

DANIEL FAST *Guide*

February 2nd - 25th

THE 21-DAY EXPERIENCE DESIGNED
TO STRENGTHEN US SPIRITUALLY,
MENTALLY, AND PHYSICALLY

FOODS TO ENJOY

ALL VEGETABLES

fresh, frozen, dried* or juiced* (including potatoes)

ALL FRUITS

fresh, frozen, dried* or juiced*

ALL WHOLE GRAINS

amaranth, barley, brown rice, oats, quinoa, millet, 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, sunflower seeds and unsweetened nut butters*

ALL LEGUMES

dried or canned*, black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans and split peas

ALL QUALITY OILS

avocado, coconut, grapeseed, olive, peanut, sesame and walnut

BEVERAGES

water only: distilled, filtered and spring water

OTHER*

unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products and tofu

**For packaged food, check the ingredients list to ensure there are no added sugars, chemicals or preservatives.*

FOODS TO AVOID

ALL MEAT &

ANIMAL PRODUCTS

bacon, beef, buffalo, eggs, fish, lamb, poultry, pork and animal sausage casing

ALL PLANT-BASED MEATS

Impossible Foods, Beyond Meat, etc.

ALL DAIRY PRODUCTS

butter, cheese, cream, milk and yogurt

ALL SWEETENERS

agave nectar, artificial sweeteners, brown rice syrup, 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 and white rice

ALL DEEP-FRIED FOODS

french fries and potato chips

ALL SOLID FATS

lard, margarine and shortening

BEVERAGES

alcohol, carbonated drinks, coffee, energy drinks and herbal tea

DANIEL FAST | For Children

THINGS TO DO EVERY DAY

PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat and to spend time talking to the Lord.

EAT ONE FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. A good choice might be family dinner. That way, you and your family can pray and sacrifice together.

EAT LOTS OF THIS

FRUIT

bananas, oranges, apples and more

VEGETABLES

carrots, greens, broccoli and more

WHOLE GRAINS

brown rice, quinoa and whole wheat pasta

LEGUMES

beans and peas

DRINK WATER!!!

DON'T EAT/DRINK THIS

SUGAR

MEAT

MILK

EGGS

BREAD

WHITE FLOUR

CRACKERS

COOKIES

JUICES

SODA

GUM

MINTS

CANDY



DANIEL FAST

Guide For Diabetics

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and make adjustments to your medications if and when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat, vitamins, and minerals for the least amount of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein).

If you have any questions or concerns, consult your physician.

FOODS TO ENJOY

ALL VEGETABLES

fresh, frozen, dried or juiced

ALL WHOLE GRAINS

amaranth, barley, brown rice, oats, quinoa, millet, 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, sunflower seeds and unsweetened nut butters

ALL LEGUMES

dried or canned; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas

ALL NATURAL OILS

avocado, coconut, grapeseed, olive, peanut, sesame, and walnut

BEVERAGES

water only (distilled, filtered and spring water)

OTHER

unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu

**Remember to select foods on the low end of the glycemic index (see chart below.) For prepackaged foods, check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.*

FOODS TO AVOID

ALL MEAT & ANIMAL PRODUCTS

ALL DAIRY PRODUCTS

butter, cheese, cream, milk, and yogurt

ALL SWEETENERS

agave nectar, artificial sweeteners, brown rice syrup, 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, and white rice

ALL DEEP-FRIED FOODS

ALL SOLID FATS

lard, margarine, and shortening

BEVERAGES

alcohol, carbonated drinks, coffee, energy drinks, herbal tea



LOW GI FOODS (20-49)

BREAKFAST CEREALS:

oatmeal (not instant)

FRUITS:

(Limit 1-2 Fruits/Day)

apples	apple juice
apricots	blackberries
blueberries	cherries
cranberries	grapefruits
grapefruit juice	peaches
pears	prunes
plums	raspberries
tangerines	strawberries
tomato juice	

BEANS AND LEGUMES:

black-eyed peas, butter beans, chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus

NON- STARCHY VEGETABLES:

asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips

GRAINS:

barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

NUTS, OLIVES AND OILS:

almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid at room temperature

MODERATE GI FOODS (50-69)

FRUITS

banana (under ripe)
grapes
mango
raisins
figs
kiwi
oranges

BEANS AND LEGUMES:

pinto, kidney or navy beans, green peas

VEGETABLES:

beets, carrots, sweet potatoes, yams, corn on the cob

GRAINS:

cornmeal
brown and white rice
Couscous

NUTS

cashews
macadamia



The glycemic index (GI) is the measurement of how much foods raise our blood glucose after eating them. Foods increase glucose to varying levels (carbohydrates increase blood sugar the most; fats and protein, the second most). Actual sugar has a glycemic index of 100, and other foods are measured and ranked as low, moderate, or high-GI foods. Although GI is helpful for meal planning, the total number of grams of carbohydrate can have a bigger impact on blood sugar levels than the GI.

Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!

Califia Farms Organic Almond Milk

Califia Farms Organic Oatmilk

Lesser Evil Himalayan Pink Salt Popcorn

Dr. Praeger's Cauliflower Veggie Burgers

Dr. Praeger's Mushroom Risotto Veggie Burger

Dr. Praeger's Black Bean Quinoa Burger

Dr. Praeger's California Veggie Burger

El Paso Corn Taco Shells

Ezekiel 4:9 Original Tortillas

Good Foods Plant Based Tzatziki Style Dip

Good Foods Spicy Queso Blanco Dip

Ithaca Hummus

Lara Bars

Miyoko's European Style Cultured Vegan Butter

Miyoko's Plant Milk Cream Cheese

Newman's Own Classic Oil and Vinegar Dressing

Rao's Homemade Marinara Sauce

Rao's Homemade Tomato Basil Sauce

Triscuit Crackers Cracked Pepper & Olive Oil

Triscuit Thin Crisps Original Crackers

Tostitos Oven Baked Scoops Tortilla Chips

