

# Daniel Diet for Fasting

The Daniel diet for fasting is based on the book [Fasting For Spiritual Break-Through: A Guide to Nine Bible Fasts](#) by Elmer L. Towns. Its premise is that our bodies are a temple of God so it is our responsibility to take care of it. Followers of this diet believe they will achieve spiritual enlightenment through the following of this fast, which is similar to the diet followed by Daniel when he was held captive by the King of Babylon.



Your food choices affect your health.

## Seven Steps of the Daniel Diet for Fasting

This diet is based on seven steps that, when carefully followed, are believed to assist the body in healing itself as well as preventing diseases through nutrition and exercise. Following these steps, along with knowing the [food to eat on a Daniel diet fast](#), is believed to bring you to improved physical and spiritual health.

### Step One: Be Specific

This step is important because Daniel was specific in his reasons for rejecting the King's diet. The King wanted his captives to eat what he felt was a good diet to make them strong. Daniel and his friends rejected this diet because:

- Many of the king's foods were against Jewish law to partake.
- They had vowed not to drink wine.
- The food presented to them had been offered to idols.

## **Step Two: Make a Spiritual Commitment**

Daniel was committed to following the laws that God had given and refused to defile himself. Those who follow the Daniel diet for fasting are expected to also make a spiritual commitment to God.

## **Step Three: Your Inner Desire Should be Reflected by Outer Discipline**

Daniel wasn't shy about why he was rejecting the foods common to the Babylonians. He had faith that God would allow him to thrive while consuming not much more than vegetables, [grains](#), legumes and [water](#).

The Daniel diet states that your own health is linked to, not only the choices you make in foods, but also your spiritual commitment and prayer, your time committed to the diet and your commitment to showing your faith through this fast.

## **Step Four: Prayer**

This fast includes praying that you can gain understanding of the role of sin in the health of your body. It also claims that poor health can be a result of the sins you have committed.

## **Step Five: A Statement of Faith**

Those who follow the Daniel diet do so as a statement of their faith, just as Daniel made it clear what his reasoning was for rejecting certain foods. The Babylonians were surprised at how healthy Daniel and his friends were—even healthier than those who were enjoying the King's rich foods.

## **Step Six: Learn the Effects of Foods**

Perhaps the best advice of this diet is to understand the effects that certain foods have on your body. Understanding this will help you to make better choices in what foods you will allow into your body.

## **Step Seven: Put the Results in God's Hands**

The Daniel diet for fasting claims to lead to spiritual enlightenment after following it for ten days.

# Food to Eat on a Daniel Fast

Knowing the right food to eat on a Daniel diet fast is essential to the success of the Daniel diet. Those who chose this diet do not necessarily expect to achieve weight loss. Instead it is believed that spiritual enlightenment will be gained by adhering to this fast for the required 10 days.



This fast offers more than most.

## The Story Behind the Fast

In the Bible, Daniel rejected the foods that the King of Babylon set before him. Likely, the meats were animals that had been sacrificed to idols and gods other than the God of Israel. Daniel and his three companions refused to pollute themselves with the King's delicacies. The principal court official got worried that these young men would become weak. The King would not be happy with this because these young men, along with several other Israelite captives, had been hand selected as the best of them all. He wanted them trained to serve in the palace.

Eating these foods would mean defiling himself before his God, so Daniel requested that the court official give him and his companions a diet of "vegetables and water" for 10 days as a test. At the end of the 10 days they were in better health than the other captives who had been eating the rich food of the King. They went on to have very prominent positions in the King's service.

## What Food to Eat on a Daniel Diet Fast

Basically, this [Daniel diet fast](#) is a partial fast that is based on a [vegan diet](#). A little research reveals that Daniel ate more than just "vegetables and water". His diet was a healthy one based on whole foods and water. Here are some foods that are acceptable for those who decide to follow this diet:

## Vegetables

<b>Vegetables for the Daniel Diet</b>		
Artichokes	Asparagus	Beets
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery
Corn	Cucumbers	Eggplant
Garlic	Greens	Kale
Leeks	Lettuce	Mushrooms
Okra	Onions	Parsley
Potatoes	Peppers	Radish
Rutabaga	Scallions	Spinach
Sprouts	Squash	Sweet Potatoes
Tomatoes	Turnips	Zucchini

## Fruits

<b>Fruits for the Daniel Diet</b>		
Apples	Apricots	Bananas
Blackberries	Blueberries	Boysenberries
Cantaloupe	Cherries	Cranberries
Figs	Grapefruit	Grapes
Guava	Honeydew	Kiwi
Lemon	Lime	Mango
Nectarine	Oranges	Papaya
Peach	Pears	Pineapple
Plum	Raisin	Raspberries
Strawberries	Tangeloes	Tangerines
Watermelon		

## Other Foods

Along with fruits and vegetables you should include nuts and seeds, brown rice, oats and barley. Legumes such as dried beans, peas and lentils are a part of this diet as well. Drinks should consist of distilled or spring water and 100 percent pure fruit or vegetable juice. A vitamin and mineral supplement is also recommended to assure that you don't miss out on any necessary nutrients.

## Foods to Avoid

There are a few foods that need to be avoided if you decide that this is a diet that you want to follow:

- Meat
- White rice
- White flour
- Fried foods
- Caffeine
- Alcohol
- Carbonated drinks
- Refined sugar or sugar substitutes
- Margarine
- Shortening
- Fats
- Foods with preservatives or additives

Ideally, a [healthy diet](#) will exclude many of these things anyhow. Some people may experience headaches due to withdrawals from caffeine and other products that their body is used to having. However, after these things are out of your system, you will likely feel better as your body enjoys natural, healthy foods free from chemicals and preservatives.

## **What Are Grains?**

Grain products include oatmeal, cereal, rice, bread, flour, tortillas, pasta, crackers, bagels, bran, popcorn, rye, millet, quinoa, and grits.

There are two types: whole and refined. The easiest way to know if what you are eating is whole or refined is to look at your food's packaging. If the food is a whole grain, the ingredient list will state just that - "whole wheat", "whole rye", or "whole grain". Make sure it is listed first or second in the ingredient list. If the food is refined, the ingredient list will include phrases such as "white enriched" or "bleached wheat flour". Also, beware of manufacturers calling their foods "wheat" without the "whole". If a food contains whole grain, it will say so in the ingredient list.

Another way to tell the difference is by checking out the fiber content of the food. Whole grains are high in fiber while refined grains contain little or no fiber. For example, when choosing a breakfast cereal look for "whole" in the ingredient list and two or more grams of fiber per serving.

## **Why Are They Important?**

Grains provide us with carbohydrate, which is our body's main energy source. In fact, our brains and nervous systems use primarily glucose (carbohydrates are broken down by our bodies to produce glucose) for fuel. Whole grains also provide us with insoluble fiber, which is not digested by the body. Dietary intake of high fiber foods helps with weight management and reduces the chances of becoming obese. Fiber is bulky and it fills you up to help you stay satisfied long after eating. In addition, it helps prevent constipation, which can lead to conditions such as diverticulitis. Some grains, such as barley and oats, contain soluble fiber which has been shown to help lower cholesterol levels.

## **How Much Should I Eat?**

According to the new USDA Food Guide Pyramid, adults should consume at least 3 ounces of whole grain products a day. Choose brown rice over white rice, whole wheat or whole rye bread over white bread, and whole wheat pasta (or a whole wheat blend) over white pasta to meet the required amounts. Portion sizes are important: a serving of rice is 1/3 cup, a serving of pasta is 1/3 cup, a bagel should be 4 ounces, a serving of bran cereal is 1/2 cup, and unsweetened ready-to-eat cereal is 3/4 cup.

# Eating a Healthy Diet: Water

Water is vital to physical health, and if you are trying to lose weight or maintain good health, it is crucial. Without adequate intake, you cannot metabolize fat or eliminate waste and toxins that make you ill.



## Your Body Needs It

The human body is about 70 percent water. Different parts of the body have different concentrations of it. Blood is about 90 percent water, the brain is about 85 percent water, muscles are about 72 percent water, and fat is about 15 percent water. Because their bodies contain more muscle mass, men have more water in their bodies than women. For everyone, it performs various functions in the body: it carries nutrients through the system, lubricates joints, transports waste, and keeps the skin supple. If the kidneys don't get enough fluid, the liver stops metabolizing fat and starts filtering waste. If the intestines do not get enough, they pull what they need from the cells in the bowel, causing constipation.