

# 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 craws 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.

# **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.