

DANIEL'S DIET: PULSE AND WATER

Daniel 1:12-16

What is Pulse which was a chief part of Daniel's Diet? Dan 1:12. **Pulse comes from the Hebrew word Hazeero` iym** meaning, seed or grain, such as barley, wheat, rye, and peas, etc (Adam Clarke's Commentary.) Barnes says, the word "pulse" means leguminous plants with thin seeds; that is... the "legume" which is called a "pod;" as a "pea-pod," or "bean-pod," and the word is commonly applied to peas or beans. The Hebrew word [zeero` iym] would properly have reference to seeds of any kind. Then, it would refer to plants that bear seeds of all kinds, and would be by no means limited to pulse-as peas or beans. Seed-herbs, greens and vegetables can also be included.

You will be receiving more than 20 Daniel's Diet recipes to help you. You can also create your own based on the Four Food Groups below. Email me some of your own recipes so that we can share them with the group. Daniel's Diet would include items from the following four food groups.

THE FOUR FOOD GROUPS

1. The Whole Grain Group: This group includes brown rice, oats, barley, millet, and products made from whole grain. Grains are filling with little fat and no cholesterol.

2. The Legume Group: This category includes peas, beans and lentils. Legumes are hearty, high protein foods with a low glycemic index. They are rich in calcium, iron, and cholesterol-lowering soluble fiber. These will drive down your weight, blood sugar and cholesterol.

3. The Vegetable group: The green vegetables--asparagus, broccoli, spinach, kale, collards, and many others are packed with iron and except for spinach, high in absorbable calcium. Orange -colored vegetables are loaded with beta-carotene, a cancer fighter. For example, carrots and yams. These foods are loaded with vitamins and minerals, and are very low in fats, and like all plants foods, they have no cholesterol and have a low glycemic index, except baking potatoes.

4. The fruit Group: Fruits are loaded with vitamins and they have no fats or cholesterol. Nearly all fruits: apples, bananas, blue berries, cherries, oranges, peaches and most others have a low glycemic index. The exceptions are watermelon and pineapple.

Note the similarity between these groups and God's original Diet.

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 healthy and nourishing. (Ellen White, Counsels on Diet and Foods, P. 81) Gen 1:29.

How to get started: Get a sheet of paper and write down "Breakfast," "Lunch," and "Dinner." Make a one day menu by simply writing down foods you like from the four groups under breakfast, lunch and dinner. Then do it for other days. Go through this with your family. Make it fun and be creative! At least one week before starting the Daniel's Diet, clean out your old foods from your refrigerator and cupboard and replace them with foods for the Daniel Diet. This will make it easier for you when you start and reduce the temptation of cheating.

With God's help go for it now.