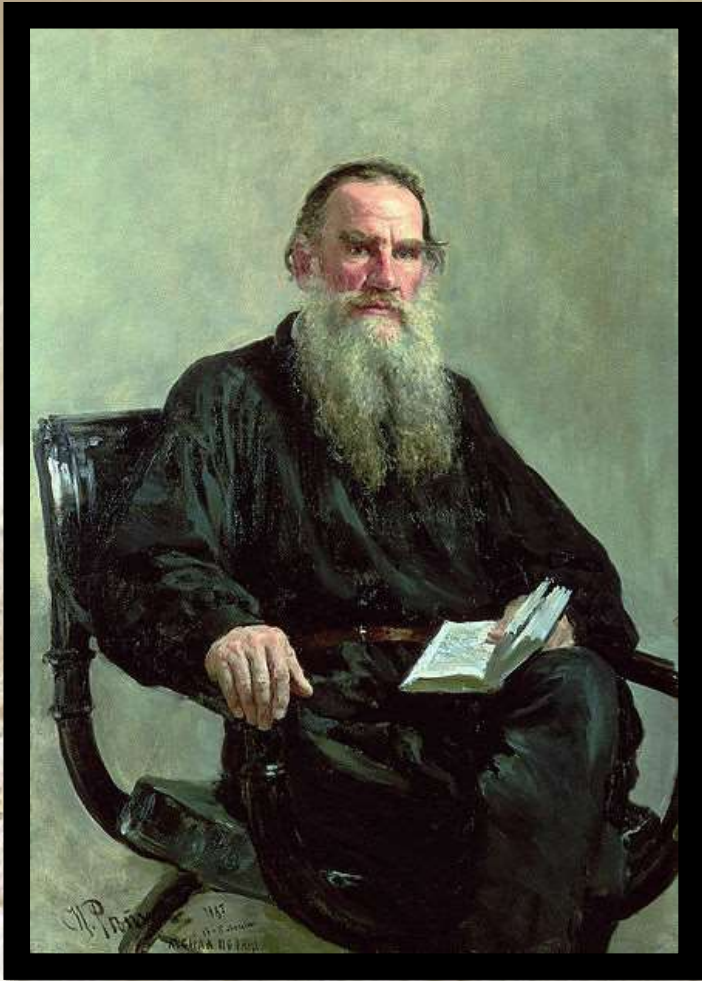


I do feel that spiritual progress demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants.

*Indian Political And Religious Leader,  
Thinker And Philosopher*



# Leo Tolstoy



“Flesh eating is simply immoral, as it involves the performance of an act which is contrary to moral feeling: killing.”

*Great Russian Writer, Philosophers and thinker*

# Voltaire



“Men fed on carnage,  
and drinking strong  
drinks all have an  
impoisoned and arid  
blood which drives  
them mad in a hundred  
different ways”

*Great Scientist and Inventor*

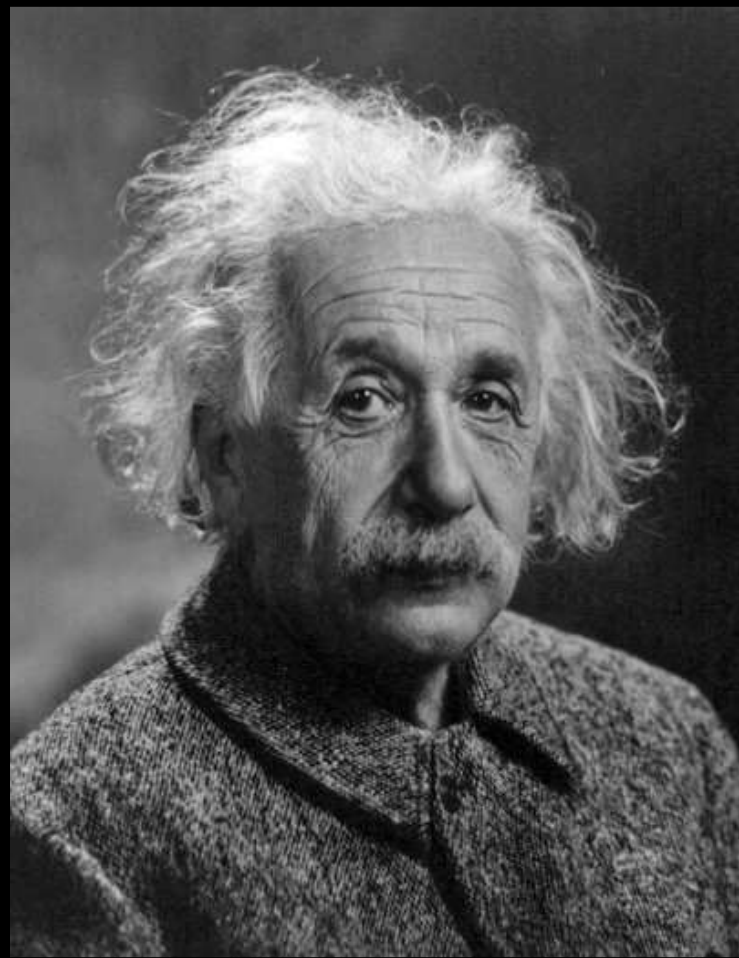


# Sir Isaac Newton



*The Father Of Physics*

# Albert Einstein

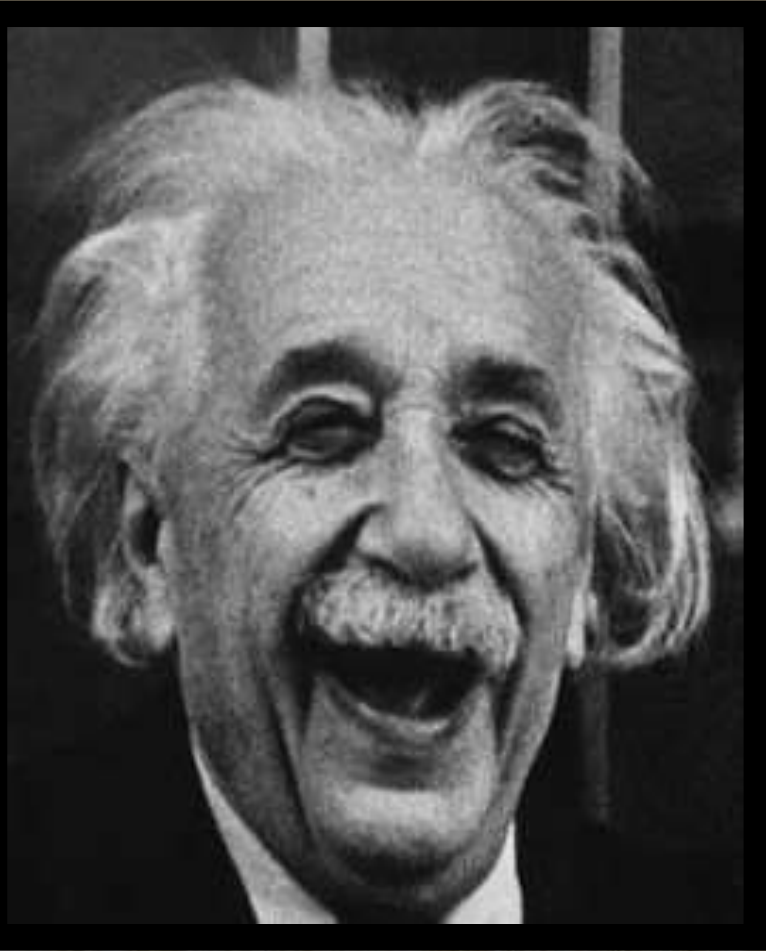


I have always eaten  
animal flesh with  
somewhat a guilty  
conscience

*'Best Scientist Of 20<sup>th</sup> Century'*  $E=mc^2$



# Albert Einstein



So I am living without  
fats, without meat  
,without fish but I am  
feeling quiet well this  
way, it always seems  
to me that man was not  
born to be a carnivore



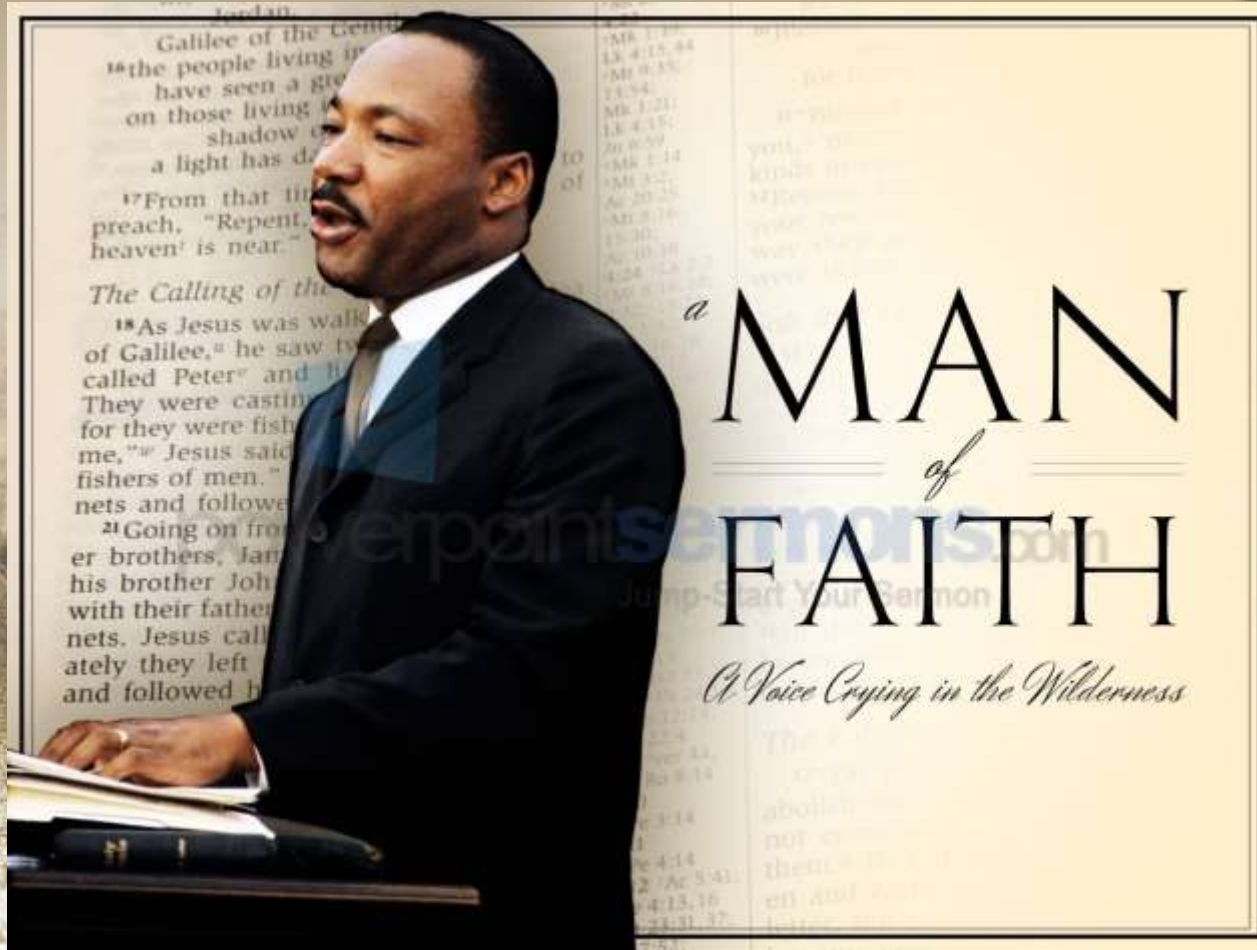
# John Wesley



*Founder of the Methodist Church*



# Martin Luther King



*American Clergyman & Human Right Advocate*

# Nana Boateng



I learnt not taking flesh of animals can help keep the temper calm and make you understand the bible more... I tried it and its working.

*Optometry student, UCC*



A vibrant collage of sliced fruits including kiwi, mango, and citrus. The kiwi slices are green with black seeds, the mango is bright orange, and the citrus slices are yellow and red. The background is a mix of these colors, creating a fresh and healthy aesthetic.

Q

Q

A