



### What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

Then in Daniel 10 we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

### 3. No sweeteners and no breads

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs.

### Foods to INCLUDE on the Daniel Fast

**All fruits.** These can be fresh, frozen, dried, juiced or canned. All but not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. All but not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains.** All but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes & popcorn.

**All nuts and seeds.** All but not limited to sunflower seeds, cashews, peanuts, sesame, nut butters & peanut butter.

**All legumes.** These can be canned or dried. All but not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils.** All but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring, distilled, or other pure waters & 100% juices.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Foods to AVOID on the Daniel Fast**

**All meat and animal products.** All including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products. All including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners.** All including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread.** All including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed foods.** All including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods.** All including but not limited to potato chips, French fries, corn chips.

**All solid fats.** All including shortening, margarine, lard and foods high in fat.

**All Non-Water Beverages.** All including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

When you shop for food remember to READ THE LABELS to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

The Daniel Fast teaches us to deny our "selves" and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is to deny food for a spiritual purpose.

## **Prepare for the Daniel Fast:**

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period.

## **HEALTH PROBLEMS?**

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!