

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. ~ Daniel 10:2, 3

The Daniel Fast is so much more than just fasting and sacrificing food. It not only promotes healthy eating, but also gives you the opportunity to deepen your relationship to God. This is the time where you can spiritually bond with Him and bring balance into your life. By giving up rich foods and drinks, you are introducing a healthy lifestyle. In this article, we will be discussing what this fast is and the foods to eat as well as avoid.

Before beginning a fast, it's essential to know whether you have any health issues and/or are suffering from any heart disease. It is advisable to consult with a professional health care provider before you start the Daniel Fast. Also, make sure you read the labels while purchasing any packed, canned, and/or bottled foods and beverages. The limitations for foods included are supposed to be free of sugar and chemical.

Daniel Fast

What is a fast? It means that for a certain period of time, a person has to refrain (not consume) certain foods, beverages, television, music, etc. But is that what the fast is? So what is so unique about the Daniel Fast? It is a Biblical partial fast, based on veganism, that people across the world are incorporating into their lives. Christian and Jewish people across the world hold this fast to honor God. As men, women, and young adults realize the spiritual disciplines of prayer and fasting, they turn to the fast. However, there are 2 distinct scriptures that give us different advice for the fast.

In Daniel 1, the Prophet didn't eat anything except for vegetables and fruits, and drank only water. So the Daniel Fast food guidelines here tell us that the fast should only include these 3 items. Whereas in Daniel 10, for 21 days, the Prophet didn't eat any meat and bread products, bread, and foods or drank any wine. So the guidelines here tell us that the fast should not include any of these food and drink items. Along with these specific requirements, adding of sweeteners, artificial and/or processed foods with chemicals is also not allowed. So that was a brief explanation of what this fast is all about. Now, we will proceed further to see, in detail, which are the kinds of food acceptable in the fast.

List of Daniel Fast Food

When on the Daniel Fast, it's not the specific foods or the amounts you need to limit yourselves from. What you should limit is certain types of food that can be consumed. Basically, the Daniel fast food list consists of all vegetables, fruits, and water. As you go through the list, you will clearly understand the ideal Daniel Fast food ideas and guidelines.

Vegetables

Artichokes	Asparagus	Beets
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Broccoli	Brussels sprout	Cabbage
Carrots	Cauliflower	Celery
Chilipeppers	Corn	Cucumbers
Eggplant	Garlic	Ginger Root
Kale	Leeks	Lettuce greens
Mushrooms	Mustard greens	Okra
Onions	Parsley	Peppers
Potatoes	Radish	Rutabaga
Scallions	Spinach	Sprouts
Squash	Sweet Potatoes	Turnips
Watercress	Yams	Zucchini

Fruits

Apples	Apricots	Avocados
Bananas	Blackberries	Boysenberries
Breadfruit	Cantaloupe	Cherries
Cranberries	Dates	Dragon Fruit
Figs	Grapefruit	Grapes
Grenadine	Guavas	Honeydew melons
Kiwifruit	Tangerines	Limes
Mangoes	Mangosteen	Melons
Mulberry	Nectarines	Oranges
Papayas	Peaches	Pears
Pineapples	Plums	Prunes
Raisins	Raspberries	Strawberries
Tangelos	Tomatoes	Watermelons

Whole Grains

Amaranth	Barley	Brown rice
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Corn	Grits	Millet
Plain oatmeal	Popcorn	Quinoa
Rolled Oats	Whole wheat	Whole wheat pasta
Whole wheat tortilla	Wild rice	Steel cut oats

Nuts & Seeds

Almonds	Brazil nuts	Cashews
Macadamia nuts	Nut butters	Peanut butter
Peanuts	Pecans	Pine nuts
Pumpkin seeds	Sunflower seeds	Walnuts

Legumes

Black beans	Black-eyed peas	Cannellini beans
Garbanzo beans	Great northern beans	Green beans
Green peas	Kidney beans	Lentils
Pinto beans	Split peas	White beans

Oils

Canola oil	Coconut oil	Grape seed oil
Olive oil	Peanut oil	Sesame oil

Beverages & Other Items

Distilled water	Herbs/Spices	Pepper
Salt	Seasonings	Soy products
Vinegar	Spring/filtered water	Tofu

Meat & Animal Products

Beef	Lamb	Pork
Poultry	Seafood	Eggs

Dairy Products

Butter	Cheese	Cream/Milk
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Sweeteners

Cane juice	Honey	Molasses
Raw sugar	Sugar	Syrups

Refined & Processed Foods

Artificial flavors	Artificial preservatives	Enriched flour
Food additives	White flour	White rice

Deep-fried Foods

Corn chips	French fries	Potato chips
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Solid Fats

Lard	Margarine	Shortening
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Beverages

Alcohol	Carbonated drinks	Coffee
Energy drinks	Herbal teas	Tea

There are particular Daniel Fast Instructions that you should keep in mind as well. So go through the article and find out what these Daniel Fast guidelines and instructions define. And along with the food list of vegetables and fruits, you can also include whole grains, nuts, seeds, legumes, and oils.

The fast should never be done at the risk of harming your body. So if there are any health issues you are concerned about, you should speak to a health professional for an ideal food list for you to follow.