



THE DIETARY COMMANDMENTS

By George Lujack

The Dietary Commandments of Elohim (God) were issued through Moses, just as the Ten Commandments were. This video will present the Dietary Commands with reverence, but before that, some of the 2,000 years of Christian false teachings concerning the Dietary Commandments will be briefly addressed.

DOES THE NEW TESTAMENT VOID OLD TESTAMENT DIETARY LAWS?

It is believed and taught that since Yeshua (Jesus) did not repeat the Dietary Commandments, thus they were of the Old Covenant and no longer need to be observed by believers today.

THE DEATH PENALTY REQUIREMENT WAS NAILED TO THE CROSS

It is a widely held mainstream Christian belief that the Dietary Commandments were “Mosaic” laws that were abolished by Yeshua (Jesus) when He nailed them to the cross (Colossians 2:14). Yeshua (Jesus) did not nail the Dietary Commandments to the cross; He nailed the death penalty requirement that was against us sinners to the cross, having paid the death penalty for us on the cross.

THE LAW OF GOD vs. THE LAW OF MOSES?

It is believed and taught that since Yeshua (Jesus) did not repeat the Dietary Commandments when He came as the Messiah, they were thus of the Old Covenant and no longer need to be observed by believers today. Messiah (Christ) did not come to abolish His commandments, nor did He come to repeat them.

THE NEW TESTAMENT DECLARES AND UPHOLDS THE DIETARY COMMANDMENTS

Furthermore, it is believed and taught that the New Testament itself does not mention the Dietary Laws, therefore they need not be obeyed. Statements by Yeshua (Jesus), writings from the Apostle Paul, and others do declare and uphold the Dietary Commandments in the New Testament as eternal.

JOHN 1:17 (TLV):

Torah (the law) was given through Moses; grace and truth came through Yeshua the Messiah (Jesus the Christ).

The law was formally given to mankind through Moses. Yeshua (Jesus) did not come to repeat the commandments that came through Moses, but He did declare them as eternal and He upheld them. The law of Moses *is* the law of God.

The parable of the rich man and Lazarus concludes with a warning for all who will not listen to Moses and the prophets. Yeshua (Jesus) said, **“If they do not hear Moses and the prophets, neither will they be persuaded though one rise from the dead” (Luke 16:31).**

Discarding the Dietary Commandments and relegating them as abolished “Mosaic” law is a prime example of not hearing Moses. And if someone does not hear Moses, neither will they hear Yeshua (Jesus) who rose from the dead.

Yeshua (Jesus) said, **“Do not think I came to destroy the law or the prophets. I did not come to destroy but to fulfill. For assuredly I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled. Whoever therefore breaks one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but whoever does and teaches them, he shall be called great in the kingdom of heaven” (Matthew 5:17-19 NKJV).**

Yeshua (Jesus) said, **“It is easier for heaven and earth to pass, than one tittle of the law to fail” (Luke 16:17 NKJV).**

Regarding the Dietary Commandments, Yeshua (Jesus) said, **“If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!” (Luke 11:11-13 NKJV).**

If the Dietary Commandments were abolished by Yeshua (Jesus) in the New Testament, then a father offering his son a snake instead of a fish or a scorpion instead of an egg could be considered offering his son a delicacy, a special treat.

But Yeshua (Jesus) said no, a good father would not give a serpent instead of a fish or a scorpion instead of an egg to his son. Yeshua (Jesus) thereby upheld the Dietary Commandments as He declared serpents and scorpions unclean and not fit for human consumption.

In what has been widely labeled “The Jerusalem Council,” the apostles discussed some of the laws that should first be obeyed by incoming Gentile converts.

ACTS 15:19-20 (NKJV):

Therefore I judge that we should not trouble those from among the Gentiles who are turning to God, but that we write to them to abstain from things polluted by idols, from sexual immorality, from things strangled, and from blood.

By proclaiming that new Gentile converts should abstain from eating strangled animals, animals that were not properly slaughtered and drained of their blood, and from consuming blood, the apostles in the New Testament, *after* Yeshua (Jesus) had ascended to heaven, declared and upheld the dietary laws against consuming blood.

LEVITICUS 3:17 (NKJV):

“This shall be a perpetual statute throughout your generations in all your dwellings: you shall eat neither fat nor blood.”

The Apostle Paul, in his letters to the Corinthians, wrote:

2 CORINTHIANS 6:17 (NKJV):

“Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you.”

The Catholic, Protestant, and a majority of mainstream Christian churches have not taught their followers to observe the Dietary Commandments and have instead told them it is now OK to eat unclean creatures. Yeshua (Jesus), proclaiming through Paul, instructed believers to come out of the places that were not teaching truth and to not touch what is unclean.

If a believer is instructed by the New Testament to not even touch what is unclean, how can any believer proclaim that they can now eat what is unclean?

LEVITICUS 7:19 (TLV):

“Meat that touches any unclean thing is not to be eaten.”

When Peter was shown through a vision to kill and eat in Acts chapter 10, he did not kill and eat unclean creatures and he thereby upheld the Dietary Commandments. Yeshua (Jesus) cleansed the Gentile nations by dying on the cross as an atonement sacrifice for all people. Unclean creatures were shown to Peter as a metaphor representing all the different peoples of the earth. God was making a point, not a menu.

There are unclean birds and beasts in the book of Revelation, illustrating that unclean creatures have not been made clean in the New Testament.

Question: If unclean creatures were made clean in the New Testament, why are there unclean creatures in the book of Revelation?

REVELATION 18:2 (NKJV-TLV):

“Fallen, fallen is Babylon the great! it has become a dwelling place for demons, a prison for every unclean spirit, and a cage for every UNCLEAN BIRD and for every UNCLEAN AND DETESTABLE BEAST.”

THE DIETARY COMMANDMENTS

Unclean creatures are unhealthy creatures for human beings to consume. The term “unclean food,” does not appear in Scripture, because God did not want man to consider unclean creatures food at all. The Dietary Commandments issued by God were not commands given for the sole arbitrary reason of His people being set apart with a restrictive diet. The Dietary Commandments were given to man to insure good vital health and to prevent man from the plagues, such as internal organ cancers, that come from eating unclean creatures. Scientifically, it has been shown that people who regularly consume unclean creatures are more prone to acquiring feebleness, illness, plagues, and premature death.

LEVITICUS 11:46-47 (NKJV):

“This is the law of the animals and the birds and every living creature that moves in the waters, and of every creature that creeps on the earth, to distinguish between the unclean and the clean, and between the animal that may be eaten and the animal that may not be eaten.”

God's Dietary Commandments, after exhaustive and thorough meticulous Scripture and scientific research, are compiled and presented in the following comprehensive listing with artistic images, to make a distinction between the clean creatures that may be eaten and the unclean creatures that may not be eaten (Leviticus 11:46-47, 20:25, Ezekiel 44:23). The following comprehensive Dietary Commandments listing was inspired by Scripture and was compiled and composed by Scripture Truth Ministries.



DIETARY COMMANDMENTS

PLANTS:

- *You may eat plants that produce seed and the fruit of trees that contain tree-yielding seed.
- *You shall not eat defiled plants, poisonous plants, or the toxic parts of edible plants.
- *You shall not eat aquatic plants, seedless plants, fruitless trees, or fungi.

FLESH, MEAT, FAT, BLOOD, & ORGANS:

- *You may eat the flesh of clean animals for meat.
- *You shall not eat the flesh of unclean animals.
- *You shall not eat the fat, blood, or organs of animals, except clean insects.

MAMMALS:

- *You may eat mammals that chew the cud and have cloven hooves that are parted in two.
- *You shall not eat mammals that chew the cud, but do not have cloven hooves parted in two.
- *You shall not eat mammals that have cloven hooves parted in two, but do not chew the cud.
- *You shall not eat burrowing, marine, marsupial, monotreme, pawed, predator, rodent, scavenger, or winged mammals.
- *You may eat young calves that have been weaned from feeding on milk.
- *You shall not eat young calves that are being nourished by feeding on milk.

FISH & AQUATIC CREATURES:

- *You may eat fish in the waters, seas, and rivers that have fins and overlapping, shedding scales.
- *You shall not eat fish in the waters that do not have fins and overlapping, shedding scales.
- *You shall not eat non-fish aquatic creatures in the waters, seas, and rivers.

BIRDS:

- *You may eat birds with all of these characteristics:
 - They have claws or crops and a gizzard with a double lining that can be easily separated;
 - They have three front toes with an elongated middle front toe and a hind toe;
 - They spread three front toes on one side of a perch and their hind toe on the other side;
 - They bring food to the ground and divide it with their bills, if possible, before eating it.
- *You shall not eat aquatic, predator, raptor, ratite, or scavenger birds.
- *You shall not eat eggs or young chicks together with their mother.

INSECTS:

- *You may eat insects that have wings, four legs, and two elongated hind leaping legs.
- *You shall not eat insects that do not have wings, four legs, and two elongated hind leaping legs.

REPTILES, AMPHIBIANS, & OTHER CREATURES:

- *You shall not eat creatures that crawl, creep, slither, or have many feet (more than six legs).

DEAD & DISEASED:

- *You shall not eat anything that dies of itself, is infected with disease, or is torn by beasts.

CONTAMINATED:

- *You shall not eat anything that has been contaminated with anything unclean.

LIQUIDS:

- *You may consume fruit and vegetable juice, milk, honey, and alcohol.
- *You shall not consume alcohol to get drunk, when operating machinery, or during pregnancy.
- *You shall not consume the blood of any creature.
- *You shall not consume liquids that have been contaminated with anything unclean.

THE DIETARY COMMANDMENTS (with references)

PLANTS:

***You may eat plants that produce seed and the fruit of trees that contain tree-yielding seed.**

GENESIS 1:29, 3:18, 9:3; LEVITICUS 19:25; DEUTERONOMY 14:23; PROVERBS 24:13, 25:16,27; ISAIAH 7:15,22, 30:23, 55:10; EZEKIEL 47:12.

***You shall not eat defiled plants, poisonous plants, or the toxic parts of edible plants.**

GENESIS 3:17-18; LEVITICUS 19:19; DEUTERONOMY 22:9.

***You shall not eat aquatic plants, seedless plants, fruitless trees, or fungi.**

GENESIS 1:29; AMOS 4:9; HAGGAI 2:17.

FLESH, MEAT, FAT, BLOOD, & ORGANS:

***You may eat the flesh of clean animals for meat.**

FLESH: EXODUS 12:8,46, 29:31-33; LEVITICUS 7:15, 8:31; NUMBERS 18:15-18; 1 KINGS 19:21.

MEAT: EXODUS 16:8,12; NUMBERS 11:4,13,18,21,33; DEUTERONOMY 12:15,20,23,27; 1 SAMUEL 2:13-15, 25:11; 2 SAMUEL 6:19; 1 KINGS 17:6, 19:21; 1 CHRONICLES 16:3; JOB 31:31; PSALM 78:20,27; PROVERBS 9:2, 23:20; ISAIAH 22:13, 44:16,19; JEREMIAH 7:21; DANIEL 10:3; ROMANS 14:21; 1 CORINTHIANS 8:13.

***You shall not eat the flesh of unclean animals.**

LEVITICUS 11:8,11; DEUTERONOMY 14:8.

***You shall not eat the fat, blood, or organs of animals, except clean insects.**

GENESIS 9:4; LEVITICUS 3:17, 7:22-27, 17:10-14, 19:26; DEUTERONOMY 12:16,23-25, 15:23; 1 SAMUEL 14:32-34; EZEKIEL 33:25; ACTS 15:20,29, 21:25.

*The following Scripture references indicate that fat, blood, and organs were not to be used for food, but were to be used for offerings and sacrifices, then afterward discarded:

GENESIS 4:4; EXODUS 23:18, 29:13-25; LEVITICUS 1- 4, 6:8-30, 7, 8:14-30, 9, 10:12-20, 16:14-27, 17:6-11; NUMBERS 18:17; 19:1-5; DEUTERONOMY 12:27; 1 SAMUEL 2:15-16; 1 KINGS 8:64; 2 KINGS 16:13-15; 2 CHRONICLES 7:7, 29:21-35, 30:16, 35:11-14.

MAMMALS:

***You may eat mammals that chew the cud and have cloven hooves that are parted in two.**

LEVITICUS 11:3; DEUTERONOMY 14:6.

***You shall not eat mammals that chew the cud, but do not have cloven hooves parted in two.**

LEVITICUS 11:4-6; DEUTERONOMY 14:7.

***You shall not eat mammals that have cloven hooves parted in two, but do not chew the cud.**

LEVITICUS 11:7, 26; DEUTERONOMY 14:8; ISAIAH 65:4, 66:17.

***You shall not eat burrowing, marine, marsupial, monotreme, pawed, predator, rodent, scavenger, or winged mammals.**

LEVITICUS 11:19,27-30.

***You may eat young calves that have been weaned from feeding on milk.**

GENESIS 18:7-8.

***You shall not eat young calves that are being nourished by feeding on milk.**

EXODUS 23:19, 34:26; DEUTERONOMY 14:21.

FISH & AQUATIC CREATURES:

***You may eat fish in the waters, seas, and rivers that have fins and overlapping, shedding scales.**

LEVITICUS 11:9; DEUTERONOMY 14:9.

***You shall not eat fish in the waters that do not have fins and overlapping, shedding scales.**

LEVITICUS 11:10-12; DEUTERONOMY 14:10; ISAIAH 65:4, 66:17.

***You shall not eat non-fish aquatic creatures in the waters, seas, and rivers.**

LEVITICUS 11:10-12; DEUTERONOMY 14:10; ISAIAH 65:4, 66:17.

BIRDS:

***You may eat birds with all of these characteristics:**

- They have craws or crops;
- They have a gizzard with a double lining that can be easily separated;
- They have three front toes with an elongated middle front toe and a hind toe;
- They spread three front toes on one side of a perch and their hind toe on the other side;
- They bring food to the ground and divide it with their bills, if possible, before eating it.

DEUTERONOMY 14:11.*

*Based on the characteristics of scripturally known clean birds: chicken, dove (turtledove), pigeon, and quail: LEVITICUS 1:14-17, 12:8, 14:22, 15:14-15; PSALM 105:40; MATTHEW 3:16, 21:12, 23:37; MARK 1:10, 11:15; LUKE 2:24, 3:22, 13:34; JOHN 1:32, 2:14-16.

***You shall not eat aquatic, predator, raptor, ratite, or scavenger birds.**

LEVITICUS 11:13-17,20; DEUTERONOMY 14:12-16,19; JOB 39:13-17; LAMENTATIONS 4:3; REVELATION 18:2.

***You shall not eat eggs or young chicks together with their mother.**

DEUTERONOMY 22:6-7.

INSECTS:

***You may eat insects that have wings, four legs, and two elongated hind leaping legs.**

LEVITICUS 11:21-22.

***You shall not eat insects that do not have wings, four legs, and two elongated hind leaping legs.**

LEVITICUS 11:23.

REPTILES, AMPHIBIANS, & OTHER CREATURES:

***You shall not eat creatures that crawl, creep, slither, or have many feet (more than six legs).**

LEVITICUS 11:29-31, 41- 44; MATTHEW 7:10; LUKE 11:11-12.

DEAD & DISEASED:

***You shall not eat anything that dies of itself, is infected with disease, or is torn by beasts.**

GENESIS 31:39; EXODUS 22:31; LEVITICUS 7:24, 11:39-40, 17:15-16, 22:4,8; DEUTERONOMY 14:21; EZEKIEL 4:14, 44:31; AMOS 4:9.

CONTAMINATED:

***You shall not eat anything that has been contaminated with anything unclean.**

LEVITICUS 6:28, 7:19, 11:31-38, 19:19.

LIQUIDS:

***You may drink fruit and vegetable juice, milk, honey, and alcohol.**

GENESIS 1:29, 3:18, 9:3; DEUTERONOMY 14:23,26; PROVERBS 24:13, 25:16,27, 27:27; ECCLESIASTES 9:7, 10:19; SONG OF SOLOMON 5:1; ISAIAH 7:15,22, 28:9, 55:1; 1 TIMOTHY 5:23.

***You shall not drink alcohol to get drunk, when operating machinery, or during pregnancy.**

DEUTERONOMY 21:20; JOB 12:25; PSALM 107:27; PROVERBS 20:1, 23:20-21,29-35; ECCLESIASTES 10:17; ISAIAH 19:14, 28:1-3, 7-8; JEREMIAH 23:9; NAHUM 1:10; HABAKKUK 2:15; LUKE 21:34; ROMANS 13:13; 1 CORINTHIANS 5:11, 6:10; GALATIANS 5:21; EPHESIANS 5:18; 1 THESSALONIANS 5:6-7; 1 TIMOTHY 3:3,8; TITUS 1:7, 2:3; 1 PETER 4:3.

***You shall not drink the blood of any creature.**

LEVITICUS 7:26-27, 17:10-14, 19:26; DEUTERONOMY 12:16, 23-25.

***You shall not drink liquids that have been contaminated with anything unclean.**

EXODUS 7:18-24, 15:23; LEVITICUS 11:33-34; DEUTERONOMY 23:12-13.

A WARNING AGAINST EATING UNCLEAN CREATURES

ISAIAH 66:17 (NKJV) [WITH INTERPRETATION]:

“Those who sanctify themselves and purify themselves [PRAY OVER UNCLEAN CREATURES BEFORE EATING THEM], to go to the gardens [OUTDOOR BBQs] after an idol [OF MARY STANDING] in the midst [OF THEM] eating swine’s flesh and the abomination [SHELLFISH AND SEA CREATURES WITHOUT BOTH FINS AND OVERLAPPING, SHEDDING SCALES] and the mouse, shall be consumed [WITH DISEASE] together,” says the Lord.

SUPPLEMENTAL DIETARY GUIDELINES FOR SAINTS OF THE END TIMES

INORGANIC SUBSTANCES

***You may consume salt and water.**

SALT: EXODUS 30:35; LEVITICUS 2:13; EZRA 6:9, 7:22; JOB 6:6; EZEKIEL 43:24;
MATTHEW 5:13; MARK 9:49-50; LUKE 14:34.

WATER: PROVERBS 25:21; RUTH 2:9; MARK 9:41; JOHN 4:7.

***You shall not eat genetically modified organisms, organisms that have been mixed together with other organisms.**

LEVITICUS 19:19.

PHARMACEUTICAL DRUGS AND VACCINES

REVELATION 18:23 (NKJV) [WITH INTERPRETATION]:

For your merchants [BUSINESSMEN, INDUSTRIALISTS] were the great [WEALTHY] men of the earth, for by your sorcery [DRUGS, MEDICINES, PHARMAKEIA, VACCINES] all the nations were deceived.

There is no direct command against taking medications for ailments, but due diligence and research should be done before taking any prescription medication. Many prescription medications have serious side effects that cause more problems than they solve. The medical industrial complex profits off of sick patients and returning clients. Big Pharma alone made over 1.7 trillion dollars in reported profits in 2022.

As for vaccines, we are commanded to not touch any unclean thing (2 Corinthians 6:17). Therefore, injecting toxic substances into the human body with hopes that such toxins will make us more immune to a particular communicable virus is ignoring the command to not be in contact with any unclean thing. Furthermore, as viruses mutate, any vaccine received for a previous variant will be ineffective at fighting off any new variant.

There are many eugenicists at the highest levels of business and government who have openly stated that they would like to reduce the world’s population. It is foolish to trust such persons of the end times that the Scripture warned us about through prophecy.

In the Gregorian calendar year 2020, political leaders, the medical establishment, the mainstream media, and many other prominent persons urged everyone to get the Coronavirus vaccine, which they promised was safe and effective. Since the Covid vaccine rollout, many people who received the vaccine have experienced heart problems, other health ailments, and some have died from a new phenomenon called, “Sudden Adult Death Syndrome (SADS).” People who have received the Covid vaccine can still get Covid. Therefore, the Covid vaccine was never safe nor effective.

The medical industrial complex makes no money off of a healthy, vibrant populace. It has often been said to “consult with your doctor” and to “trust the science,” but the people saying such things are the ones profiting off sick people.

Many believers have the Ten Commandments proudly and reverently displayed someplace in their homes, but nothing regarding the Dietary Commandments. Scripture Truth Ministries offers, free of charge, the Dietary Commandments as a pdf download to anyone who wishes to receive it or we can send a hard copy laminated printout to anyone who requests one.

The Dietary Commandments can be framed or laminated onto a plaque to serve as an interesting decoration and conversation piece that can be prominently displayed in any home kitchen.