

**Foods to Eat** on the Daniel Fast

* **All fruit** – fresh, frozen, dried, juiced, or canned.
* **All vegetables** – fresh, frozen, dried, juiced, or canned.
* **All whole grains** – whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
* **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
* **All legumes** - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
* **All quality oils** – canola, coconut, grape seed, olive, peanut, and sesame.
* **Beverages** – distilled water, filtered water, and spring water.
* **Other** – unsweetened almond milk, rice milk, or soy milk; herbs, spices, salt, pepper, seasonings, soy products, and tofu.

**Foods to Avoid** on the Daniel Fast

* **All meat & animal products** – beef, fish, lamb, poultry, and pork.
* **All dairy products** – butter, cheese, cream, eggs, and milk.
* **All sweeteners** – agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
* **All leavened bread & yeast** – baked goods and Ezekiel bread  
  (if it contains yeast and honey).
* **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, white rice.
* **All deep-fried foods** – corn chips, French fries, potato chips.
* **All solid fats** – lard, margarine, shortening and foods high in fat.
* **Beverages** –carbonated drinks, coffee, energy drinks, herbal tea, and tea.

*Special Note:* If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

Source: *https://danielfast.wordpress.com/daniel-fast-food-list/*