

Dr. Axe
FOOD ^{IS} MEDICINE

The Daniel Fast: Benefits and Foods List

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The [Daniel Fast](#) is a biblically based partial fast referenced in the Bible, particularly in two sections of the **Book of Daniel**:

- Daniel 1:12, which states, “Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”
- Daniel 10: 1-2, which says, “In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Daniel Fast: Food List

According to our understanding of the Hebrew definition of “pulse” that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast Food List of what you are allowed to eat:

BEVERAGES

- ▶ Water only-must be purified/filtered and spring or distilled water is best.
- ▶ Homemade Almond milk, coconut water, coconut kefir and vegetable juice

VEGETABLES (should form the basis of the diet)

- ▶ Fresh or cooked
- ▶ May be frozen and cooked but not canned

FRUITS (consume in moderation 1-3 servings daily)

- ▶ Fresh and cooked
- ▶ May be dried like raisins or apricots (no sulfites or added oils or sweeteners)
- ▶ May be frozen but not canned

WHOLE GRAINS (consume in moderation and ideally sprouted)

- ▶ Brown Rice, Quinoa, Millet, Amaranth, Buckwheat, Barley cooked in water
- ▶ No Wheat, ezeziel bread, others bread, flours, or pasta

BEANS & LEGUMES (consume in moderation)

- ▶ Dried and cooked in water
- ▶ May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

NUTS & SEEDS (sprouted are best)

- ▶ Raw, sprouted or dry roasted (no salt added)

Common Foods for Daniel Fast

Here is a list of some common foods you can consume in the Daniel Fast:

FRUITS (preferably organic and fresh or frozen):

- ▶ Apples
- ▶ Apricots
- ▶ Avocados
- ▶ Bananas
- ▶ Blackberries
- ▶ Blueberries
- ▶ Cantaloupe
- ▶ Cherries
- ▶ Coconuts
- ▶ Cranberries
- ▶ Dates
- ▶ Figs
- ▶ Grapefruit
- ▶ Grapes
- ▶ Guava

- ▶ Honeydew melons
- ▶ Kiwi
- ▶ Lemons
- ▶ Limes
- ▶ Mangoes
- ▶ Melons
- ▶ Nectarines
- ▶ Oranges
- ▶ Papayas
- ▶ Peaches
- ▶ Pears
- ▶ Pineapples
- ▶ Plums
- ▶ Prunes
- ▶ Raisins
- ▶ Raspberries
- ▶ Strawberries
- ▶ Tangerines
- ▶ Watermelon

VEGETABLES (preferably organic and fresh or frozen):

- ▶ Artichokes
- ▶ Asparagus
- ▶ Beets
- ▶ Broccoli
- ▶ Brussel sprouts
- ▶ Cabbage
- ▶ Carrots
- ▶ Cauliflower
- ▶ Celery
- ▶ Collard greens
- ▶ Corn

- ▶ Cucumbers
- ▶ Eggplant
- ▶ Green beans
- ▶ Kale
- ▶ Leeks
- ▶ Lettuce
- ▶ Mushrooms
- ▶ Mustard greens
- ▶ Okra
- ▶ Onions
- ▶ Parsley
- ▶ Peppers
- ▶ Potatoes
- ▶ Radishes
- ▶ Rutabagas
- ▶ Scallions
- ▶ Spinach
- ▶ Sprouts
- ▶ Squash
- ▶ Sweet potatoes
- ▶ Tomatoes
- ▶ Turnips
- ▶ Yams
- ▶ Zucchini

LEGUMES (preferably organic):

- ▶ Black beans
- ▶ Black-eyed peas
- ▶ Kidney beans
- ▶ Lentils
- ▶ Mung beans
- ▶ Pinto beans

- ▶ Split peas

NUTS & SEEDS (preferably organic, raw, unsalted and soaked/sprouted):

- ▶ All nuts (raw, unsalted)
- ▶ Almonds
- ▶ Cashews
- ▶ Chia seed
- ▶ Flaxseed
- ▶ Pumpkin seeds
- ▶ Sesame seeds
- ▶ Sunflower seeds
- ▶ Walnuts

WHOLE GRAINS (preferable organic):

- ▶ Amaranth
- ▶ Barley
- ▶ Brown rice
- ▶ Millet
- ▶ Quinoa
- ▶ Oats (groats soaked)

LIQUIDS

- ▶ Water (spring, distilled, filtered)
- ▶ Vegetable juice (fresh pressed)
- ▶ Coconut milk
- ▶ Coconut Kefir
- ▶ Almond Milk

FOODS TO AVOID

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, I want to mention that on the Daniel Fast some allow sea salt or himalayan salt and others do not. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

- ▶ Iodized Salt
- ▶ Sweeteners
- ▶ Meat
- ▶ Dairy products
- ▶ Breads, pasta, flour, crackers, cookies
- ▶ Oils
- ▶ Juices
- ▶ Coffee
- ▶ Energy drinks
- ▶ Gum
- ▶ Mints
- ▶ Candy

NOTE: Nutritional supplements are optional - but any taken would preferably be in line with the ingredients that are listed.

Fasting Benefits

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation.

Look at these incredible benefits of fasting:

1. Spiritual Benefits of Fasting

- ▶ Fasting brings you closer to God
- ▶ Fasting makes you more sensitive to God's voice

- ▶ Fasting helps break addictions
- ▶ Fasting shows us our weakness and allows us to rely on God's strength

2. Mental & Emotional Benefits of Fasting

- ▶ Fasting relieves anxiety and nervousness
- ▶ Fasting can increase peace and shalom
- ▶ Fasting clears your mind of negative thoughts & feelings
- ▶ Fasting decreases brain fog
- ▶ Fasting helps increase your ability to trust God
- ▶ Fasting clears out toxins that can make you feel sluggish or depressed

3. Physical Benefits of Fasting

- ▶ Fasting helps break addictions to sugar
- ▶ Fasting supports the body's detoxification
- ▶ Fasting promotes healthy weight Loss
- ▶ Fasting promoted healthy energy Levels
- ▶ Fasting improves skin health
- ▶ Fasting promotes healthy digestion and elimination
- ▶ Fasting supports healthy inflammation response and promotes joint comfort
- ▶ Fasting promotes healthy hormonal balance

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