

Daniel Fast Food List

The only acceptable foods explicitly listed in the scripture are water and vegetables. However, the term "pulse" is used in the King James Version, which means "bean or seed grown for food." This gives permission to those on the Daniel Fast to eat whole grains, fruits, and other plant-based foods — everything else is off-limits.

Foods You Can Eat on the Daniel Fast

- **Whole grains:** Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, 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, cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- **Vegetables:** All vegetables whether fresh, frozen, dried, juiced, or canned.
- **Fruits:** All fruit whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- **Oils:** Oils can be used minimally, but not for deep-frying.
- **Herbs, spices, and seasonings:** Includes salt and pepper.
- **Soy products:** All soy products including tofu.
- **Unleavened bread:** Whole grain breads made without yeast, sugars, or preservatives.
- **Water:** Distilled, filtered, sparkling, spring, and mineral waters allowed.
- **100-percent fruit juice:** Natural, 100-percent fruit juice is allowed but should be had sparingly.

Foods You Can't Eat on the Daniel Fast

- **Animal products:** All meat, dairy, seafood, and eggs.
- **Sweeteners:** Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, sugar, and other syrups.
- **Leavened bread:** Bread made with yeast.

- **Refined and processed foods:** Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- **Deep-fried foods:** All fried foods.
- **Solid fats:** Butter, lard, margarine, and shortening.
- **Chocolate:** Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.
- **Some beverages:** Alcohol, coffee, and other caffeinated beverages.

<https://www.allrecipes.com/gallery/delicious-recipes-daniel-fast/>