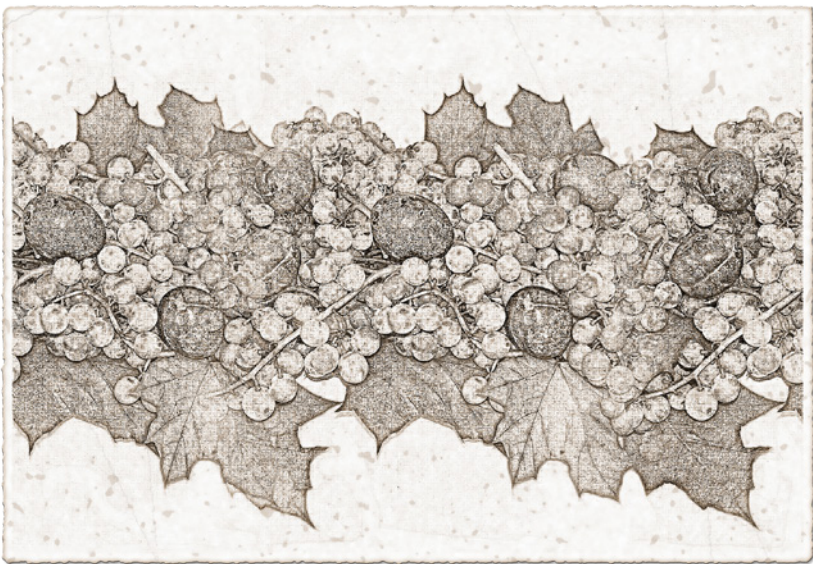


Health Quotes 'n' Notes™

# Diet & Nutrition





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# **Diet & Nutrition**

**A compilation of E.G. White,  
Bible texts, and more.**

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# Diet & Nutrition

## **What to eat:**

***Grains, fruits, nuts, and vegetables:*** Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. CD 363 The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats. MH 299

***Fruit:*** Make fruit the article of diet to be placed on your table, which shall constitute the bill of fare. CD 437 The Lord desires those living in countries where fresh fruit can be obtained during a large part of the year, to awake to the blessing they have... The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing. It would be well for us to do less cooking and to eat more fruit in its natural state. Let us teach the people to eat freely of the fresh grapes, apples, peaches, pears, berries, and all other kinds of fruit that can be obtained. CD 309 Wherever fruit can be grown in abundance, a liberal supply should be prepared for winter, by canning or drying. Small fruits, such as currants, gooseberries, strawberries, raspberries, and blackberries, can be grown to advantage in many places. For household canning, glass, rather than tin cans, should be used whenever possible. It is especially necessary that the fruit for canning should be in good condition. Use little sugar, and cook the fruit only long enough to ensure its preservation. Thus prepared, it is an excellent substitute for fresh fruit. Wherever dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots are obtainable at moderate prices, it will be found that they can be used as staple articles of diet...with the best results to the health and vigor of all classes of workers. MH 299

**Lemon and other Citrus Juices:** It is a treat to have all the oranges we want. I use lemon juice freely. It is the best thing you could use for rheumatism, for your head, and for malaria. 2MR 48 We are now expressing juice from the oranges and canning the same. We have pressed out the juice from the lemons also, in order that we may furnish palatable drink for hot weather. 6MR 135 My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing. CD 324

**Grape Juice:** When Paul advised Timothy to take a little wine for his stomach's sake, and often infirmities, it was the unfermented juice of the grape he meant. 10MR 200 I felt the need of a strong cordial, but there was nothing in the house but grape juice. I took some of this, and it strengthened me...17MR 61 The pure juice of the grape, free from fermentation, is a wholesome drink. CD 436

**Miscellaneous Juice:** The juices of fruit, mingled with bread, will be highly enjoyed. Good, ripe, undecayed fruit is a thing we should thank the Lord for, because it is beneficial to health. CD 437

**Nuts:** Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. CD 363. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible. MH 298

**Vegetables:** For those who can use them, good vegetables, prepared in a healthful manner, are better than soft mushes or porridge. Vegetables should be made palatable with a little milk or cream, or something equivalent. The simple grains, fruits of the trees, vegetables, have all the nutritive properties necessary to make good blood. This a flesh diet cannot do. CD 322 We do not think fried potatoes are healthful, for there is more or less grease (*grease refers exclusively to animal fats in the 19th century - see Webster's 1828 dictionary*) or butter used in preparing them. Good baked or boiled potatoes served with cream and a sprinkling of salt are the most

healthful. The remnants of Irish and sweet potatoes are prepared with a little cream and salt and rebaked, and not fried; they are excellent. CD 323

*There is more religion in a loaf of good bread than many of you think.*

**Grains/Bread:** There is more religion in a loaf of good bread than many of you think. 2T 373 All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutrifying properties separated from it. CD 321 In the making of raised or yeast bread, milk should not be used in place of

water... Milk bread does not keep sweet so long after baking...and it ferments more readily in the stomach. Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable. Grains used for porridge or “mush” should have several hours’ cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication. Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer...and, if reheated before using, it will be as fresh as when new. MH 301 ...thoroughly cooked bread two or three days old will be more healthful than fresh bread. This, with slow and thorough mastication, will furnish all that the system requires. CD 319 For use in bread making, the superfine white flour is not the best... Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation

and other unhealthful conditions. MH 300 (Superfine flour refers to our modern white flour.)

***Olives & Oil:*** Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives. The oil in the olives relieves constipation; and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals. 7T 134 The oil, as eaten in the olive,...serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach. CD 359 A little olive oil into which some of this powder (charcoal) has been stirred tends to cleanse and heal. 2SM 298

### **How to Eat**

***Should be attractive & tasty:*** Dishes should be prepared that will invite the appetite, and will be pleasing to the sight. CD 295 It is important that we relish the food we eat. If we cannot do this, but eat mechanically, we fail to be nourished and built up as we would be if we could enjoy the food we take into the stomach. We are composed of what we eat. In order to make a good quality of blood, we must have the right kind of food, prepared in a right manner. It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment. 1T 681

***Variety:*** The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. CG 373 ...all meals should not be composed of the same kinds of food without variation. 2T 63 They should not be given the same dishes over and over again. CD 203

***Breakfast:*** It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At

breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day. CD 173 I would advise all to take something warm into the stomach every morning at least... You can make graham gruel. If the graham flour is too coarse, sift it, and while the gruel is hot, add milk. This will make a most palatable and healthful dish... 2T 602

***Setting the table:*** Custom has decreed that the food should be placed upon the tables in courses. Not knowing what is coming next, one may eat a sufficiency of food which perhaps is not the best suited to him. When the last course is brought on, he often ventures to overstep the bounds, and take the tempting dessert, which, however, proves anything but good for him. If all the food intended for a meal is placed on the table at the beginning, one has opportunity to make the best choice. CD 134

***Regularity:*** The stomach must have its regular periods for labor and rest; hence eating irregularly and between meals, is a most pernicious violation of the laws of health. CD 175 If all would eat at regular periods, not tasting anything between meals, they would be ready for their meals, and would find a pleasure in eating that would repay them for their effort... Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. And when the children come to the table, they do not relish wholesome food; their appetites crave that which is hurtful for them...here has not been in this family the right management in regard to diet; there has been irregularity. There should have been a specified time for each meal. CD 179, 180 Irregular hours for eating and sleeping sap the brain forces. CD 122

***Time Between Meals:*** The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has



done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal... CD 173

***Eat slowly:*** Masticate slowly, and allow the saliva to mingle with the food...In order to secure healthy digestion, food should be eaten slowly. Those who...realize their obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. CH 119

### **When Not to Eat**

Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found. CD 109

### **Cautions:**

*These are those foods which can be used in moderation for specific purposes, but still need to be cautious when using. Salt, sugar, soups, porridge (or oatmeal) can all be used healthfully if guidelines below are followed. Also included in this category are things we should be aware of and be careful about. AP*

***Liquid foods:*** Some honestly think that a proper dietary consists chiefly of porridge. To eat largely of porridge would not ensure health to the digestive organs; for it is too much like liquid. CD 394 ...living principally on soups and coffee and bread was not

health reform; that so much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys, and so much watery substance debilitated the stomach...Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this,...you should educate your stomach to bear a more solid diet. CD 105

***Drinking water with meals:*** Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of the saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again...The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest, for the liquid must first be absorbed. CD 119

***Foods starting to decay:*** Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay. More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. CD 309

***Salt:*** I use some salt, and always have, because salt, instead of being deleterious, is actually essential for the blood. Vegetables should be made palatable with a little milk or cream, or something equivalent. 9T 161 In Michigan we can get along better without salt, sugar, and milk than can many who are situated...where there is a scarcity

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of fruit. But there are very few families in Battle Creek who do not use these articles upon their tables. We know that a free use of these things is positively injurious to health, and, in many cases, we think that if they were not used at all, a much better state of health would be enjoyed. 3T 21 Do not eat largely of salt, avoid the use of pickles and spiced foods... CD 344

**Sugar:** from the light given me, sugar, when largely used, is more injurious than meat. 2T 370 Sweet breads and cookies we seldom have on our table. The less of sweet foods that are eaten, the better; these cause disturbances in the stomach, and produce impatience and irritability in those who accustom themselves to their use. It is well to leave sugar out of the crackers that are made. CD 321 He was eating large quantities of sugar... sugar was eaten immoderately, and this brought on a diseased condition of the entire system. CTBH 158. The less sugar introduced into the food in its preparation, the less difficulty will be experienced because of the heat of the climate. CD 95 Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition... Sugar clogs the system. It hinders the working of the living machine. CD 327 We have always used a little milk and some sugar. This we have never denounced, either in our writings or in our preaching. We believe cattle will become so much diseased that these things will yet be discarded, but the time has not yet come for sugar and milk to be wholly abolished from our tables. CD 356 (*Written in 1873, in 1901 she was still using milk from healthy cows, but was concerned as it was getting harder and harder to find healthy cows - even back then, how much more now. AP*)

**Nuts:** Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. MH 298

**Water:** When we first established ourselves in the locality where we now are, we lived in tents while the men cleared the land... The men drank from a water hole on the ground. As far as taste was

concerned, the water was good. It was cool, but insects were plainly visible in it...We knew that we would be obliged to use this water, but we obtained a boiler which held several gallons. In this we boiled the water, and after letting it cool, let it run through a canvas filter. Our family of boarders was large, but none of them were sick. Many would say that such conveniences cost money, and that it would not pay, but sickness and doctors' bills cost time and money. To be particular in the beginning saves many a serious ending. 20MR 2

**Visitors:** Do not feel it necessary to load down your table with unhealthful food when you have visitors. The health of your family and the influence upon your children should be considered, as well as the habits and tastes of your guests. CH 156 In this family, as also in many others, a special parade has been made for visitors; many dishes prepared and frequently made too rich, so that those seated at the table would be tempted to eat to excess. Then in the absence of company there was a great reaction, a falling off in the preparations brought on the table. The diet was spare, and lacked nourishment. It was considered not so much matter "just for ourselves." The meals were frequently picked up, and the regular time for eating not regarded. Every member of the family was injured by such management. CD 180

**Fruit and vegetables together:** If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal. If the stomach is feeble, there will be distress, the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next. CD 394 You eat too great a variety at one meal. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect." You should understand that every organ of the body is to be treated with respect. In the matter of diet, you must reason from cause to effect. CD 112

### **Avoid:**

*Foods listed in this category are beyond just being cautious. These*

*foods can be harmful to the body. Some of the foods in this category may have been healthful at one time, and some are worse than others. However, these are not to be listed with those God has called sin, abominations, and so on. Some foods in this category, under certain circumstances may be unavoidable with just cause. For example I have eaten cheese on a pizza made by friends. Ellen White states "I have tasted cheese once or twice, but that is a different thing from making it an article of diet. {5MR 406} You must decide which foods you will avoid and which ones you will not partake of under any circumstances. I myself do not eat any meat, even when it is the sole article offered (and rarely is it the only option). I have found I have not offended anyone yet by this practice. AP*

***Lots of variety at one meal:*** The great variety of foods often taken at one meal is enough to create a disordered stomach and a disordered temper. MS 113, 1898 We must care for the digestive organs and not force upon them a great variety of food. He who gorges himself with many kinds of food at a meal is doing himself injury. It is more important that we eat that which will agree with us than that we taste of every dish that may be placed before us. There is no door in our stomach by which we can look in and see what is going on; so we must use our mind, and reason from cause to effect. If you feel all wrought up, and everything seems to go wrong, perhaps it is because you are suffering the consequences of eating a great variety of food. CD 111-2 My message to you is, Take time to eat, and do not crowd into the stomach a great variety of foods at one meal... Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal... It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties... The variety of food at one meal causes unpleasantness, and destroys the good which each article, if taken alone, would do the system. This practice causes constant suffering, and often death. CD 107-10 Because it is the fashion, in harmony with morbid appetite, rich cake, pies, and puddings, and

every hurtful thing, are crowded into the stomach. The table must be loaded down with a variety, or the depraved appetite cannot be satisfied. In the morning, these slaves to appetite often have impure breath, and a furred tongue. They do not enjoy health, and wonder why they suffer with pains, headaches, and various ills. The cause has brought the sure result. {2SM 416.1}

***Hot and Cold Food:*** Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. MH 305 I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on. 2T 602

***Milk and Eggs (especially combined with sugar):*** Milk, eggs, and butter should not be classed with flesh meat. In some cases the use of eggs is beneficial... Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth. God will give His people ability and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes. CD 366 But I wish to say that when the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this. No extremes in health reform are to be advocated. The question of using milk and butter and eggs will work out its own problem. CD 206 Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system. Animals from which milk is obtained are not always healthy. They may be diseased. A cow may be apparently well in the morning and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation

is diseased. Flesh meats are diseased. Could we know that animals were in perfect health, I would recommend that people eat flesh meats sooner than large quantities of milk and sugar. It would not do the injury that milk and sugar do. CD 330 Some use milk and a large amount of sugar on mush, thinking that they are carrying out health reform. But the sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. CD 331 The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly. The curse of God is upon the earth, because man has cursed it. The habits and practices of men have brought the earth into such a condition that some other food than animal food must be substituted for the human family. We do not need flesh food at all. God can give us something else. CH 495 (*This written in 1899!*)

**Meat:** It is dangerous to eat meat, for animals are suffering from many deadly diseases. Those who persist in eating the flesh of animals sacrifice spirituality to perverted appetite. Their bodies become full of disease. MS 66, 1901. A meat diet is not the most wholesome of diets, and yet I would not take the position that meat should be discarded by every one. Those who have feeble digestive organs can often use meat, when they cannot eat vegetables, fruit, or porridge. CD 394 Where plenty of good milk and fruit can be obtained there is rarely any excuse for eating animal food; it is not necessary to take the life of any of God's creatures to supply our ordinary needs. In certain cases of illness or exhaustion it may be thought best to use some meat, but great care should be taken to secure the flesh of healthy animals. It has come to be a very serious question whether it is safe to use flesh food at all in this age of the world. It would be better never to eat meat than to use the flesh of animals that are not healthy. When I could not obtain the food I needed, I have sometimes eaten a little meat; but I am becoming more and more afraid of it. CD 394 Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is

so rapidly increasing. 7T 124 Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists. CD 384

***Vinegar:*** The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear. CD 345 There was a time when...I had indulged the desire for vinegar. But I resolved with the help of God to overcome this appetite. I fought the temptation, determined not to be mastered by this habit. For weeks I was very sick; but I kept saying over and over, The Lord knows all about it. If I die, I die; but I will not yield to this desire. The struggle continued, and I was sorely afflicted for many weeks. All thought that it was impossible for me to live...The most fervent prayers were offered for my recovery. I continued to resist the desire for vinegar, and at last I conquered. Now I have no inclination to taste anything of the kind. This experience has been of great value to me in many ways. I obtained a complete victory. CD 485

***Cheese:*** Cheese should never be introduced into the stomach. CD 368 Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese is still more objectionable; it is wholly unfit for food. MH 302 Flesh-meats, butter, cheese, rich pastry, spiced foods, and condiments... do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious. CTBH 46 Oh, how it has hurt me to have blocks thrown in my way in regard to this subject. Some have said, "Sister White eats cheese, and therefore we are at liberty to eat cheese." I have tasted cheese once or twice, but that is a different thing from making it an article of diet. 5MR 406

***Baking Soda or Powder:*** Hot biscuit raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach... We are much disappointed when



they appear, raised with baking powder or with sour milk and soda. These give no evidences of reform. TSDF 143 \*Saleratus in any form should not be introduced into the stomach; for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system. Some plead, "I cannot make good bread or gems unless I use soda or saleratus." You surely can if you become a scholar and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook and how to eat? CD 343 (\*Encarta Dictionary defines saleratus as baking soda.)

***Spices (see also excitatory foods on pg. 18):*** Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. CD 236

### **These are Harmful**

*Here is the list that we should never touch. The language used by God here is stronger than that in the avoid list. God would have us to NOT compromise on any of the following. To do so would weaken our character and we loose the witness. Those who think they will offend by serving God are mistaken. I would love to list all the testimonies I have heard from those who have been won to Jesus because someone stood up for principle..*

It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism will be inclined to violate the law of God spoken from Sinai. CD 17 Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies, and conform to them. Ignorance in these things is sin. CD 18 ***Between Meals & Irregularity:*** Three meals a day and nothing between meals--not even an apple--should be the utmost limit of indulgence. Those who go further violate nature's laws and will

suffer the penalty. CD 182 No eating should be allowed between our meals. 3SM 294 The stomach must have its regular periods for labor and rest; hence eating irregularly and between meals, is a ... violation of the laws of health. CD 175 If all would eat at regular periods, not tasting anything between meals, they would be ready for their meals, and would find a pleasure in eating that would repay them for their effort... When traveling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness, nor suffer so much from sickness. CD 179 ...eating irregularly and between meals, is a most pernicious violation of the laws of health. CD 175

**Poorly prepared food:** It is a sin for any of our sisters to make such great preparations for visitors, and wrong their own families by a spare diet which will fail to nourish the system. CD 180 It is a sin to place poorly prepared food on the table, because the matter of eating concerns the well-being of the entire system. The Lord desires His people to appreciate the necessity of having food prepared in such a way that it will not make sour stomachs... CD 251

**Narcotics:** Tea, coffee, tobacco, and alcohol we must present as sinful indulgences. We cannot place on the same ground, meat, eggs, butter, cheese, and such articles placed upon the table...The poisonous narcotics are not to be treated in the same way as the subject of eggs, butter, and cheese. 3SM 287 To a certain extent, tea produces intoxication. It enters into the circulation and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action...Tea draws upon the strength of the nerves and leaves them greatly weakened. When its influence is gone and the increased action caused by its use is abated, then what is the result? Languor and debility corresponding to the artificial vivacity the tea imparted. When the system is already overtaxed and needs rest, the use of tea spurs up nature by stimulation to perform unwonted, unnatural action, and thereby lessens her power to perform and her ability to endure; and her powers give out long before Heaven designed

they should. Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par it will exhaust and bring prostration below par...the users of these stimulants call strength is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system...The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, with many other evils...2T 64-5

***Intemperance:*** The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. And this is a fruitful source of church trials. CD 50 It is sin to be intemperate in the quantity of food eaten, even if the quality is unobjectionable. Many feel that if they do not eat meat and the grosser articles of food, they may eat of simple food until they cannot well eat more. This is a mistake. Many professed health reformers are nothing less than gluttons. They lay upon the digestive organs so great a burden that the vitality of the system is exhausted in the effort to dispose of it. It also has a depressing influence upon the intellect; for the brain nerve power is called upon to assist the stomach in its work. Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Overeating has a worse effect upon the system than overworking; the energies of the soul are more effectually prostrated by intemperate eating than by intemperate working. CD 102 Overeating, even of the most wholesome food, is to be guarded against. Nature can use no more than is required for building up the various organs of the body, and excess clogs the system. Many a student is supposed to have broken down from over study, when the real cause was overeating. While proper attention is given to the laws of health there is little danger from mental taxation, but in many cases of so-called mental failure it is the overcrowding of the stomach that wearies the body and weakens the mind. Ed 205

*Overeating causes forgetfulness* -- You are a gourmand hen at the table. This is one great cause of your forgetfulness and loss of memory. You say things which I know you have said, and then turn square about and say that you said something entirely different. I knew this, but passed it over as the sure result of overeating. CD 138

*Overeating blunts the mind* -- Intemperance in eating, even of food of the right quality, will have a prostrating influence upon the system and will blunt the keener and holier emotions. 2MCP 389 So offensive was this sin in the sight of God that He gave directions to Moses that a child who would not be restrained on the point of appetite, but would gorge himself...should be brought by his parents before the rulers in Israel and should be stoned to death. The condition of the glutton was considered hopeless. He would be of no use to others and was a curse to himself. 4T 454

*Overeating is a sin and uses up vital force* -- Overtaxing the stomach is a common sin, and when too much food is used, the entire system is burdened. Life and vitality, instead of being increased, are decreased. This is as Satan plans to have it. Man uses up his vital forces in unnecessary labor in taking care of an excess of food. CD 131

***Excitatory Foods & Heavy Spiced Foods:*** Under the head of stimulants and narcotics is classed a great variety of articles that, altogether, used as food or drink irritate the stomach, poison the blood, and excite the nerves. Their use is a positive evil... The use of unnatural stimulants always tends to excess, and it is an active agent in promoting physical degeneration and decay. In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure... Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating... After the immediate effects are gone, they drop as correspondingly below par as they were elevated above par by these stimulating substances. The system is weakened. The blood is contaminated, and inflammation is the sure result. CD 339 A similar condition

is produced under the irritating influence of fiery spices. With the stomach in such a state, there is a craving for something more to meet the demands of the appetite, something stronger, and still stronger. Next you find your sons out on the street learning to smoke. CD 236

## **Changing Your Diet**

***Change slowly and with care:*** When flesh is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will be both nourishing and appetizing. This is especially necessary in the case of those who are weak, or who are taxed with continuous labor. In some countries, where poverty abounds, flesh is the cheapest food. Under these circumstances, the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly. The place of meat should be supplied with wholesome foods that are inexpensive. In this matter very much depends on the cook. With care and skill, dishes may be prepared that will be both nutritious and appetizing, and will, to a great degree, take the place of flesh food. In all cases, educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease. CD 397-8 We advise you to change your habits of living; but while you do this we caution you to move understandingly. I am acquainted with families who have changed from a meat diet to one that is impoverished. Their food is so poorly prepared that the stomach loathes it; and such have told me that the health reform did not agree with them, that they were decreasing in physical strength. Here is one reason why some have not been successful in their efforts to simplify their food. They have a poverty-stricken diet. Food is prepared without painstaking, and there is a continual sameness... Food should be prepared with simplicity, yet with a nicety which will invite the appetite. You should keep grease out of your food. It defiles any preparation of food you may make. Eat largely of fruits and vegetables. 2T 63

## **Extremes in Diet:**

***Impoverished diet:*** we would not recommend an impoverished diet. I have been shown that many take a wrong view of the health reform and adopt too poor a diet. They subsist upon a cheap, poor quality of food, prepared without care or reference to the nourishment of the system. It is important that the food should be prepared with care, that the appetite, when not perverted, can relish it. Because we from principle discard the use of meat, butter, mince pies, spices, lard, and that which irritates the stomach and destroys health, the idea should never be given that it is of but little consequence what we eat. There are some who go to extremes. They must eat just such an amount and just such a quality, and confine themselves to two or three things. They allow only a few things to be placed before them or their families to eat. In eating a small amount of food, and that not of the best quality, they do not take into the stomach that which will suitably nourish the system. Poor food cannot be converted into good blood. An impoverished diet will impoverish the blood. 2T 367

***Tasteless Dishes:*** Those who take an extreme view of health reform are in danger of preparing tasteless dishes. This has been done over and over again. The food has become so insipid as to be refused by the stomach. CD 203 The young appreciate good food, and we should not set before them tasteless dishes. It is not wise to prepare food in such large quantities that it must be left over to appear again and again on the table... Your husband needs a liberal diet, and one that is wholesome and nourishing. Do not allow health reform to become health deform. 3MR 428

***Misuse of testimonies:*** There will be some who will not leave the best and most correct impression upon minds. They will be inclined to narrow ideas and plans... They will take the testimonies which have been given for special individuals under peculiar circumstances, and make these testimonies general and to apply in all cases, and in this way they bring discredit upon my work and the influence of the testimonies upon health reform. 3SM 288

***One meal per day:*** I have been informed that you have taken but one meal a day for a period of time; but I know it to be wrong in your case, for I have been shown that you needed a nutritious diet...I beg of you to be cautious and eat freely good, wholesome food twice a day. You will surely decrease in strength and your mind become unbalanced unless you change your course of abstemious diet. CD 191

### **Two Meals a Day:**

***For Health:*** Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supptime; but this meal should be very light. Let no one think himself a criterion for all--that everyone must do exactly as he does. CH 156

***For most people, two meals are best:*** In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties. CD 176

***For those with 'issues':*** Brother H, your health is greatly injured by over-eating, and eating at improper times. This causes a determination of blood to the brain. The mind becomes confused, and you have not the proper control of yourself. You appear like a man whose mind is unbalanced. You make strong moves, are easily irritated, and view things in an exaggerated and perverted light. Plenty of exercise in the open air, and an abstemious diet, are essential to your health. You should not eat more than two meals a day. If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten. CD 177

***For Children:*** The training should begin with the infant in its mother's arms. The child should be given food only at regular intervals, and

less frequently as it grows older. It should not be given sweets, or the food of older persons, which it is unable to digest. Care and regularity in the feeding of infants will not only promote health, and thus tend to make them quiet and sweet-tempered, but will lay the foundation of habits and will be a blessing to them in after years. CD 229 The first education children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end she will teach her children the important lesson of controlling the appetite, and of self-denial, that they should eat, drink, and dress in reference to health. CD 228 Your children should not be allowed to eat candies, fruit, nuts, or anything in the line of food, between their meals. Two meals a day are better for them than three. If the parents set the example, and move from principle, the children will soon fall into line. Irregularities in eating destroy the healthy tone of the digestive organs, and when your children come to the table, they do not relish wholesome food; their appetites crave that which is the most hurtful for them. Many times your children have suffered from fever and ague brought on by improper eating, when their parents were accountable for their sickness. It is the duty of parents to see that their children form habits conducive to health, thereby saving much distress. CD 229

***Small stomachs sometimes need three meals:*** ...you seem to fear when your children are at the table that they will not eat enough and urge them to eat and to drink. You need not have the slightest concern and show the anxiety you have manifested lest they shall not eat sufficiently. Their little stomachs are small and cannot hold a large amount. Better far let them have three meals than two for this reason. You let them have a large amount of food at one meal. The foundation is being laid for distention of the stomach, which results in dyspepsia. To eat and to drink that which is not agreeable to them



is not wisdom. And again, be sure and set before them the very food you desire they shall eat. That which is of a healthful quality of food for them is healthful for you. But the quantity of even healthful food should be carefully studied, so as not to introduce into the stomach too large a quantity at one meal. We must ourselves be temperate in all things, if we would give the proper lessons to our children. When they are older any inconsideration on your part is marked. 3SM 294

***The Third Meal:*** The practice of eating but two meals a day is generally found a benefit to health; yet under some circumstances persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested. “Crackers”--the English biscuit--or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal. MH 321

***Caution for some:*** In regard to the third meal, do not make eating but two meals compulsory. Some do best health wise when eating three light meals, and when they are restricted to two, they feel the change severely. I eat only two meals a day. But I do not think that the number of meals should be made a test. If there are those who are better in health when eating three meals, it is their privilege to have three. I choose two meals. For thirty-five years I have practiced the two-meal system. CD 178.

*Their little  
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### **Miscellaneous**

***Study Food:*** students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such foods. Many a puny

child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. Ed 204

***Study How to Cook well:*** It is sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think. There are few really good cooks. CD 257

***Sister White's Health Reform:*** I have not changed my course a particle since I adopted the health reform. I have not taken one step back since the light from heaven upon this subject first shone upon my pathway. I broke away from everything at once, from meat and butter, and from 3 meals,-and that while engaged in exhaustive brain labor, writing from early morning till sundown. I came down to 2 meals a day without changing my labor... When making these changes in my diet, I refused to yield to taste and let that govern me. Shall that stand in the way of my securing greater strength, that I may therewith glorify my Lord? Shall that stand in my way for a moment? Never! I suffered keen hunger. I was a great meat eater. But when faint, I placed my arms across my stomach and said: "I will not taste a morsel. I will eat simple food, or I will not eat at all." Bread was distasteful to me. I could seldom eat a piece as large as a dollar. Some things in the reform I could get along with very well, but when I came to the bread I was especially set against it. When I made these changes I had a special battle to fight. The first two or three meals, I could not eat. I said to my stomach: "You may wait until you can eat bread." In a little while I could eat bread, and graham bread, too. This I could not eat before; but now it tastes good, 2T 371 I have written this to give you some idea of how we live. I never enjoyed better health than I do at the present time, and never did more writing. CD 489. My appetite left me some time before I went to the East. But now it has returned; and I am very hungry when mealtime comes. My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing. I have vermicelli-tomato soup one meal and greens the next. I have begun again to eat potato meal. My food all tastes good. I am like a fever patient who has been half-starved, and I am in danger of overeating... The tomatoes you sent were

very nice and very palatable. I find that tomatoes are the best article of diet for me to use. Of corn and peas we have raised enough for ourselves and our neighbors. The sweet corn we dry for winter use; then when we need it we grind it in a mill and cook it. It makes most palatable soups and other dishes. In their season we have grapes in abundance, also prunes and apples, and some cherries, peaches, pears, and olives, which we prepare ourselves. We also grow a large quantity of tomatoes. I never make excuses for the food that is on my table. CD 324 Once when at Minneapolis, I sat down at a table on which there was some cheese. I was quite sick at the time, and some of my brethren told me that they thought if I ate a little cheese, it might do me good. I ate a small piece, and from then it has been reported in large assemblies that Sister White eats cheese. I have not had meat in my house for years. But do not give up the use of meat because Sister White does not eat it. I would not give a farthing for your health reform if that is what it is based upon. I want you to stand in your individual dignity and in your individual consecration before God. 5MR 406

***The world's custom should be reversed:*** It is quite a common custom with people of the world to eat three times a day, beside eating at irregular intervals between meals; and the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day. Should these persons change their practice, and eat but two meals a day, and nothing between meals, not even an apple, a nut, or any kind of fruit, the result would be seen in a good appetite and greatly improved health. CD 181

### **Reform should not be pushed on others**

The question whether we shall eat butter, meat, or cheese, is not to be presented to anyone as a test, but we are to educate and to show the evils of the things that are objectionable. Those who gather up these things and drive them upon others do not know what work they are doing. The Word of God has given tests to His people. The keeping of God's holy law, the Sabbath, is a test, a sign between God and His people throughout their generations forever...this is the burden of the third angel's message--the commandments of God

### **Diet can vary on circumstances**

Not all foods wholesome in themselves are equally suited to our needs under all circumstances ...Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.

MH 296-7 I do not use butter myself, but some of my workers who sit at my table eat butter. They cannot take care of milk; it sours on the stomach, while they can take care of a small quantity of butter. We cannot regulate the diet question by making any rule. Some can eat beans and dried peas, but to me this diet is painful. It is like poison. Some have appetites and taste for certain things, and assimilate them well. Others have no appetite for these articles. So one rule cannot be made for everyone.

3SM 294 There is a real common sense in dietetic reform. The subject should be studied broadly and deeply, and no one should criticize others because their practice is not, in all things, in harmony with his own. It is impossible to make an unvarying rule to regulate every one's habits, and no one should think himself a criterion for all. Not all can eat the same things. Foods that are palatable and wholesome to one person may be distasteful, and even harmful, to another. Some cannot use milk, while others thrive on it. Some persons cannot digest peas and beans; others find them wholesome. For some the coarser grain preparations are good food, while others cannot use them.

CD 198 A moderate amount of milk and sugar, and a little salt, white bread raised with yeast for a change, graham flour prepared in a variety of ways by other hands than her own, plain cake with raisins, rice pudding with raisins, prunes, and figs, occasionally, and many other dishes I might mention, would have answered the demand of

appetite... In some cases, even a small amount of the least hurtful meat would do less injury than to suffer strong cravings for it. 2T 383

### **Why We Should Reform**

It seems so hard for some, even for their conscience' sake, to deny themselves the things that do not tend to health...I shall not be clear unless I speak decidedly, for the spirit of self-indulgence will increase unless we take a decided stand. I have had grace given me to present decidedly the subject of health reform...I beseech our people, to consider that health reform is essential and that which we place in our stomachs should be the simple nourishment of good, plainly prepared bread and fruits and grains. I shall have a much sharper testimony to bear on this subject. We must deny perverted appetite. I urge upon our people to learn the art of simplicity in eating. When will our people heed the word of the Lord given to caution them?" 7MR 348 The harmonious healthy action of all the powers of body and mind results in happiness; and the more elevated and refined the powers, the more pure and unalloyed the happiness. CD 44 Intemperance in eating, even of food of the right quality, will have a prostrating influence upon the system and will blunt the keener and holier emotions. Strict temperance in eating and drinking is highly essential for the healthy preservation and vigorous exercise of all the functions of the body. Strictly temperate habits, combined with exercise of the muscles as well as of the mind, will preserve both mental and physical vigor, and give power of endurance to those engaged in the ministry, to editors, and to all others whose habits are sedentary. CH 123

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